

Mental States

19 June 2024

Moods, motivation, depression, joy, anger, fear, brilliance, stupidity, elation, idiocy, socio- or psychopathy, excitement, disappointment...

From the perspective of our soul, from what see our Guardian Angel Guides also see, what are our right-now-this-moment mental states, as compared to permanent traits or shorter-term states of mind, such as for a week or two?

Q: Esteemed Committee, psychiatrists and psychologists the world over have studied all this stuff until they're orange in the face. (Couldn't resist the Trump jab. By the way I miss BoJo if for nothing than using his nickname.) What can you tell us about the similarities and differences between what's a person's mood or attitude at any moment versus the long-term aspects of personality?

C: With very infrequent or even rare exceptions —each reader can decide what infrequent or rare should mean— humans incarnate with an intact personality; what you are remains the basis of what a human personality shows. You can be relatively quiet, chatty, physical, calm, energetic mentally, apparently weak or resilient as a human, but this does not have to match your personality's foundation as the soul you are and always have been.

Q: Do soul personalities evolve?

C: By human standards soul personalities do not, but yes evolution of your personality is a part of soul growth.

Q: What does that mean, "by human standards"?

C: Humans observe one another, aligning what is perceived in others with one's human formed impressions. You mentioned a former world leader who is now a candidate again for the same role; this good example reveals both strong support and dislike in large numbers of observers.

Q: Yes, intense dislike has gone far enough to be labeled TDS or derangement syndrome. Such dislikers likewise apply similar labels to supporters. At what point do human standards come into play, for example human preferences based on experience?

C: This occurs almost immediately; the human mind reacts to the unconscious or automatic comparison nearly everyone makes.

Q: Who doesn't make this comparison?

C: A person passing through psychosis.

Q: Please go on.

C: It is a great challenge to feel one's emotional reaction yet hit the pause button; to set aside temporarily inside one's mind the feelings one has for another human personality, in the brief moments after observing someone for the first time. How commonly does a human feel

repulsion or strong positive reaction to another person, to quickly ask oneself why? This is not common; it is a trait humans prefer in judges and other authority figures, but overall impressions are created quickly and usually remain.

Q: More to the point, such impressions and feelings about others, for many people, also influence a person's mood. Why?

C: The human mood, the way a person feels at any given moment, is the cumulative effect of desires and dislikes a person has built up in one's database of experience. We take for example a baby or small child and the tip of a sharp, pointed blade; at a certain age nearly all people will have learned to fear and avoid the risk of injury such an object presents, but until then a human might be curious enough to even touch it.

Just as experience and teachings from older humans will quickly establish knowledge of this risk, so shall interaction experiences establish a preference for things to either seek or avoid.

Allow us again to repeat the three parts of human thinking; the mind conceives, the brain receives, the body perceives.

Q: So our body, through our eyes, ears and touch, learns what behaviors are good or not?

C: Yes, and the human mood at a certain moment is the reaction to the loud voice, or the quiet, distant person or opinion observed.

Q: Does this happen with our mind and soul, where no human life is involved?

C: No, your soul does not make judgments, it observes. It accepts and seeks to know more.

Q: I saw a recent article about the risks and downsides to "doom scrolling" a process of running through many news stories in a row, developing a pessimistic, negative or angry mood from that. It should not be done very much was the recommendation.

C: We vehemently disagree. News one reads which one does not create, is an opportunity for learning, for inquiry and analysis. Reactions are very much a choice; the challenge is to understand that how one feels about news is not automatic; it is absolutely one hundred percent the result of choice.

Q: Let's take current examples all over the news worldwide, Ukraine and Israel. Both places invoke a lot of strong reaction in people who have no influence over either causes or solutions. Why?

C: As we explained above, the events are bad, many bad things occurring in both places and many people, observer and participant, would like to see two things, stoppage and retribution. The stoppage part is easy to see; a critical examination of causes and factors leading to both events shines a bright light on why what is happening is done and thus, why not to do or to continue. This requires a view from apart; a view which requires emotional reaction be set aside temporarily. This does not mean the emotional sensation should be ignored, forgotten or diminished.

This suggestion irritates, annoys and even angers many a human, that briefly compartmentalizing one's feelings means one should not have them, which is at least ugly arrogance.

Q: So what about the retribution part?

C: A purely human reaction, learned early enough in life such that almost no human can recall why s/he has learned to want revenge. In Heaven revenge will be done by the same trespassers, the same actors who commit offense, by their own hands. No outside force will come to pass judgment and punishment, none can.

Q: What if no human ever learned about revenge, retribution or retaliation?

C: The reactions the three nouns at the end of the previous sentence describe would not arise. A common prayer in several world religions says to forgive trespassers; this recommendation seeks to unlearn what is seen as common among humans, but also not necessary. It is a choice and belief to seek revenge, but never a human requirement.

Q: So what should we understand about mental states?

C: Mental means your mind, which is your soul. A better term, because it is accurate, is to say impression state or perception state. Your mind is always in a state of bliss, but for the human choices to filter human experience through a self-generated, bespoke & custom set of responses each human crafts for her- or himself.

Q: So for an ongoing general condition, lasting days or weeks, perhaps longer, what is typically understood to be a mental state, can be changed?

C: Yes, and nearly instantly.

Q: Wouldn't humanity be a far better place if everybody, or nearly everybody, were always on an even keel?

C: Everyone already is on an even keel but chooses to see things differently. Moreover, who should decide what an even keel is? Nobody but you.

We can offer that popularly accepted ideas of what is an even keel, enabling smooth social sailing or personal contentment, is not natural to the human condition. This would cause boredom, a sensation to which nearly every human adjusts by reducing it through addition of excitement in many, many forms.

The opportunity and choice are to recognize what is done to increase excitement, and why.

Q: Thank you, Esteemed Committee.

C: Most welcome are you all. Be well and present.