



# Expression is the only way to Experience

**T**he Universe came into being when there was an explosion in the space of vacuum. It was nothing but an expression of that space of vacuum, which one calls the Big Bang. Before that, the potential remained in it as a mere possibility. Universe expressed itself through its formulas and elements leading to the creation of Nature. Nature expresses its creation through you and me. It expresses through all living beings. This expression is called Life.

Every living being mimics nature's expression while it lives, breathes, procreates, recycles and evolves. Without expression, nothing in the world would have been a reality. The journey from knowing, potential and possibility to reality is called expression. It is the journey of self-discovery. The experience of that journey is spirituality. And everyone's spirituality is unique to that individual. One who expresses what one truly feels is actually seeking an expression to one's own soul.



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**Expression is Nature's own. Not expressing yourself is unnatural.**

All living beings express themselves in their own unique way. Animals express their love in the most endearing ways. Plants express differently in every season. Air, water, fire, earth and space express themselves in ways that are in line with their creation. Perhaps that is why whenever we wish to rejuvenate and refresh ourselves, we retreat to forests, jungles, mountains, sea, sky, sunshine, moonlight, dunes and sandy beaches. We feel one with them because we also are part of Nature - beautiful, glorious, loveable and connectable. We also are those vulnerable beings who feel life, love, joy and bliss of being connected to Nature's beings. Somewhere deep within us, there is a knowing that all living beings, spaces and elements are connected and live as one unified creation. All of us contribute to one another's existence, survival and evolution. All of us know it, therefore we naturally are drawn to Nature's spaces and connect to Nature's beings to reconnect to ourselves.

However, we humans most of the time hesitate to express even our day to day emotions. We fear judgements and disapproval so much that we stop ourselves to even acknowledge our emotions, let alone express them. The emotion of hurt can get hidden behind a smile. The emotion of righteous anger gets suppressed behind cynicism. A feeling of vulnerability wears a shield of steel which allows none to reach us within. The passion and connection we feel towards a person hide behind social norms and morals. A sense of intuition hides behind disapproval of others who don't feel intuitive. Sadness hides behind reason. Child-like curiosity and openness is outwitted by 'maturity' approved by the society. An expression of love gets hidden behind the fear of being hurt. And this fear doesn't allow our love to flow in us and outside us. The pain caused by betrayal of trust becomes the cause of all conditioning one goes through in life. It is this conditioning that doesn't allow human beings to love unconditionally and trust freely. Without experiencing honour in love, trust doesn't get established. Without trust and love, our expression is incomplete, and life doesn't touch us as a wholesome experience.



Do you know that all our emotions, thoughts and all that we feel is energy and that when we don't express them, they stay within in the form of energy? Unresolved emotions are like stale energies that make life dull, mechanical and uncreative. Once the time for expression of that emotion passes, we move on to the next moment, forgetting that the experience of that emotion is still within us as an unresolved energy, which we carry from one moment to the other without our conscious awareness. Since we don't allow the flow of emotions, our life doesn't seem to overcome the happenings. And this stagnant state of being ceases life in that human being. The story of life has to continue, no matter what and one has to have faith that all expressions experienced were needed to bring meaning in life.

An individual's unresolved emotion of anger can impact a stranger or someone at work or someone sitting oceans away from that individual. The words spoken by this individual may evoke feelings in the other person who could behave in a manner that could harm some other person who is not even related to this individual. Many accidents happen due to the reckless behaviour of those who have high strung emotions unresolved in them. This happens every day everywhere. We end up hurting someone else when we are hurt even if the other person has no role to play in it. These unresolved and displaced energies are the biggest cause behind many uncalled-for incidents and battles in the world.

Did you know that the biggest crimes in the world can be a result of a misplaced and unresolved subtle emotion within? Those who abuse can also be victims of unresolved experiences in their lives where they would have seen or gone through abuse! Road rage that kills thousands of people every year is a result of displaced energies! Historical blunders which have destroyed nations and people, also are due to unexpressed emotions of their life. Be it Hitler or Gandhi, they acted based on what they felt about what they went through. One brought destruction. One created a revolution.

Unexpressed emotions are unresolved energies that can be passed on along with the genes to our next generation. What we dismiss as inherited behaviours can impact children's health and their connection with the world severely. It is not a hidden fact that many auto-immune conditions that have no known medical causes, stem from displaced human mechanism, creating malfunctions and disorders. How a small miss of unaddressed internal turmoil can land up wrecking our entire harmony in the psychological and physiological world! It is imperative that every human being gives the utmost importance to conscious living - everything impacts everything.

If you look into your lives, you will see how your unexpressed emotions would have caused lifelong misery in relationships, health conditions, non-expression of your talents, and non-pursuit of your own dreams. You will see how your non-expression of your true feelings suppress your excitement in life. When we do not express our talents, skills and passion, we do not experience our complete selves. We are not able to create possibilities in our life.

The experience of being stuck has become a predicament for many who think that, that is how life is - limited and conditional. This has been the leading cause for the occurrence of many mental illnesses people go through world over. We humans unwittingly have been our own road blocks. Our unexpressed and unresolved energies not only have been creating issues for ourselves and others, but also have been impacting Nature in a very big way. Global warming is one of the effects of our unresolved and displaced energies which push us to make choices that are not right for our survival. Natural disasters have been a result of collective anger, sadness, confusion and insecurity. We inadvertently are cutting the branch we are sitting on. We are digging holes on the same earth that we live on.

One who finds a way out of one's unresolved emotions and expresses oneself in the moment, experiences everything that moment has to offer. He/she discovers more of oneself and feels closer to Nature. This is when and how diseases will dissolve, relationships will resolve, experiences will evolve and purpose will be uncovered to offer a clear path and journey. **So expressing yourself is not just important. It is vital for your health, happiness and experience of life.**

You belong to Nature. Your every action or non-action has a consequence to your life, lives of your children, life of the earth and the universe. Your expression not only will refine your experiences but will also refine your connection with the universe. Just know that whether or not you like, you are an expression of Nature and you are born to express and experience your unique life. Next time, when you feel an emotion, express it with utmost respect to your experience of life. Express your talents in a way that reflects your unique creation. Express every intention with expressions so you could experience your life and create an essence that's infinite, even though you've got one life and you are going to make it worthwhile. In doing so and being so, you are a unique life lived.

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