

Getting the Stress You Need – who says I need stress? Yes, I have plenty of it but who needs it? Michael explained that there are stresses, which keep us alive, i.e. without the stress of thirst we would not drink, and we would die. Here we learned that there are three filters over our Pool of Intentions (in front of brain). Intentions must pass through a filter to become active. They are filtered through HOSTILITY, FEAR, or RAHKMA (LOVE) and only one filter can be active at one time. (Y'shua said a fountain does not give forth sweet and bitter and that man can not serve God and man) Intentions convert to Goals, which are also filtered through one of three filters in the back of the brain, they are HOSTILITY, FEAR, or KHOOBA (LOVE). Goals lead to and drive behavior. How do we know what filter is set? We analyze our thoughts, feelings and behaviors – our realities – are they loving or fearful? Are our words loving or negative or destructive? If goals are filtered through anything but Love then we hold stress we do not need. Stress is the difference between the way we want something to be (our Goal) and the way it is (or the way we perceive it to be). Behavior becomes the mechanism that balances this difference. The degree of behavior is the same as the degree of the difference (or stress). The greater the difference the greater the stress. We need to have a repertoire of behaviors to pull from when stress appears – one behavior-changing tool is to learn to cancel the Goals (forgiveness).