

# **The Toltec View on Emotions for Children and Teens**

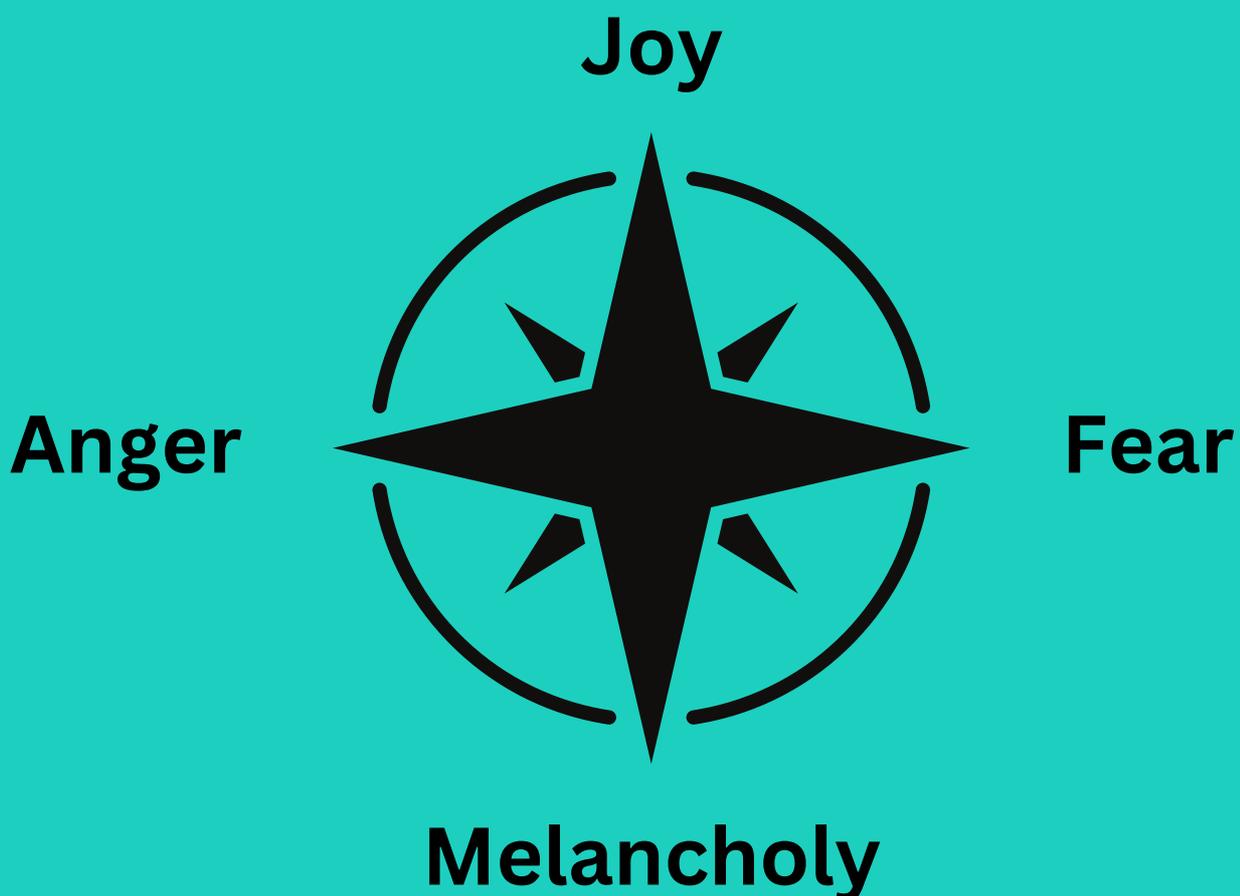


**Based on the works of Toltec Seer  
Théun Mares  
("Return of the Warriors" aka "The  
Toltec Teachings Volume 1")**

**According to Toltecs and some Shamanic traditions there are 4 pure emotions. (Toltecs refer to themselves as people of wisdom and knowledge that goes far beyond the intellect. A shaman also works with energy and knowledge in various ways depending on his or her training).**



**The four pure emotions are anger, fear, joy, and melancholy (or sadness). Imagine a compass and put the emotions on each of the 4 points. There are 2 sets of opposites with the emotions in a sense, meaning 2 emotions can be associated more closely than the others in terms of being the opposite polarity:**



All 4 pure emotions are expressions of “desire.” Desire according to Toltecs is “the physical manifest of the force Toltecs call *intent*.” A lot can be said about intent, but for now lets say intent is a force that pervasive throughout (or found throughout) this universe. Intent exists in the higher dimensional and lower (physical) realms.



Toltecs and others say there is a difference between feelings and emotions. Both thoughts and feelings can spark off emotions, sending energy in motion. Thoughts are much easier to describe than feelings. Thoughts have to do with the rational mind, where as feelings have to do with our non-rational knowing. A common expression for feelings is a “gut feeling” because feelings can register there as a sensation. People may also register feelings at the heart area or other parts of the body. Sometimes feelings are translated into thoughts by the mind as well. When this happens it may seem like a kind of irrational knowing or intuition.

*it's okay to feel*



*your feelings*



**Emotions are meant to be felt. Feeling into them can lead to a better understanding of ourselves and our relationships to the world. They can help us uplift and operate in the world, or point to areas where we may be in ego. Following emotions can help identify where we have be-LIE-f systems that we can let go of.**



**A lot of people have emotions that are quite suppressed, which is not most useful. Alternatively many people often lack control of the emotional energy and express it poorly as negative or un-ideal behaviors.**



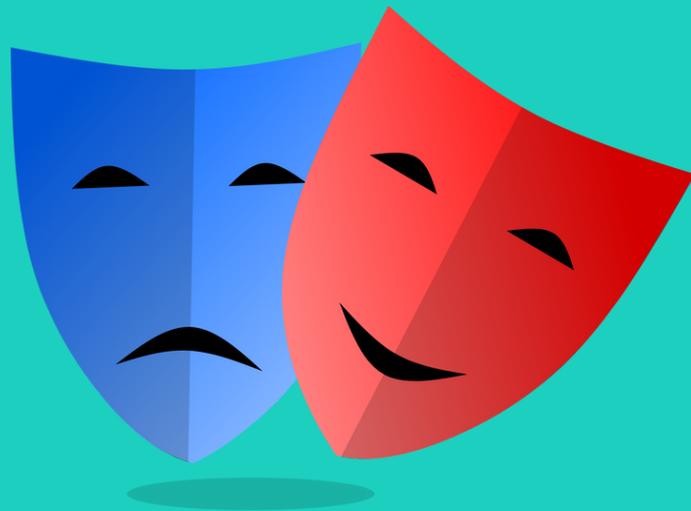
**The following pages will give some examples to clarify.**

# Joy – Desire to Live

**You may experience joy in childlike wonder and play.**



**Finding the joy in a difficult situation that is challenging emotionally or physically may lighten the situation.**



# Melancholy – Desire to Change

Moving homes or a school can bring about a sense of melancholy or sadness.

The change may be set in motion already so the emotion can help you flow with change to help you adapt or fit into a new situation.

Acting how you think you need to act to fit in may make you sad. Desire for approval is common, but the sadness may be saying you want to change to be more in line with the real you in your heart. Let your heart and feelings be the compass rather than belief systems or opinions.



# Anger – Desire to Fight

At times anger may be used to act in a positive way when used wisely.

For example: someone crosses your boundaries may need to express how you feel, to stick up for yourself and not be afraid to speak up.

One can “fight” to preserve a relationship or friendship. Say you let someone down and they get disappointed time and time again, you can fight, or use the emotion to act, to take accountability and improve your relationship skills.



## **Anger – Desire to Fight (Continued)**

**In the lower vibrations anger can be used un-ideally to “get back” at someone by (for example) copying someone's negative behavior towards you or another person because they acted that way towards you.**

**Getting angry because something happens you don't like, and you feel you deserve better can happen. The anger-self pity (aspect of ego) can loop together or feed off one another. Instead of acting out, you can sit with the the emotion to see what it is associated with. This can help let go of expectations or belief (Be-Lie-f) systems to let go of .**

# **Fear – Desire to Retreat**

**Fear is sometimes spelled out as an acronym (each letter is given a word to represent).**

**F – False**

**E – Evidence**

**A – Appearing**

**R – Real**

**Fear is often linked to "illusions" that are aspects of belief systems.**



## **Fear – Desire to Retreat (Continued)**

**Often fear holds us back from having beautiful experiences and from growing as a person. For example in social situations fear sometimes gets in the way of singing, acting, public speaking or giving presentations. These examples are relatively low risk from any harm and mistakes are opportunities to learn.**

**It's ok to feel the fear and let it flow through you without letting it hold you back from taking reasonable action.**

**In certain situations fear can help you stay safe, retreating from situations where you can get physically hurt. For example riding a bike down a hill that is too steep to control your speed well.**