

Jesusfullness: The Key to Self-Actualization.

We already imagine what Jesus will do in a given situation, now bring him into your mind and brain to clean up your emotional baggage.

RIDGEFIELD PARK, NJ, USA, August 2, 2013 /EINPresswire.com/ -- RIDGEFIELD PARK, NJ, USA, August 2, 2013 /EINPresswire.com/ -- In self help an effective technique is to look at one's own inner feelings from the viewpoint of a third person. I have taken this further by suggesting to look at your own turmoil of emotions from the perspective of your own pure self. It is your own pure self observing your pure self observing your own emotionally unhealthy self image. Your pure self experiencing for instance your emotionally challenged self image's defective emotions just when these addictions/emotions occur.

Now I am suggesting to imagine this pure self is Jesus. Just experience Jesus is observing your compulsive unwanted emotions. Imagine what is going through Jesus' mind. What are his emotions and try to experience these emotions for your self. Let your defective self image experience the thoughts and emotions of Jesus as he observes your emotional turmoil. Observe and experience your self image experiencing the emotions and observations of Jesus as he observes your emotional roller coaster. At the same time observe and experience your faulty emotions as these emotional baggage driven emotions happen.

Try to recreate and live your past history when these unwanted feelings first came into your mind and lodged into your brain. Relive the exact incident as it happened way back then and experience the past incident minutely observing the fear, embarrassment, hurt feelings as if it is happening right now under the watchful eye and perspective of Jesus from the inside out and outside in.

Many times the actual physical pain is due to our defective habitual emotions that spring from the emotional baggage. What better way to get rid of the emotional baggage then to use our faith in Jesus to help us become emotionally super intelligent.

If you do not believe in Jesus you can do this form of self therapy with whoever you have faith in. Even if [Jesusfullness](#) does not help everyone it will help a huge section of the population as faith really cures.

PS: Whenever a new leader emerges I try to imagine the leader in my head. When Pope Francis emerged as the Pope I imaged him in my mind and I felt really good. Then I imagined Pope Francis observing the pain in my foot. Amazingly the pain eased quite a bit. I woke up to the fact

that a good soul in the mind makes a beneficial difference to a physical pain then just imagine what it will do to the psychological pain! So I thought of Francisfullness. But then I decided why not the ultimate Jesusfullness.

Let me just say that I came to Jesusfullness through Francisfullness. This Pope is extraordinary. He is definitely going to be a Saint. He has all the hallmarks of becoming a Saint.

This press release is dedicated to Prof./Ambassador Harry Cahill, my mentor, guru and friend. Without his guidance, support and encouragement I would have given up long ago.

Please also google:

1)<http://www.24-7pressrelease.com/press-release/4th-r-foundation-living-fully-aware-as-the-pure-self-is-the-key-to-an-emotionally-healthy-life-and-pure-happiness-322924.php?swa=4th+r+foundation>

2)<http://www.24-7pressrelease.com/press-release/america-and-the-world-here-is-your-most-important-new-year-resolution-ever-321356.php?swa=4th+r+foundation>

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