



## Purity @ Heart



I was chatting with a young person on [Facebook](#) this week. The question this young person asked was, ‘Why do you share your past mistakes and failures very openly?’ A very good question! Did you know that one of the secrets that make teens and young people feel comfortable to reveal their stories to me over the past several years has been this quality of transparency? *Yes, I do realize that I need to be wise or I could be easily misunderstood :)*

**But being open helps someone else to be open too.** For, it is only when they are open that I can reach out and help. In fact, this is exactly how I received my help. I had to open up to different people at different phases in my life to [get help](#). Now I open up so as to [give help](#).

So this time, let me start with a success story. I do hope you remember that our topic for the day is [PURITY AT HEART](#). I was 15 years old and I was madly in love with this classmate of mine. She was everything for me. But, there was no depth. There was no satisfaction. I realised that this relationship was not going anywhere. **This was just a teenage emotional attraction, that I called love.** She was open to anything in this relationship. **But deep down I knew I had to face it straight.** So I decided to walk up to her and tell her that I was breaking off this emotional relationship. *Was it easy?*

*Of course not! But you see, at this point I realised that I had to break away from this wrong emotional love that had no ground or standards for true, genuine love.*

So, I finally mustered up the courage and informed her of my decision. I was taken aback by her reaction. She started shouting and before my eyes, this angel of mine was now transforming into an angry wicked witch. Ha..ha..ha...ha..

Hey, don't get me wrong here, she was a lovely person. Now I do understand that at the time, we were both very young, emotionally as well as in how we reacted. I thank God that he strengthened me enough to take that great internal victory. But, it **did not happen overnight**. Breaking the news to her was only the start, walking out of the relationship completely was a long and hard journey for me, emotionally.



*Well, emotions of the heart are always a little tricky. They tend to get complicated. We can often get entangled for wrong reasons and also get stuck at a crucial phase in our lives. These emotions could range from anger, attraction, infatuation or crush, jealousy, bitterness or just unforgiveness.*

This is one principle I would like you to understand closely. **The more time you spend entertaining thoughts and allowing feelings to rise on any emotion, the deeper and stronger, it will get.**

*So, we need to be mindful of the time that we are spending on our emotions, especially negative ones. This is an important key. When we entertain wrong emotions in our heart (the heart is where our emotions are birthed and nurtured), it gives enough seed for wrong thoughts to follow. Then out of these wrong thoughts, flow the actions or behaviour.*

Today, many people go by how they feel. Feelings are great but everything cannot be judged by feelings. Let me take it further. It becomes dangerous to go by just feelings or emotions. **Wrong emotions we have today determine in what direction our life takes us.** Let us understand the role of emotion by way of two examples.

**Example 1** – When someone has and entertains the emotions of silent cold anger and bitterness or unforgiveness, then honesty in that relationship takes a hit. What do I mean? Everything in that relationship becomes pretence. There is no honest encouragement and trust. Slowly this person makes all kinds of irrational comparisons.

To explain further, everything this person thinks, talks and does would stem out of these wrong emotions and feelings harboured in the heart. **The person starts being consumed by all the**

*negative emotions. Eventually, these emotions slowly start eating away the health of his mind, his spirit, his emotions and also his body.* Whereas, whoever this person is bitter or angry with is unaffected and free, moving about vibrantly and happily, while this poor soul is suffering.

I like this quote in [Tumblr](#) by SUPERBOYJL – “I may look calm, but in my head I have killed you three times”.

Giving birth and cradling wrong emotions of bitterness, silent anger and grudge is like you consuming poison hoping that your neighbour will die. So, watch out for those wrong emotions.

**Example 2** – Emotional attraction towards the opposite sex. This is quite common with young people but, these days I have begun to see this frequently in older people too. It often starts off as a wrong lustful emotion for someone they work with or study or play with. *Please note that I did not mention ‘love’. Love is great, but lust is dangerous.* This is one emotion that can make one go crazy. If left unmonitored and is not rooted out in time, it can desensitise the person who feels it. It can make even a terrible act look reasonable. Lust arises quickly and subsides just as quickly. Love takes time and gets steady over time.

These days as a counsellor, an instance that I am increasingly coming across is [emotional adultery](#) rather than physical adultery. When lust operates in someone it begins with wrong imaginary acts that take strong hold of their emotions which is then followed by actual dirty acts. Lust feels very similar to love except when the person who feels the emotion is cornered to respect, value and make a sacrifice.

Purity at HEART!

There are many more examples of wrong emotions. So, how do we conclude?

[Wrong emotions](#) at heart can be both [SUBTLE](#) and [SERIOUS](#).

**First, it begins with a simple subtle slip. Then it leaves a severe and a serious scar. We must watch out for it right at the subtle stage. For when it moves to the serious stage, it can be strong to take over. Be alert and watch out!**

### **Few practical pointers**

1. Don't think that you will never get to this place. It can happen to anyone. It can happen to you. It can happen to me. We need to watch out.
2. Don't allow your thoughts to be formed in light of wrong emotions. Capture them right in the beginning. Birds flying over your head is, ok. But if they build a nest and lay eggs, it can become messy.

3. Be true in all forms of relationships and work on them. Work towards deeper connection and not just superficial feelings.
4. Look for a long term pay back. Not just a short term kick. Always make decisions based on long term benefits.
5. Guard your eyes. What you see can fuel your heart's emotions. Be wise.
6. Try to willingly place yourself in a place of accountability.
7. If you have been struggling with wrong emotions over a period of time, reach out and take help. Don't feel ashamed. Get help ASAP.

Purity at heart is an **intentional internal realisation** and an **honest application** every day and every moment. This makes life beautiful, enjoyable, wonderful, peaceful, graceful, merciful, hopeful and loveable.

Let no one despise or look down upon you, but set an example in your talk, in conduct, in love, in faith and in purity. If you are already a precious blessing, you will become a much greater blessing of priority. If you are not a blessing, you will surely start becoming one :)

What I would recommend is that , when you read, take these points and have your own think tank time. Take it to a different level and apply it in your life.