

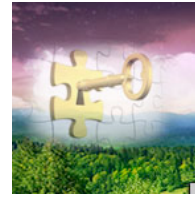


Robert Scheinfeld

Friday Q&As

What is Happiness and How to be  
Happy All the Time

August 2015



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*Welcome to another episode of The Ultimate Freedom Teachings video series.*

Welcome to another edition of Friday Q&As. This week, the question that I want to address is, Robert, and again, like so many of the questions I've answered recently in the video series since it began, this is a question that I've gotten a lot. There's a pattern that many, many people have asked this question.

And the question is, what do you do? How do you deal with it, if you're just absolutely fed up with feeling negative emotions all the time in your life? I'm just so tired, people will say to me, of feeling angry, or depressed, or frustrated, or insecure, or fearful. All these things that we call negative emotions.

They overwhelm me. I feel them too much. What am I supposed to do if I've just had it with that? I cannot deal with it? I cannot stand it anymore?

I could spend hours talking about this. If you go to my YouTube channel, there's a series of videos that I have there that go into more detail of what I'm going to talk about here. I also go into more detail in the *Ultimate Key to Happiness* book. And then I go into much more detail on all of it including extending into other aspects of life in the Ultimate Key to Freedom teachings.

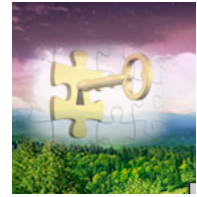
So I'm just going to sketch with broad strokes here, speak in generalities and be pretty brief just to address this at that kind of level. And then to whatever degree you want to go deeper you can go deeper.

The way we're brought up, we are taught there is positive emotions and there is negative emotions. The positive ones feel good. We like them. We want to experience as many of them as possible. Let's cause as much of it as possible.

And then there's the negative emotions that are the bad ones. They feel bad. And we don't want to feel them. And we're in a constant struggle of a negative one is up and trying to make it disappear and be replaced by a positive one. Or a positive one is up, and then it disappears, and then we try to get the positive one back.

So for most of us, not everybody, but most of us, we're in this constant struggle with our emotions. The good ones don't seem to last very long. So we're in a struggle to get them back. And as this question points to, the negative ones are present so much. And then we try to get rid of them, muffle them, or repress them. Whatever word you want to use. Make them go away, make them smaller, or hide them, or whatever else it is so we don't have to feel bad all the time.

My bias, my experience is, as long as you hold to be true what you were taught, there really are positive emotions; there really are negative emotions. The positive ones really do feel good. The negative ones really do feel bad. And then the fantasy, the desire, the hidden possibility there is



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someday you can get to the point where all the bad ones disappear and all that's left is the good ones. And then hopefully more, stronger, intense, whatever positive good ones, because that's what it's all about.

So the fantasy is, the desire is, although it usually isn't spoken, there really is positive, there really is negative. Someday I'll get rid of all the negatives and I'll only experience positives. And my bias is, my experience is, my guess is your experience is and certainly the experience of the people asking this question is you don't ever win that war.

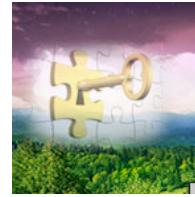
The negatives never just disappear and only the positives are left. It never happens. It's an endless battle. And if it appears that the negatives have disappeared, they've just kind of been hidden, muffled, repressed, reduced a little bit in intensity. But they don't ever disappear. My bias. There can be exceptions. There can be exceptions to everything. But if you look at the vast majority of people and their experience of emotions, positive and negative, the negative never go away and you don't have any control over it.

You don't have any control over when the positives appear and when they disappear and how long they stay and how they feel. You have no control in general. There are exceptions and there are techniques and different things that supposedly can change a negative into a positive or make it go away or whatever else it is, but in general most people are in an endless struggle with their emotions fighting the negatives trying to get the positives back and losing.

That was my story for the vast majority of my life. At the time of this recording, which is August 2015, I'm 58 years old. And I would say I struggled in exactly that way for 52-53-54 years of my life. Trying to make the negatives go away, stoop them, trying to bring more positive. Battling this and feeling powerless and being caught up in these huge emotional storms of the negatives that would sweep me up and shake me all about and I couldn't control any of it. It felt awful at the time. That was my story.

And what I discovered, and what I now teach in various ways, is there's no way to win that particular game. You can't. It was set up to create failure. The only way to "win," just using that language. You know what I mean. The only way to win into what I call experiencing true joy or true happiness, the only way out of feeling negative motions all the time, feeling bad all the time, and what do I do about this, how can I feel good, to get off that treadmill, to get off that whatever, dogs on the track forever chasing the rabbit that they never catch, is to be in a Truthful relationship with emotions, to get off the track, to get off the treadmill, to be in a Truthful relationship.

And what that means, and I get that on first blush, this may not make sense to you. But what I will tell you is you can experience what I am about to say. I have. 1Ks of other people all over the world have too. And we're not special. It's not that there's something special about me and a few other people and you can't do it. But on first blush, this may seem impossible, doesn't make sense, crazy, whatever.



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But the reality is there no such thing as positive emotions that feel good and negative emotions that feel bad. There aren't positive and negative emotions. There's just emotions. And emotions are inherently, you could either say all positive or you could say neutral. Neutral meaning not good, not bad, just what they are.

That's the Truth. And you can experience this. The fact that we have certain emotions and we call them positive and we put a word on it like exciting, excited, happy, peaceful, serene, adrenaline-rush for an intense one, when we name something as one of the positive ones, one of the goodies, and we say that one feels good.

And when we take certain other emotions that we feel and we have names for them like anger, frustration, depression, fear, and then we say those feel bad. Those are all stories. They're not true. They're hypnotic, mesmerizing stories. And the way I talk about this, and again you could get more detail in the ways I talked to you earlier in the video, is with emotions there's two things happening.

There's what I call the pure, raw experience, which is the actual emotion, energy, whatever you want to call it, that's appearing. And I show that as a fist. There's the pure, raw experience of the emotion itself. What's actually happening inside of you, in general, is how you experience an emotion.

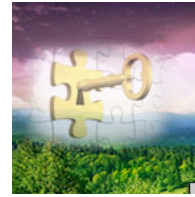
There's the pure, raw experience. And then there's the story about it. And the story includes a name, and the story includes a positive, negative, good, bad, pleasurable, painful, judgment. So you've got the story, the pure raw experience.

And all of the emotions at the pure raw experience level never feel bad. They're never painful. They're never negative. They're never awful. Pure raw experience of emotions is always fine, pleasurable, can be appreciated, is enjoyable. And then the story comes in with the name and the positive-negative.

The negative is where the problem is. And then they fuse together. They bond together. And all of a sudden, we think this pure raw experience of emotion really does feel good and it really is happy, peaceful, serene, excited, whatever. And this emotion really is fear, anger, depression, frustration, and it really does feel bad, and get me the hell out of it.

The stories are so hypnotic, so mesmerizing, and they seem so duh-obvious, because we're conditioned over and over and over as we're growing up. Because we learn this, and we accept it without question by design. It's what I call a Phase One construct that we believe these things and we're programmed with these things and we accept these things without question.

But I discovered it is possible for this to happen. And to just experience the pure raw experience of emotion and not experience a name and not experience a judgment and just enjoy it. And by the way, there's a lot more in what I'm about to say in the other places that I talked about, the *Ultimate*



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*Key to Happiness* book, the videos that you can find on YouTube within the Ultimate Freedom Experience that's offered live and also online. There's a lot more on this.

But I'll just plant the seed here in this video. You've already experienced this. It's not some new skill you've got to develop. It's not something you've got to earn or evolve your way to. You experience this all the time.

Every time you watch a movie. Every time you read a really great novel. If you play video games, every time you play a video game. If you watch certain TV shows. If you ride certain rides at an amusement park. If you watch or play sports.

What happens all day, all experience, the whole two hours you're watching a movie, the whole let's say 15 hours you're reading a great novel, that you're watching TV shows or doing these other things that I'm talking about or listening to music. You experience the pure raw experience of the emotion.

No story, no judgment. And you love that. When this happens, and you're just experiencing the pure movement of energy as I call it, that's what an emotion really is, it's always great. The only problem is in the story that has the name and the judgment. And when that goes away and you're just experiencing this, what you do when you watch movies, you do when you read novels, you do when you watch TV, you do when you're watching sports, you do when you're listening to music or playing sports, when this happens and you're just experiencing the Truthful, what the emotion really is without the story.

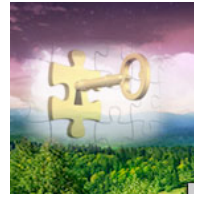
It's all awesome. And in fact, I would argue experiencing emotion without the story is one of the most enjoyable, precious, cherished, enjoyed, valued experiences that we all humans love. And what we seek most. Is to experience all of the emotions, a wide variety of the emotions, the more the better, but without the positive, negative. And of course the negative is the big problem.

Without the negative stories and judgments and names. And that's possible, doable, and part of what happens when Ultimate Freedom awakens. And that's the only solution. As long as you really do believe there's positive or negative, the positive are good, the negative are bad, I've got to find a way to make the negatives go away so I can only experience the positives. It will never happen.

You will always struggle. You will always have the negatives that are appearing. And you will always be struggling with them. The only true solution, lasting permanent transformation solution, whatever, all of this is for this to happen. To get into a Truthful relationship with emotions, which is to experience what's really there, what's really happening.

Which means the pure raw experience of emotion without the story. And then just like you experience with movies, novels and the other things I talked about, all the emotions, the more the

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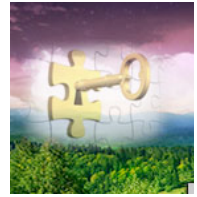
merrier, the bigger the better. Without the stories. It's supremely enjoyable. So that's what I'm going to say here. Thanks for listening. Thanks for stopping by.

Love it, hate it, agree with it, disagree with it, think I'm nuts, think I'm brilliant, whatever, think it's helpful, crazy, I'm never going to listen to this guy again, whatever. I welcome your comments beneath this video. Wherever you're watching it.

And if you did find this useful, thought-provoking, supportive, interesting, whatever, please share the love with others in your sphere of influence however you feel moved to do that.

Okay, see you next week. Bye-bye for now.

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For more information on the topic discussed in this transcript, and/or Robert Scheinfeld And The Ultimate Freedom Teachings, visit:  
<http://www.robertscheinfeld.com/>