

Emotional Patterns-Yogi-Bhogi-Rogi

Going Beyond Emotional Patterns – Rogi, Bhogi, and Yogi Perspective

Understanding Emotional States:

Just as food influences the body, emotions influence the mind and energy. Our emotions can be categorized into three broad states:

Rogi (Suffering & Attachment) – Trapped in emotional highs and lows, seeking external validation.

Bhogi (Enjoyment & Indulgence) – Seeking pleasure but still affected by emotional fluctuations.

Yogi (Stillness & Transcendence) – Beyond emotions, resting in eternal blissful awareness.

1. Rogi – The State of Emotional Dependency (Pain & Fluctuation)

♦ **Meaning:** A Rogi is caught in emotional turbulence, experiencing constant ups and downs due to attachment to emotions.

♦ **Why?**

Identifies with emotions as personal and real.

Reacts strongly to external situations, leading to suffering.

Seeks happiness outside, through people, achievements, or circumstances.

♦ **Examples:**

Feeling miserable when criticized, elated when praised.

Being trapped in cycles of anger, jealousy, fear, and sadness.

Emotional dependency on relationships, success, or material gains.

💡 **Key Insight:** A Rogi's emotions control them rather than the other way around. Emotional states dictate their mental peace.

2. Bhogi – The State of Emotional Enjoyment (Pleasure & Balance)

♦ **Meaning:** A Bhogi enjoys emotions but is still influenced by them. They seek positive emotions while trying to avoid negative ones.

♦ **Why?**

Lives for pleasure, love, and happiness but fears loss, failure, and sadness.

Engages in emotional highs (joy, excitement) and lows (disappointment, grief) without transcending them.

Finds ways to manage emotions but is not truly free from them.

♦ **Examples:**

Pursuing relationships for happiness but feeling empty when alone.

Seeking motivation in success but fearing failure.

Enjoying meditation but still affected by external triggers.

💡 **Key Insight:** A Bhogi enjoys emotions but is still within the play of duality—seeking one side while avoiding the other.

3. Yogi – The State of Emotional Transcendence (Stillness & Bliss)

♦ **Meaning:** A Yogi is beyond emotions—not controlled by them, nor seeking or resisting them.

♦ **Why?**

Recognizes emotions as passing waves in the ocean of awareness.

Does not react to praise or blame, pleasure or pain.

Lives in a state of deep peace, unaffected by external circumstances.

♦ **Examples:**

Feeling the emotion arise but not identifying with it.

Witnessing both joy and sadness without attachment.

Remaining in deep stillness whether in solitude or in a crowd.

💡 **Key Insight:** A Yogi is free from emotional bondage, resting in unshakable bliss beyond highs and lows.

How to Move from Emotional Patterns to Eternal Blissful Stillness?

◆ Step 1: Recognize Emotions as Temporary Forms in Awareness

✓ Emotions arise and pass—they are not you.

✓ Whether positive, negative, or neutral, they are just movements in consciousness.

✓ Instead of resisting or clinging, observe them like clouds passing through the sky, which are not personal but simply part of the ever-changing flow of existence.

👉 Practice: When an emotion arises, ask:

“Who is experiencing this? Am I this emotion, or am I the awareness observing it?”

◆ Step 2: Let Go of Emotional Labels (Good, Bad, Neutral)

✓ Joy, sadness, excitement, fear—these are just different waves in the same ocean.

✓ The moment you label an emotion, you strengthen its grip.

✓ Instead of naming it, feel it fully without resistance.

👉 Practice: When an emotion appears, say:

“This too is an expression of consciousness. It comes, it goes, like the air that flows freely, belonging to no one yet touching everyone, but I remain still.”

◆ Step 3: Stop Seeking Emotional Highs or Avoiding Lows

✓ A Yogi does not seek pleasure or fear suffering.

✓ Instead of chasing happiness, rest in the bliss of pure awareness.

✓ Emotional stability arises when there is no grasping or rejection.

👉 Practice: Sit in silence and say:

“I do not seek happiness, I do not resist sadness—I am beyond both.”

◆ **Step 4: Witness Emotional Energy, Let It Dissolve Naturally**

- ✓ Instead of reacting to emotions, allow them to be fully seen.
- ✓ When you watch without identification, emotions lose their power over you.
- ✓ Eventually, they dissolve, leaving only pure presence.

👉 Practice: Whenever a strong emotion arises, pause and feel:

“Where is this emotion in my body? Let me witness it fully without judgment.”

◆ **Step 5: Rest in the Eternal Bliss Beyond Emotion**

- ✓ True peace is not an emotion—it is your natural state.
- ✓ When you no longer seek or resist, blissful stillness remains.
- ✓ You are not a Rogi bound by suffering, not a Bhogi chasing emotions—you are a Yogi, free and eternal.

👉 Practice: Throughout the day, remind yourself:

“I am not the mind, not the emotions—I am the stillness in which they arise and disappear.”

Final Realization: The Yogi Stays in Ever-Present Bliss

- ✓ A Rogi suffers from emotions.
- ✓ A Bhogi enjoys emotions but remains within their influence.
- ✓ A Yogi is beyond emotions—neither seeking nor rejecting, just witnessing.

💡 **Key Insight:**

When you no longer define yourself by emotions, you rest in the eternal peace that was always there—unshaken, blissful, and free.

Transforming All Emotions into Blissful Stillness

Emotions are just energy in movement. Whether they are positive, negative, or neutral, they can all be elevated to their highest frequency—blissful stillness—by shifting how we perceive, process, and release them.

Here's how to transform emotional energy instead of being trapped by it:

1. Recognize: Emotions Are Just Movements in Awareness

💡 Key Insight: No emotion is personal. It arises, stays for some time, and dissolves—like waves in the ocean of consciousness.

◆ How to Practice:

When an emotion arises, say: “This is just energy appearing in awareness. It is not me.”

Witness the emotion without labeling it as good or bad.

🌱 Example:

Instead of saying, “I am angry,” shift to, “Anger is arising and passing.”

Instead of “I am happy,” say, “Happiness is appearing and dissolving.”

By doing this, emotions lose their hold on you.

2. Shift: From Reaction to Still Awareness

💡 Key Insight: If you react, the emotion stays and grows. If you watch without reacting, it dissolves.

◆ How to Practice:

Pause before reacting—Take a deep breath and observe the emotion instead of acting on it.

Feel where it is in the body—Is it in the chest, stomach, head?


Relax into it—Allow it to be there without judgment.

 Example:

If you feel anxious, instead of trying to escape it, sit with it in silence and let it naturally dissolve.

When still-awareness meets emotion without resistance, it transforms into peace.

3. Elevate: Convert Any Emotion into Higher Vibrations

 Key Insight: Every emotion has a higher-frequency expression. When transmuted, fear becomes wisdom, anger becomes clarity, and sadness becomes stillness.

◆ How to Transform Specific Emotions:

Emotion Lower Frequency → Higher Frequency

Fear Contraction → Expansion into Trust

Anger Resistance → Clarity & Power

Sadness Loss → Stillness & Depth

Excitement Restlessness → Joyful Awareness

◆ How to Practice:

Instead of fighting fear, say: “Fear is just energy. Let me breathe and expand into trust.”

Instead of resisting anger, say: “This is just energy moving. Let me channel it into clarity.”

 Example:

If you feel sadness, sit in silence and breathe deeply, feeling its depth without attachment.

If you feel anger, do slow, conscious breathing and direct the energy toward taking wise action instead of reacting.

When you allow emotions instead of resisting, they rise to their highest form.

4. Rest: Drop the Need for Emotional Highs or Lows

💡 Key Insight: A Yogi does not chase happiness or fear sadness. They rest in the stillness beneath all emotions.

♦ How to Practice:

Whenever you feel an emotional pull, pause and feel the silence beneath it.

Ask: “Who is watching this emotion?”

Instead of reacting emotionally, rest in that awareness. Or, rest in the untouched sky-like space that simply remains there.

🌱 Example:

If joy arises, enjoy it, but do not cling to it.

If sadness arises, observe it, but do not reject it.

When you stop seeking emotions, you remain in peace.

5. Final Step: Anchor in Blissful Stillness Always

💡 Key Insight: True bliss is not an emotion—it is your natural state beyond emotions.

♦ How to Practice:

Throughout the day, pause and feel the silent stillness inside you.

Say: “I am not my emotions—I am the infinite sky in which they appear and dissolve.”

🌿 Example:

Imagine emotions as clouds and your awareness as the sky—clouds come and go, but the sky remains untouched.

☀️ **Final Realization: From Emotion to Stillness**

- ✓ A Rōgi is controlled by emotions.
- ✓ A Bhogi enjoys emotions but is still bound by them.
- ✓ A Yogi is beyond emotions, resting in eternal peace.

◆ Reminder for the Day:

🌿 "I do not seek or resist emotions—I rest as the infinite stillness beneath them."

Trying to maintain stillness instead of resting in it effortlessly.

Trying to maintain stillness means effort, resistance, and subtle identification with the doer. Resting effortlessly in stillness is surrender—there's no one maintaining it, just the natural presence of awareness itself.

🌿 Shift from Effort to Effortlessness:

Instead of "I must remain still," realize "I am already still."

💡 Practice:

When you notice yourself "trying" to be still, simply ask:

🌀 "Who is trying?"

☀️ Notice that awareness is already here, needing no effort.

🌀 Relax. Let go. Rest as the open sky.

Explanation:

"Trying to maintain stillness" means thinking in the mind like, "I am trying to stay calm," or "I am trying to preserve my peace." This creates effort, tension, and the sense of a "doer" in the mind.

"Resting in stillness without effort" means realizing, "I am already peaceful." Here, the "I" is not a person, but the pure presence of awareness. It is a natural state that does not require any effort to maintain.

Asking the question, "Who is trying?" challenges the idea of a "doer" in the mind. It helps to see that this is an illusion created by the mind.

"Noticing that awareness is already here and no effort is needed" means realizing that our natural state is peace and stillness.

"Rest. Let go. Rest like the open sky" means dropping all mental effort and resting in your natural being, effortlessly.

FTBA (Feelings, Thoughts, Beliefs, and Actions) framework to both develop and release for transcending emotional patterns and staying in Pure Awareness across the three states—Rogi (Suffering in Emotion), Bhogi (Engaged in Emotion), and Yogi (Beyond Emotion).

● Rogi – Suffering in Emotion

→ Trapped by emotions, feeling controlled by them, and suffering due to attachment.

Release:

◆ Feelings:

- ✗ Emotional turmoil, helplessness, restlessness.
- ✗ Feeling controlled by external circumstances.

◆ Thoughts:

- ✗ "Why is this happening to me?"
- ✗ "I need to fix my emotions."
- ✗ "Others cause my suffering."

◆ Beliefs:

- ✗ "Emotions are my identity."
- ✗ "I am powerless against emotions."
- ✗ "Happiness depends on external things."

◆ Actions:

- ✗ Reacts impulsively, tries to suppress or escape emotions.
- ✗ Seeks validation and external solutions to feel better.
- ✗ Avoids or clings to emotions, creating suffering.

Develop:

◆ Feelings:

- ✓ Awareness of emotional patterns.
- ✓ Openness to observe rather than react.

◆ Thoughts:

- ✓ "This emotion is arising, but I am not it."
- ✓ "What if I just watched this feeling without judging?"

◆ Beliefs:

- ✓ "Emotions come and go—they do not define me."
- ✓ "I have the power to witness without being overwhelmed."

◆ Actions:

- ✓ Practice conscious breathing when emotions arise.
- ✓ Pause before reacting.
- ✓ Observe emotions as temporary energy instead of identifying with them.

🌈 **Bhogi – Engaged in Emotion**

→ Enjoys emotions but is still attached to them, seeking positive emotions and avoiding negative ones.

Release:

◆ Feelings:

- ✗ Fear of negative emotions, attachment to pleasure.
- ✗ Temporary fulfillment followed by emptiness.

◆ Thoughts:

- ✗ "I need to maintain my happiness."
- ✗ "I hope I don't lose what makes me feel good."

✗ "Negative emotions are problems to fix."

◆ Beliefs:

✗ "Some emotions are good, and some are bad."

✗ "Happiness depends on managing emotions correctly."

✗ "I must avoid pain to be at peace."

◆ Actions:

✗ Chasing pleasurable emotions while fearing painful ones.

✗ Using distractions to avoid uncomfortable feelings.

✗ Trying to control emotions instead of allowing them.

Develop:

◆ Feelings:

✓ Acceptance of both joy and sorrow.

✓ Relaxation into whatever arises.

◆ Thoughts:

✓ "All emotions are just passing waves."

✓ "What if I stop resisting and just observe?"

✓ "Happiness and sadness are just different movements of the same energy."

◆ Beliefs:

✓ "I do not need to manage emotions, just witness them."

✓ "I am not here to seek or avoid—I am here to observe."

◆ Actions:

- ✓ Sit with emotions without reacting or seeking solutions.
- ✓ Drop the desire to control how you feel.
- ✓ Let every feeling flow naturally, without grasping or resisting.

● **Yogi – Beyond Emotion**

→ Emotions arise but do not disturb; pure stillness remains.

Release:

◆ Feelings:

- ✗ Any remaining subtle identification with emotions.
- ✗ Any trace of wanting to hold onto pleasant emotions.

◆ Thoughts:

- ✗ "I need to remain peaceful."
- ✗ "This state of stillness should stay."

◆ Beliefs:

- ✗ "Stillness is something I achieve."
- ✗ "I need to do something to maintain my awareness."

◆ Actions:

- ✗ Trying to maintain stillness instead of resting in it effortlessly.
- ✗ Over-efforting in spiritual practice.

Develop:

◆ Feelings:

- ✓ Deep relaxation, effortless presence.
- ✓ Lightness, as if floating beyond emotions.

◆ Thoughts:

- ✓ "I am the sky; emotions are clouds passing through."
- ✓ "Nothing disturbs me—I simply watch."
- ✓ "Even stillness is not something to achieve, but my natural state."

◆ Beliefs:

- ✓ "Emotions do not belong to me—they are just universal energy moving."
- ✓ "I am not the experiencer, only the witness."
- ✓ "There is nothing to gain or lose—I am already free."

◆ Actions:

- ✓ Resting in presence without interference.
- ✓ Witnessing emotions without labeling or defining them.
- ✓ Living as effortless, unshakable awareness.

☀ **Final Shift: Moving from Rogi → Bhogi → Yogi**

✓ Step 1: Witness Instead of Reacting

→ Rogi: "I am suffering from this emotion."

- Bhogi: "I am enjoying or managing this emotion."
- Yogi: "This emotion is just passing through—nothing to do."


✓ Step 2: Let Go of Emotional Labels


- Rogi: "This is bad; I must change it."
- Bhogi: "This is good; I want more of it."
- Yogi: "There is no good or bad—it all flows naturally."


✓ Step 3: Rest in Awareness

- Rogi: "I must escape suffering."
- Bhogi: "I must balance my emotions."
- Yogi: "I am beyond emotions—just witnessing."

Ultimate Realization:

 Emotions are not personal—they are simply waves in the vast ocean of awareness.

 Pure Awareness is always here—beyond suffering, pleasure, and control.

 The shift from Rogi to Bhogi to Yogi is not about changing emotions, but about realizing you were never bound by them in the first place.

Guided Meditation: Transcending Emotional Patterns & Resting in Pure Awareness

Find a quiet space where you won't be disturbed. Sit comfortably with your spine upright, or lie down if that feels natural. Gently close your eyes and take a deep breath in... and slowly exhale. Allow your body to relax effortlessly.

1. Centering into Awareness

Take a few moments to settle. Feel the breath flowing in and out naturally. There is no need to control it—just observe.

Now, gently bring your awareness to the present moment. Notice any sensations in the body... any emotions present... any thoughts moving in the mind. Instead of engaging with them, simply observe.

💡 Realization: You are the awareness noticing these experiences, not the experiences themselves.

2. Watching Emotions Without Identification

If an emotion arises—whether pleasant or unpleasant—do not resist it or get involved in it. Simply notice:

"Ah, here is sadness... but I am not sadness."

"Here is joy... but I am not joy."

"Here is frustration... but I am not frustration."

Imagine emotions as clouds drifting in the sky of your awareness. Some are light, some are heavy, but none stay forever. You are the vast sky—untouched, unaffected.

💡 Realization: Emotions are passing waves; they come and go. You remain.

3. Dissolving Thought and Belief Structures

Now, observe the thoughts arising in your mind. Thoughts may say, "I should be happy," or "I should not feel this way." Instead of agreeing or disagreeing, simply watch.

Ask yourself:

Who is watching this thought?

If the thought disappears, do I disappear?

Where is the "I" that is separate from the thought?

Let the thoughts float by, like leaves on a river. They have no real substance. You are the silent presence watching them.

💡 Realization: Thoughts do not define you. They appear and dissolve, but you remain unchanged.

4. Resting in Pure Awareness

Now, drop all effort. There is no need to watch, analyze, or do anything. Just BE.

Feel the silence beneath everything—the stillness that has always been there. This stillness is not created; it is your natural state. It was there before emotions, before thoughts, before this body.

Simply rest in this vast, open, boundless awareness.

💡 Realization: You are not emotions, thoughts, or the body. You are the infinite stillness in which all experiences appear and dissolve.

5. Returning with Awareness

Slowly bring awareness back to your body. Feel the breath. Feel the space around you.

When you are ready, gently open your eyes. Carry this deep awareness with you. Even when emotions arise, know that they are like waves in the ocean—you are the ocean itself.

🌿 Final Insight: You are the ever-present, untouched awareness. Emotions may dance, but you remain as the eternal stillness. 🌿 ✨

◆ Affirmations for Transcending Emotional Patterns & Resting in Pure Awareness

Repeat these affirmations daily, either silently or out loud, to dissolve emotional attachments and rest in eternal stillness.

1. Affirmations for Awareness Beyond Emotions

I am not my emotions; I am the awareness in which they arise and dissolve.

Emotions are like passing clouds; I remain as the infinite sky.
I allow all emotions to come and go without resistance or attachment.
No emotion can disturb my inner stillness—I rest in pure awareness.
I am free from emotional conditioning—I simply witness without reaction.

2. Affirmations for Freedom from Thoughts & Beliefs

Thoughts appear and disappear, but I remain as pure consciousness.
I am not my thoughts; I am the stillness in which they arise.
No thought defines me—I exist beyond the mind.
I release all limiting beliefs; I am boundless and infinite.
I do not seek control over thoughts; I allow them to pass like waves in the ocean.

3. Affirmations for Letting Go of Duality (Positive-Negative-Neutral)

I do not chase pleasure, nor do I resist pain—I remain beyond both.
I am beyond happiness and sadness, beyond success and failure.
There is nothing to fix, nothing to gain—I am already complete.
I rest in effortless being—free from the highs and lows of experience.
I surrender all preferences and aversions—I am pure, undivided awareness.

4. Affirmations for Eternal Stillness & Bliss

I am the silence that exists before, during, and after every experience.
No external situation can disturb my peace—I am the source of bliss itself.
My true nature is untouched, formless, and infinite.
I dissolve into the stillness that has always been here.
Nothing is missing; nothing is needed—I am whole, complete, and free.

🌿 **Final Insight:** By repeating these affirmations with deep awareness, you shift from identification with emotions to resting in pure, eternal stillness. 🌿 ✨

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