

# Emotions, The Subconscious Language of Alignment

Author: By Bryan Messer

---

Emotional signals are not random nor merely disruptive, they are *messages*, shaped through the interplay of **subconscious expectation** and **conscious interpretation**. At the core, emotions are the **conscious registration of the body's physiological response** to inner alignment or misalignment. But this physiology is not arbitrary; it is activated by a deeply embedded, ongoing evaluation of whether reality is matching what the subconscious had intended or anticipated.

We often believe ourselves to be consciously steering our lives, but underneath, the subconscious is continuously evaluating:

- **Is this choice moving us toward our deeper wants?**
- **Is this path congruent with our lived emotional history and internal architecture?**
- **Is the effort producing the expected emotional outcome, or has something shifted?**

When it isn't, the subconscious sends a **signal**. This signal may arrive as a flash of frustration, a wave of dread, a spark of joy, or a subtle tension in the chest. These signals aren't just "feelings." They are *alerts*, requesting that the conscious mind reassess:

- Are we pursuing the right goal?
  - Are we using the right strategy?
  - Have we overlooked a crucial emotional need?
  - Is something interfering, an external agent, or an internal misalignment?
- 

## Emotion as Real-Time Adaptive Guidance

What makes emotional signals so vital is that they operate in **real time**. Before the conscious mind has even begun analyzing, the subconscious has already compared the envisioned emotional outcome to what's unfolding. If the match is off, the emotional signal appears, not to punish, but to guide.

This is why ignoring emotions or rationalizing over them often leads to misalignment, burnout, or regret. Because those emotions are *not just reactions*—they are **adaptive instruments**, designed to help us self-correct before a more significant cost is incurred.

For example:

- **Anxiety** may be signaling a mismatch between external expectations and your internal truth.

**Know – Do – Be**

[www.KEMsDiscovery.com](http://www.KEMsDiscovery.com)

- **Sadness** may signal the loss of a pathway or possibility your subconscious had been investing in.
- **Anger** may indicate a perceived breach of what was emotionally expected or deserved.

Each emotional signal is a **part of your internal GPS**, recalibrating in the face of divergence from your inner map.

---

## Emotion as Evolutionary Attunement

If we consider this biologically, emotion evolved as an **evolutionary communication tool**—not just between people, but *within* the self. Emotional signals allow us to notice, adapt, and pivot. They help ensure that we don't waste energy chasing outcomes that no longer serve our subconscious priorities, which may shift due to context, learning, or developmental growth.

Thus, emotions are:

- **Real-time alerts** of misalignment or alignment
  - **Requests for conscious attention** to internal or external discrepancies
  - **Embodied wisdom**, trained by history, memory, and accumulated emotional associations
- 

## Integration: Listening to the Emotional Signal

The more fluently we learn to read emotional signals, not override them, but *interpret* them—the more effective and self-aware we become. This is not about indulging every emotion, but about understanding its **origin and intention**.

In that way, emotions are not irrational interruptions. They are **evidence that the subconscious mind is awake, aware, and actively steering**, trying, always, to protect you from veering too far off course from what you *truly* seek.