

April 2016 Newsletter – Dealing With Emotions – Review

Pity is where we feel compassion or sorrow for others over what they had to go through. **Self-pity** is where we feel sorrow for what **we** had to go through. *“Have **pity** upon me, have **pity** upon me, O ye my friends; for the hand of God hath touched me.”* Job 19:21 **Sympathy** is where we are compassionate over the suffering of someone else. This is often experienced by children over the suffering of one or more of their parents; we feel sorry for them and feel guilty if we don't!

Many a child has left the home to go out to live their own lives, but they can't fully because they are still feeling sorry for what their parents had to go through and maybe still going through. What this does is rob them of their own life experience for they are not able to enjoy their own life to the fullest because they feel guilty about the suffering parent they had to leave behind. Sometimes the parent doesn't want to let the child go, but this is selfishness.

The solution for both the parent and the child is to apply the doctrine given on the matter of suffering. *“A time to weep, and a time to laugh; a time to mourn, and a time to dance;”* Ecclesiastes 3:3 It's the responsibility of the parent to show the child how we are to handle the rough times in life we go through, that is, there will be those times of weeping and mourning and it may go on for awhile; maybe even for months depending on the situation, but then there is the time to let it go, put it behind you and go out and live life to the fullest!

Self pity is pretty common and natural; it deals with us feeling sorry for ourselves for what we had to go through, what we were denied, or what was taken from us. In a sense it actually is a form of “**self-comforting**”, instead of allowing ourselves to be comforted by the Holy Spirit. *“Blessed are they that mourn: for they shall be **comforted**.”* Matthew 5:4 *“But when the **Comforter** is come, whom I will send unto you from the Father, even the Spirit of truth, which proceedeth from the Father, he shall testify of me:”* John 15:26

In 1 Thessalonians 4:18 we find that we are to comfort one another in the loss of our loved ones with Bible Doctrine and words of kindness and sympathy, especially those doctrines which pertain to the Lord's return and the resurrection of the dead. *“Wherefore **comfort** one another with these words.”* This grace is for all those in the body of Christ, which many new Christians have never experienced before they came to Christ.

This is what Job's brothers, sisters, friends and acquaintances did after Job came through his trial; they came over to his house to comfort him. *“Then came there unto him all his brethren, and all his sisters, and all they that had been of his acquaintance before, and did eat bread with him in his house: and they **bemoaned** him, and **comforted** him over all the evil that the LORD had brought upon him: every man also gave him a piece of money, and every one an earring of gold.”* Job 42:11

If we went through traumatic loss when we were young, or when we were not believers, or were believers but did not have any doctrinal teaching, or the sympathetic love of other Christians, our grief and any other related soul condition problems would follow us right into adult life, even as Christians. And when we say condition, it really is a condition of the soul that becomes a definite problem.

One goes on in life, gets married, pursues a career, acquires things, but deep down inside is a **yearning**, or desire of: 'I wish I had this or that', or would have had that, or, 'One day I will have it'. *“My days are past, my plans are torn apart, Even the wishes of my heart.”* Job 17:11

When we get into this area, we get into the area of the heart and its desires and expressions would be: **yearning** – the expression of the passion and depth of the desire; **longing** – would be the wholehearted desire of the heart; **pining** – would be longing with suffering, pain and grief; **pining away** – would be nostalgic longing that withers away from grief.

The emotions of the soul are quite complicated. **Desires** can be for the wrong things, but they can also be for things that are not wrong! And they can also get stuck in us and start to have other emotions get attached to them, such as, grief, anger, envy, self pity and guilt. These new emotions are now a **cluster** of emotions having become attached to the central one at some event.

Most believers will go through these things at one point in time or another in their lives, but don't deal with them; instead they push them down into the subconscious where they continue their destructive work inside the soul. But there are some believers, as with the case of Job, where God brings them up to the surface in a trial to deal with them.

It's important for all of us to learn how to process our emotions spiritually for ourselves and others, so we and others don't get caught up in them. One of the ways is that we are to comfort one another, as we go through the hard trials of life, is through Scripture. If someone loses a loved one in death, or they are in, or have gone through a hard trial, then we are to use the promises of the Word of God to comfort them, "*Wherefore **comfort** one another with these words.*" 1 Thessalonians 4:18 "*Then came there unto him all his brethren, and all his sisters, and all they that had been of his acquaintance before, and did eat bread with him in his house: and they bemoaned him, and **comforted** him over all the evil that the LORD had brought upon him: every man also gave him a piece of money, and every one an earring of gold.*" Job 42:11

Self pity, or feeling sorry for oneself, is a feeling of sorrow over what you had to go through and is also accompanied by self comforting. **Self comforting** can take on many manifestations and can go on for many years, even one's entire life, such as: babying yourself, not trying to excel in life any more, letting yourself go, eating comfort foods, allowing yourself to get out of shape, alcohol abuse, drugs, not pushing yourself, (after all you've been pushed enough), developing a victim mindset, developing a martyr complex, indulging yourself, staying away from concepts that deny oneself things; it's like our mothers used to do to comfort us. The list is as endless and varied as there are people, but at the bottom of it all is the believer feeling sorry for himself over what he had to go through.

Everyone goes through hard things in life, many go through crushing trials and disappointments; the apostles went through things and at the end of their lives they were crucified or beheaded, but none of them felt sorry for themselves! The reason why goes back to the doctrine of the 6 P's! 1) They had faith in the Father's **plan** for their lives. 2) They had faith in the Father's **promises**. 3) They had faith in the Father's **provisions**. 4) They had faith in the Father's **protection**. 5) They had faith in the Father's **power**. 6) They had faith in the Father's **process** he would use to perfect their faith and mature them.

If we have faith in the Father's **plan** for our lives how can we ever feel sorry for ourselves? There will be good times and bad times in it, sadness and joy, socializing and solitude, pain and pleasure, prosperity and adversity, successes and failures; things we wanted to do, but didn't; desires denied and desires granted. "*I know both how to be abased, and I know how to abound: every where and in all things I am instructed both to be full and to be hungry, both to abound and to suffer need. I can do all things through Christ which strengtheneth me.*" Philippians 4:12,13

Core Image

God has ordained that every Christian is and will be **conformed** to the image of Christ. *“For whom he did foreknow, he also did predestinate to be **conformed** to the image of his Son, that he might be the firstborn among many brethren.”* Romans 8:29 In each Christian is this innate drawing to Christ and to become like Christ, but this is in the new man. But there is another dynamic at work in us and this is found in the flesh nature.

Now this core image maybe different to one degree or another in each one of us, but they are all similar. **Our core image** is how we view our life, ourselves here on earth. A man has the right woman in mind and vice versa living in a little house enjoying each other's love and companionship. A child may envision having their parents back together again, or having a happy childhood.

What makes up the **core image** for many people is a man and woman walking off into the sunset of life holding on to the hands of their child between them; the father, the mother and you the child. It's in the flesh and is a carry over of Eden where this is how life should have been, but wasn't, but because it was imprinted on the heart we are deceived and think it could be, because this is how it was supposed to be!

It helps us understand why the flesh fights the Spirit, for the Spirit wants us to be conformed to the image of Christ, which is Christ being formed in us, while the flesh wants to have the inner “picture”, the core image to become our reality! **Core** being the central, most innermost and important part of something, which is to say that which constitutes us! **Image** is a mental idea or conception.

It helps explain Cain's actions for Abel didn't fit into the “picture”; it explains sibling rivalry and jealousy, for there is only one child in this “picture” and it's **you**; the father, mother and you. It's a carry-over from Eden of the perfect “picture” that our soul has of us: our father and our mother, who created us, and we living in the idyllic condition of Eden. This is the archetype of the soul for the flesh. This core image or picture appears to be the core desire of the subconscious heart in reference to the flesh nature and the quieting of the inner child is a part of dealing with it.

The question now is what happens when the flesh's heart does not get this **core desire** to come true? Because, remember, the Lord has his own purpose and that's for us to be conformed to the image of Christ, not some core image that we may be holding on to in the flesh. What happens is that the flesh reacts over not having this core image and desire become a reality. Desire delayed results in frustration; desire denied results in anger; and with anger comes bitterness and self pity, along with acting out. **The image that is to be our core is Jesus Christ!**

The flesh is totally focused on, obsessed with recreating, or making our reality this Edenic genetic input that is programmed into our brains. Having our Adam or Eve, having our perfect children, having our little Garden of Eden, having our picture of us with our father and mother. Eden was real, but the historical fact is that when Adam and Even sinned against God Eden was lost. But even though it was lost that original genetic imprint in our souls that has been passed down to each generation is still in everyone of us.

This image we have of Eden in our flesh nature is really an **illusion** of the mind. *“This I say therefore, and testify in the Lord, that ye henceforth walk not as other Gentiles walk, in the **vanity** of their mind,”* Ephesians 4:17 It really is only an illusion of the mind; a mirage of what once was, but will be no more. Eden has been lost forever, but the Christian has the Paradise of God to look forward to.

Scar Tissue on the Soul

One of the problems we have with our emotions is due to scar tissue on the soul, the *vanity* of the mind as we saw in Ephesians 4:17, “*This I say therefore, and testify in the Lord, that ye henceforth walk not as other Gentiles walk, in the **vanity** of their mind,*” Now some will say we're no longer Gentiles, which is true, but this is a problem of the flesh nature, which all Christians still have after they are saved.

But the context tells us and them to stop living like the unsaved, and the illusions of the mind are a part of that problem. The unsaved do not have regenerated natures, nor the filling of the Holy Spirit, so all they can do is follow after their lusts and the illusions of their minds. It is only the born again Christian, through the filling of the Holy Spirit and the metabolization of Bible Doctrine by faith that has the ability to be renewed spiritually and have his/her scar tissue removed.

And even if people are able to create some facsimile of Eden in their lives, it will never be like the original one and they will never be able to fully enjoy it because: 1) they lack the personal capacity to do so; 2) they have a sin nature; 3) and because they live in a sin-cursed earth! Their souls will never have the satisfaction that Adam and Eve's souls did back in the Garden. Eden is gone forever.

The unsaved spend their entire lives chasing after one illusion of the mind or another. They think that this thing they are chasing after will satisfy their souls and when they finally get it they discover that it won't, so the go on to pursue after another one and another one. The end result will be a fruitless and wasted life chasing after mirages. That's *mataiotes* of the mind! Even Christians, who are not under the spiritual protocol of God, can get caught up in the same fruitless pursuit wasting their lives chasing after the illusions of their minds (*mataiotes*) with wasted lives and wasted opportunities.

As soon as one gets saved by believing on Christ as their Savior, they are to immediately get under the sound teaching of God's Word so they can learn how to live the spiritual life. And even when we do that, we will still have areas of scar tissue, (one of them being *mataiotes* of the mind), that we bring forward into our new life in Christ. Much of our new Christian life will be removing this old scar tissue on the soul, especially if it's hindering our forward progression and our spiritual communion with God every day. But many Christians don't get under sound doctrine, so they start accumulating more scar tissue in life added to what they already have. And one of the sad things about this is that they don't know it. They are driven by the illusions of their mind and they think they're OK!

Now God is in charge of our spiritual growth and he is always working to clean up the garbage in our soul. After all, his goal is to make us like Christ in our souls! The first area of scar tissue removal is in the area of the **mind**, the *nous*. Now it differs from everyone, but normally around 6 months to 2 years any scar tissue we have in our minds, (the seat of thinking), will go away. The next area is in the **heart**, the *kardia*, (the seat of the emotions), but it is much more difficult to remove scar tissue in the heart and it takes a lot longer time to do so. The heart is slow and reluctant to change.

The term **scar tissue** may not be the best term to use because it implies the ideas of lacerations or abrasions, but it could express the idea of being “wounded in the heart”. The word used in the original is *porosis* and it denotes a buildup of something in an area similar to the buildup of deposits in our home's water pipes, or barnacles on a ship, or plaque on the teeth. Buildup on water pipes is a good analogy for it brings out the idea of a calcification taking place thereby restricting the flow of water of water through them. Only the difference here is not the flow of water through pipes, but the flow of spiritual phenomena through our souls.

There are two words that are translated as **emptiness**, *kenos* and *mataiotes*. **Kenos** speaks of the hollowness of something, while **mataiotes** denotes the aimlessness of something. **Kenos** brings out the idea of having no substance, as in the area of teaching where there is no doctrinal content; while **mataiotes** has the idea of pursuing after that which is not real, or not truly attainable, therefore it results in worthless pursuits, aimlessness of life, chasing after the wind, looking for the pot of gold at the end of the rainbow, fruitlessness as to results, waste of time and a waste of life.

It's to live all, or a part of one's life, based, unknowingly, upon an illusion. "*For sin, taking occasion by the commandment, **deceived me, and by it slew me.***" Romans 7:11 "*That ye put off concerning the former conversation the old man, which is corrupt according to the **deceitful lusts;***" Ephesians 4:22 The indwelling sinful element in our flesh natures, which includes *mataiotes*, is the thing that deceives us giving us the **illusion** that this or that out there will be what my soul needs!

Any one of the lusts of the flesh nature are capable of deceiving us giving us the illusion that whatever it is that we are lusting after will satisfy that emptiness and longing in our souls. But that's an illusion! If we go off in pursuit after this thing, then we will live our lives in an endless pursuit for what can never be! That's *mataiotes* of the mind. And *mataiotes* is the result of **porosis** of the soul.

There are two flesh nature dynamics that prevent or hinder the flow of the spiritual life in the believer: 1) **stenochoria**, the constriction of pathways by the emotional complex of the soul, "*Ye are not **straitened** in us, but ye are straitened in your own bowels.*" 2 Corinthians 6:12 ; and 2) **porosis**, where there is a buildup of deposits in the soul preventing the flow of spiritual phenomena. The difference between the two is that in the first one, *stenochoria*, there is a narrowing of the channel where the flow is prevented from going through, like the crimping of a garden hose; while in the latter, *porosis*, there are buildups of deposits in the water pipe cutting down, or stopping the flow of water.

When *porosis* occurs it affects the mind in such a way that it no longer perceives things clearly or accurately as they truly are, while at the same time the individual is completely convinced that he does! They will be operating under an **illusion** where they have a false and misleading impression of reality. The individual will also be partially or totally **delusional** where they can have a fixed idea or belief that is resistant to reason and confrontational to the facts.

Both are very similar to a **mirage**, except a mirage is an optical illusion where you see things with your eyes that the mind incorrectly processes, while **illusions** and **delusions** are a mental phenomenon. It's quite disturbing because what this tells us is that virtually everyone on earth, except for doctrinally mature believers in Christ, are influenced or controlled, to one degree or another, by the illusions and delusions of their minds!

Whether it's from a faulty system of conclusions and beliefs derived from the mind, or a faulty sense of what's real from the influence of the emotions, both illusions and delusions deceive the individual and mislead them in life. *Mataiotes* so **affects** the mind that it causes the individual to have a distorted and incorrect perception of reality where that which is **not** true, real, or attainable now seems to be true! The individual will be convinced that it is true.

What a **mirage** is to the eyes, *mataiotes* is to the mind! So we can term it **the illusions of the mind**. From there the desires of the flesh kick in, (lusts), and now the individual will pursue after his mental illusions. But because the individual is pursuing after that which is not real or attainable, after that which does not satisfy the soul, **his life ends up fruitless and wasted!**

Porosis, the buildup of deposits in the soul, causes the mind and heart to develop the condition of *mataiotes*. The mind now perceives the world and things from the standpoint of an illusion. The mind now is convinced that illusion is reality with the result that the individual chases after the illusion. The result is futility, emptiness and a wasted life. They may get the things that they are chasing after, as guided by their mental illusions, but they will miss out on what really matters and that's a relationship and communion with the eternal Creator through his Son, Jesus Christ.

Miners spend their lives looking for the riches of El Dorado; people go from place to place looking for their “pot of gold”; there are those always looking for greener pastures; there are those who are always moving under wanderlust trying to find a feeling, (usually love), success, or something else. **Paul** was operating under an illusion in Acts 20,21 when he went back to Jerusalem. 1) that the Jews would be saved, or wanted to be saved; 2) that he was the man who would bring them to Christ. The next 4 to 5 years he spent incarcerated was his painful **disillusionment**.

Some believers get saved when they were young, get under the teaching of the Word of God, get away from it, put on scar tissue, repent and recover and start removing their scar tissue, while others never recover. Some get saved in a non doctrinal church, don't receive the sound teaching of the Word and start putting scar tissue on the soul because the spiritual life dynamic is absent.

Mataiotes speaks of the illusions or delusions of the mind. An **illusion** is a mistaken perception, while a **delusion** is a mistaken conviction. **Illusions** are wholly of the senses where one has a false or mistaken sensory impression, while **delusion** involves mental error or faulty judgment. One is what you think you see with your eyes, or feel with your heart, the other involves thinking, judging and decisions.

As stated before, what the mirage is to the eyes, illusion or mataiotes is to the mind. And operating under illusion, as most Christians are and all unbelievers are, what the mind sees and perceives is not the reality. It thinks it is! It is convinced it is! It feels it is, but it isn't. The mind has been deceived by scar tissue in the soul; it is operating under one or more illusions and now, as the deception develops and continues further on, the believer will go off in pursuit of these mental illusions to try to make them real, just as the person in the desert wanders off after water.

They acquire one thing after another that they were convinced would fill that emptiness in their souls; they chase after money, fame, love, things, success, but none of them are what they are looking for, so they keep looking and acquiring, then one day life for them is over! They've been deceived by the *mataiotes* of the mind and their life has been wasted.

The only way out of this is living in the sphere of the spiritual life dynamic of faith in the teaching of the Word of God, being filled with the Holy Spirit and living in the new nature. When one does, then a phenomena called disillusionment will be there periodically. **Disillusionment** is being freed from the illusions of our minds by having them taken away so we can accept reality. But the whole matter can be painful at times and be accompanied by the emotional reaction of: fear, anger, grief, despair, etc..

Now *mataiotes*, or illusion is the effect of *porosis* in the soul. *Porosis* would be the buildup of deposits in the soul, while *mataiotes* would be the effect that they cause. Apparently there are “pipes” or some kind of channels in the soul where spiritual phenomena, or energy, or spiritual light is circulated around the soul, much like the blood veins in the body. If there is something blocking these “pipes”, (*porosis*) then that spiritual light will not get to that part of the soul resulting in *mataiotes*. The soul now malfunctions, which explains the illusions and delusions of the mind, but also the soul spirals downward into mental illness, polarization and fragmentation of the soul.

Now we can use water flowing through a pipe, or even better yet, blood flowing through our veins as an analogy to explain how spiritual light or energy flows through our souls. The complexity of this is staggering when we consider how it takes blood flowing through every part of our bodies to keep us walking, talking, thinking, loving, feeling, speaking, breathing, etc.. Now imagine how much superior and more complex this is when get into the areas of our souls where we can commune with God!

In one example we saw where the emotions can constrict the spiritual energy flow by “pinching off”, or **constricting** the channel through which spiritual energy or light flows, thus preventing the spiritual energy from getting to that part of the soul, like pinching off a garden hose. “*Ye are not **straitened** in us, but ye are straitened (stenochoria) in your own bowels.*” 2 Corinthians 6:12 You can have a situation where there has been a strong emotional reaction over what you had to go through, which will constrict and prevent the flow of spiritual energy and at the same time create a condition where *porosis* builds up on that part of the emotional reaction constriction.

In our example here in Ephesians 4:17,18, “*This I say therefore, and testify in the Lord, that ye henceforth walk not as other Gentiles walk, in the vanity of their mind, Having the understanding **darkened**, (skotizō - darkness is the absence of light because *porosis* has built up on the channels of the soul), being alienated from the life of God through the ignorance that is in them, because of the blindness of their heart:*” we see a different dynamic where *porosis*, a foreign body of matter, builds up on the inside of the channel once again preventing the flow of light from going to the different parts of the soul, much like the buildup of deposits on the inside of a water pipe.

The third way light does not circulate into the different parts of the soul is to have no light present to begin with! You have to have exposure to the light of God's Word if you're going to get light into the soul. This speaks of unbelievers, or believers in Christ who are not submitting to the teaching of Bible Doctrine so they can get light into their souls.

In Ephesians 4:17 Paul is telling the believers back then, and us today, that we are to no longer live like the Gentiles do, (the unsaved), in the vanity of their mind (*mataiotes*). Which tells us that this is a condition that all unbelievers have and Christians have to some degree after we're saved. It is caused in Christians due to a neglect of the spiritual life dynamic, but it can be corrected.

What this means is that every **unbeliever**, due to the fact that they have no spiritual apparatus in them, that is, no regenerated nature and indwelling Holy Spirit, and that there is no spiritual activity going on inside their souls, there is nothing left but an accumulation of scar tissue on their souls and an ever increasing **darkening** of their understanding! When it comes to **believers** in Christ, if we are not under the sound teaching of the Word of God, living in the filling of the Holy Spirit and the faith rest drill, then we too can accumulate scar tissue in our souls.

Now to go over what happens to the soul again an **illusion** is where one holds on to an unreal concept or idea that is misleading, but the individual is thoroughly convinced that it is real! It is a faulty sensory impression or perception. **Delusions** are false beliefs not in keeping with reality and are the result of an error in judgment or the thought processes. **Disillusionment** is being freed from illusion and can be quite painful and discouraging in the process. It is usually accompanied by anger, bitterness, sadness, discouragement, depression, fantasy, or regression back to a former level of development. **Reversionism**, or **regression**, is where the individual reverts back to earlier behavior patterns to escape from an unpleasant situation or the painful reality.

Illusions are all around us like flies on a carcass and for the most part are put there by TV. “I really believed he or she loved me!” “I was really convinced that my political party (Republican or Democrat) is the answer to my country's problems!” One was under an illusion; they became **deluded** because of mistaken convictions, then became **disillusioned** later on when they finally realized the truth, and many leave politics altogether in **disillusionment**. While others, because they do not want to know the truth, (and this goes for everything in life), choose to remain in illusion the rest of their lives! This explains the strong **delusion** coming on the people of the world at the end of the age. “*And for this cause God shall send them strong **delusion**, that they should believe a lie:*” 2 Thessalonians 2:11

Illusion is a natural process of our fallen natures that comes about as the result of not being under the doctrinal teaching of the Word of God and the spiritual life dynamic. If one rejects, the truth, faith and the filling of the Holy Spirit, then illusion is unavoidable! It's like plaque on the teeth; you don't have to do anything to get it for it comes naturally. In fact, you have to be proactive to prevent its accumulation and the same goes for *porosis* in the soul; you have to be proactive through the continual intake of Bible Doctrine, faith and the filling of the Holy Spirit to prevent its buildup.

Now we have the problem of **darkness** (*skotizo*) versus **light** (*photizo*). Bible Doctrine metabolized by faith produces light in the soul. “*The entrance of thy words giveth **light** (spiritual light); it giveth understanding unto the simple.*” Psalms 119:130 But the absence of Bible Doctrine allows the buildup of deposits on the soul, *porosis*, this is *porosis* in the heart creating a darkening of the understanding. “*Having the understanding **darkened**, being alienated from the life of God through the **ignorance** (agnoia – no doctrine) that is in them, because of the **blindness** (*porosis*) of their heart:*” Ephesians 4:18 This buildup prevents spiritual light from entering into the soul.

Now it says that they are alienated from the life of God, which gets into the area of the spiritual life dynamic. The life of God is found in the spiritual center of communion with God through his Spirit. “*Being alienated from the life of God*”, *apallotriomenoi tes zoes tou theou*. This denotes all unsaved people who are alienated from spiritual communion with God, but it also applies to believers in Christ, if they are in the flesh and not filled with the Holy Spirit, along the lines of scar tissue in the soul.

The word for **alienate** is the perfect passive participle of *apallotrioō*, which is first of all a condition, a very serious condition for believers, and secondly the word came from *allotrios*, which is the noun form for a **stranger, one who is not your own people or race**. To be alienated would be to be removed from your own people, to have to live away from them. This tells us that all believers in Christ were created by God to have daily communion with him; this is our birthright as his children. But when we are operating outside the spiritual life dynamic, it's telling us that we are living like foreigners to him. The passive voice is interesting here because it tells us that the believer has **received** the action of the verb, being alienated, and the reason for this is because of the accumulation of scar tissue on the soul. It is this scar tissue on the soul that prevents us from having communion with God because these deposits (*porosis*) prevent the flow of spiritual light from flowing through our souls!

Now if the problem is *porosis*, which we call scar tissue, then a consistent intake of Bible Doctrine metabolized by faith, under the filling of the Holy Spirit, will remove that scar tissue in that area over a period of time. If the problem is a constriction of the energy channels caused by one or more feelings of the emotional complex of the soul: fear, anger, guilt, grief, envy, human love and human happiness, then once that negative emotion is gone by recognizing it and confessing it, then the restriction on the spiritual channel will be removed and spiritual energy, or light will now start to flow through these channels in the soul. It's very similar to blood flowing through our veins.