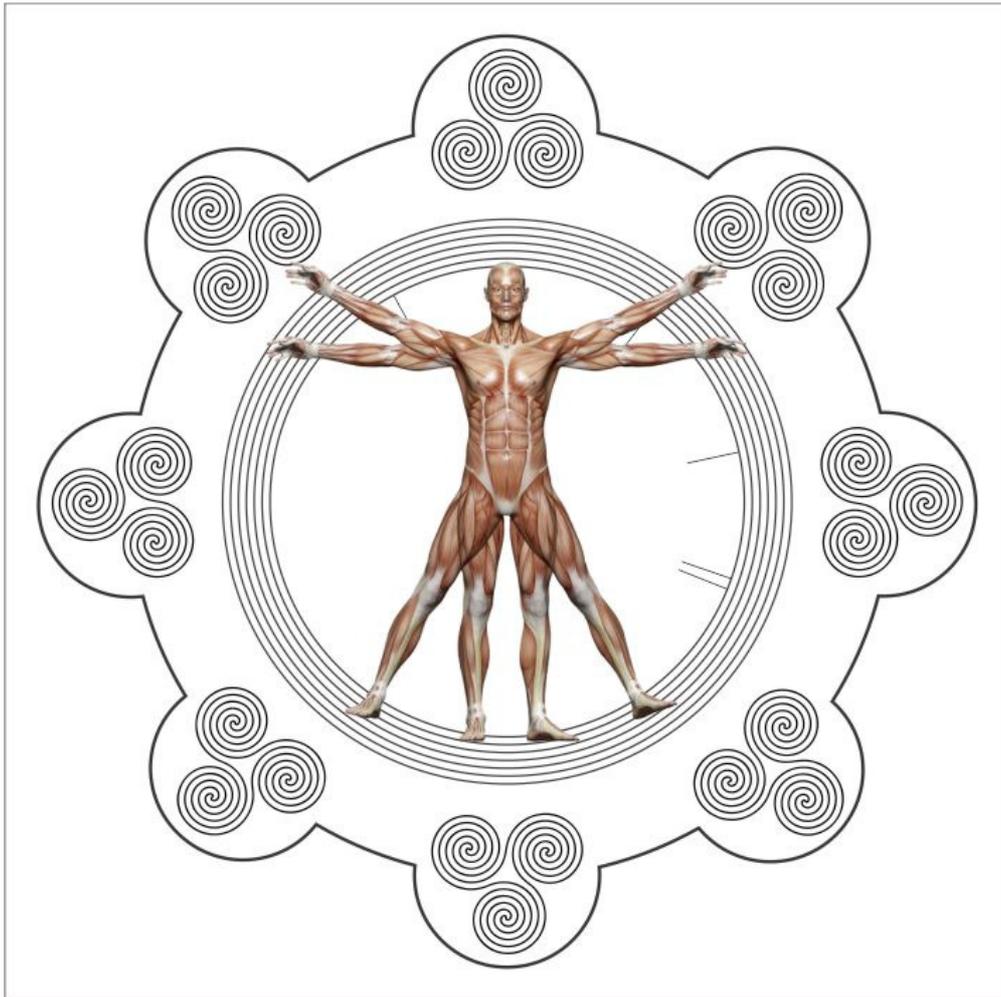


EMOTION BOOKLET



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EMOTIONS

Our emotional states are quite common to us. In fact, man has been an emotional being far longer than he has been a rational or reasoning one. For eons of time,

through years of intellectual darkness, man more guided by his emotions than by his thought processes. Even today men are more emotional beings than they are thinking, reasoning beings that are; they are more influenced by an impact upon their emotions than by appeals to their intellect. In other words, more of us are 'feeling' beings than we are 'thinking' ones, using the word feeling here to mean emotions.

Perhaps we can approach this subject by reviewing the more generally known theories of facts with regard to our emotions. Which feeling or sensations are designated as emotions? The more common ones are; fear, disgust, anger, resentment, delight, elation, affection, joy, grief, mirth, ecstasy, wonder, shame, awe, tenderness, love, hate, jealousy, anxiety, dread, pride, remorse, hostility, fear of loss, grief and guilt, separation, indifference and exaltation. Several of these words refer to the same basic emotion but are differing degrees of it. For instance, awe, anxiety, dread and fear are related, as are mirth and joy.

Taking all of the emotions collectively, they have been divided into broad categories according to their general effect upon us, such as strong and weak, pleasant and unpleasant, slow and the suddenly arising. Emotions which are pleasing to us happiness, mirth, joy, and the like are those which are in harmony with our being. Fear also has its value. It makes us aware of that which threatens, puts us on our guard, and gives us the opportunity to retreat or protect ourselves. These feelings are related to the very primary instincts and impulses of life itself. The word emotions are from the Latin word *emovere*, meaning to shake or to stir up. However, not all of the so-called emotions necessarily agitate us. Some have a very quieting and calming effect such as a great feeling of personal peace. What brings about these emotional phases? Caused by changes in the internal conditions of the organism, they are the result of either external or internal stimuli. These stimuli act either indirectly or directly upon the organism to cause an overt response. As a result, then, one's behaviour toward the person or thing causing the stimulus is either accelerated or retarded. The individual may verbally relate these feelings as pleasantness, happiness, anger, reproach, and so forth. External stimuli vibrations of various sources arouse afferent (incoming) neural impulses that are conveyed to the central nervous system. The responding impulses then pass out by efferent (outgoing) neural pathways to different organs, glands and so on. They produce motor changes either exciting or inhibiting the muscles and glands. Some of these affects are a flow of tears, sweat (cold sweat), goose flesh, and altering of the arterial blood flow causing a blanching or a flushing of the skin. A slower or faster pulse rate may be experienced.

Considerable research has been done to disclose the effect upon the glands of stimuli causing emotional response. It has been noticed how excitement affects the adrenal glands. In one research project a number of athletes – football players who were actually on the bench were examined after a particularly exciting game, which they had sat out.

A test taken of their blood indicated an excessive amount of sugar. The next day this excess was no longer apparent.

Fear, rage, and pain may excite the adrenal glands to prepare the organism for an emergency situation such as fleeing or fighting. Such emergencies call for an expenditure of power and endurance. Thus, these secretions pour forth to provide the required energy. Many of our experiences in life constituting part of our personal existence are emotional. We respond to conditions that will provide happiness or that call forth mirth, sympathy, curiosity, and so on. Further, our relationship in society is greatly dependent upon our interpreting the emotional responses of others with whom we associate.

We can tell by the smile, tears, the tone of voice, and gestures a great deal of what emotional feelings the person may be experiencing at the time. We are often obliged to adjust our own reactions as to what their emotions appear to be. For example, we do not reason about the jovial expression of another in our presence. Rather, we respond to it because it may induce a similar emotion within us. In this way, we can say that certain emotions, to an extent, are contagious; that is, they are a stimulus, which may

arouse a similar emotion within ourselves. But just what are the mechanics of emotions? That is, how do the feelings or sensations of the emotions come about from some external stimulus, for example? The theory known as the James Lange Theory offers such an explanation. William James and the Danish researcher, Carl George. Lange arrived simultaneously at the same conclusion in the year 1880. The theory purports to show how man's awareness of emotions is related to his emotional organic changes.

James said; 'The bodily changes follow directly the perception of the exciting fact, and our feeling of the same changes as they occur is the emotions'.

Simply put, this theory tells us those stimuli which are perceived produce changes in the body comes before the feeling of the emotion. For example, this would mean in perceiving some exciting fact, our heart might beat faster and our breathing become more rapid before we experience of the average person. However, in motion pictures taken of people reacting to exciting stimuli, it was determined that there was but a half second

between the exciting event being perceived and the physical change of the emotion. Consequently, it could be that the physical change does precede the feeling, and that the change in the organism is the cause of the emotion being felt.

The James-Lange Theory contends that the afferent impulses coming from the receptor senses, as eyes or ears, pass to the brain. The brain, as said, then sends out other impulses (the efferent) to affect the glands, motor nerves, and so on, and bring about the physical changes. W.B. Cannon, a noted researcher in the field of psychology, opposed the James-Lange Theory. He said the afferent impulses from the original stimulus at the external receptors (senses) are conveyed to the hypothalamus. (The hypothalamus is located in the brain on the floor of the thalamus.) From the hypothalamus the impulses are relayed to the cerebrum (the upper and anterior part of the brain). But there also arises in the hypothalamus a coordinating pattern of impulses. These include sensory impulses to the cortex where the emotional experience is realized and where there is an excitation of the motor nerves of the body.

The principal distinction between these two theories is this; Cannon holds that the hypothalamus controls and can inhibit the incoming impulses, thereby controlling to an extent the intensity of the emotions. We would be indeed very cold, non expressive human beings more like computers if we did not have the feelings of the emotions. For example, we would not personally know sorrow and grief, but neither would we know happiness, mercy, compassion, sympathy, or ecstasy. Of course, our emotions can become over expressive as in the case of emotionally disturbed persons. With such persons there is the inability to inhibit or control the exciting impressions whether external or internal.

If a person is normal and has no mental or nervous disorder, he can so exercise the will as to keep his emotions within bounds, though not necessarily to repress them entirely. The ancient Stoics of Greece considered an emotional display to be a weakness even a display of compassion or mercy. They took pride in never showing fear or sensual pleasure. This is; of course, an extreme and such behaviour can be just as dangerous to the health as are excessive outbursts of the emotions.

In using will to control the emotions it must be fortified as much as possible by the use of reason. For analogy, consider the person with stage fright. His imagination of the condition with which he is confronted becomes the internal exciting stimulus producing the fright. However, the reason must assist the will to counter the image the mind has established. The reason must tell him that. He knows his topic, and that his audience is not hostile but neutral, and so on.

Some individuals, however, have a greater innate sensitivity to external stimuli than do others. For further analogy, some persons will immediately consider a certain incident as a display of cruelty by a person, and they will react by being angered. Other persons may not be so affected by such behaviour at all and might be termed, insofar as their responses are concerned, coarse and cold. Some persons are emotionally affected by certain music, which they hear, while others are not moved by it.

To a great extent, then, this varying emotional response in regard to its degree of intensity can be genetic, that is, hereditary.

EXERCISES

Exercise Number One:

We ordinarily refer to our emotions as "feelings." However, the sensations of the emotions do not correspond to those of our sense faculty of touch. For example, qualities of the faculty of touch are hard, soft, cold, hot, rough, smooth, and so on. No emotional state actually produces such sensations.

Our emotions however do motivate US just as much as does the sense touch. In other words, our emotions can cause us to act in certain ways either to intensify or to lessen the sensations, which they cause.

Our response to an emotion, no matter how strong its feeling, is not always positive. By positive we mean that which is beneficial, which adds to our well being. Those emotional responses, which are negative, are the ones, which can be harmful to us physically, psychologically, and even socially. These negative emotions are just as natural to us physically and psychologically as are the positive ones. For example, joy and anger are extreme opposites as emotional states, yet each is equally a natural emotion. But anger is fundamentally a negative emotion, and joy positive.

An emotion such as anger is negative because it is dual in its reaction. We may in fury act against that, which caused the emotion, but such an emotion is not entirely self-served, that is, the result of anger can be distressing and one that we may regret. Reason and will are the safeguards against overly negative emotions and their often dire consequences. Reason will reveal which emotions are positive.

For instance, affection, a form of love, will most often result in a favorable, pleasant response from the one toward whom it is directed.

If we inject reason into our emotional states, we will realize whether the consequences of the acts caused by such states will have negative or positive effects for us. The part, which will play, is to renounce, to suppress the negative emotions. The will must make dominant whatever positive aspect of an emotion reason may have revealed. This procedure results in emotional control. Now, for our exercise, list the emotions that are set forth on page 1. When you experience anyone of these emotional states, first before giving vent to it, ask yourself; "Is it negative or positive?" Let the reason reveal which it is to you. Then apply the will power either to discharge the negative emotion, or conversely, to support what reason has designated as a positive aspect.

Exercise Number Two:

This exercise will help you to impose will power in relation to either the negative or positive aspects of an emotion. Once again refer to the list of emotions appearing on page 1. Next, form a mental. Image, that is, a picture in mind that to you represent either the negative or positive aspects of the various emotions.

For example, as you look at the word hate, what image, design, or thing suggests the negative condition of that emotion? Then draw or write whatever symbolizes that characteristic to you. Whenever one of the emotional states arises, look at the symbol which you have drawn or the word which you have written representing it. Keep that symbol and what it depicts foremost in your consciousness so that your will is strengthened by it to act for or against whatever the symbol or word represents.

SELF ANALYSIS

There is so much heartache, so much confusion and conflict and violence in our lives today.

Each one is seeking some respite, some happiness and a way out of the valley into which he has dropped. We seek here and there, go to church, read scriptures and find new ones. We pray and beg for help, but still we move from one tragedy to another, one disappointment to the next.

Is there an answer? Yes and again yes... You are the answer. The problem is, it is too simple. No one stops to see the beauty of the daisy when the rose is there at eye level. We seek the material beauty, the intellectual ambition, worldly success as our priorities. We search for the stars but the answer to life, the true beauty, lies at our feet. It lies within ourselves.

This is the ancient rule of the Masters. If you are lonely, sad, down-hearted, unhappy and lost, not knowing where to turn, please stop and begin today to put these few simple rules into practice. These laws cannot fail, they have never failed, but we have to make them come alive in our lives. We all know there is a power beyond, in which we live and move and have our being. It is closer than our hands and feet. We have the switch, which is "Turning within to the Higher Self, and surrendering. It is letting go and letting God take over your life.

YOUR TREATY WITH THE POWER

Be seated and be silent for a few minutes. Repeat aloud three times: "Beloved presence of Power and Glory within, I am unable to continue alone. I surrender my **PAST** with all its mistakes at **THY** feet.... From this moment my life is in **THY** handsDo with me what **THOU** will.

I surrender my **PRESENT** moment into **THY** hands, by promising myself that I will at once begin to *sort* out and cleanse my thoughts, my speech, my actions and life. I have total faith that my **FUTURE** will be filled with **THY GRACE, THY** love and **THY** protection through my present actions. I can do anything through my self-effort, admitting my past failure and endeavouring daily to put my life in order, so the power and the glory of **THY** strength and love can reach the depths of my being. May **THY** love and **THY** healing Grace shine upon me this day make me whole. **I am Oh Lord, a child at thy feet. Thank you, thank you."**

You have started on the journey into yourself. A new life lies ahead. You have admitted that you cannot do it alone. You have admitted that the past failures are your mistakes. Only a strong person has this kind of courage. To admit you're past mistake's to someone is one thing, but to admit them to yourself, **BY** yourself, is wonderful. You cannot cheat yourself. You have made a promise, do not let yourself down. The answer to your success now lies in two simple procedures. **DAILY SELF-ANALYSIS and**

AFFIRMATIONS.

SELF ANALYSIS

Firstly it must be very clear that we live in a world of images. I have an image of you; you have an image of me. I have an image of myself. In fact I have an image of everything I come in contact with. This applies to all of us. .

My image and your image differ; each of us is right from our, point of view, but the truth is I cannot see anything but what and me I feel and think, so everything is MY false idea, MY image. I cannot see the woods for the trees. This is my fragmented world.

This practice will take you away from your images, breakdown the walls of "I" and "my" and open the doors for you to begin to see the whole truth.

HOW TO BEGIN

1. You must have notebook. Make it special- a beautiful picture on. The cover or photographs of loved ones or a prayer. It is your choice.
2. Set it out as follows: - The first page mark "Reference." Write down all the negative qualities you can think of e.g. hatred, greed, depression, jealousy, anger, resentment, worries, irritability, pride, egoism, self-pity, impatience, fear, selfishness, revenge. As you work with this reference, you may add others. On the second page put a right hand margin which is only to be used for your answers.
3. At the end of the day, write down any negative thoughts or reactions that you may

have had towards people or circumstances, remembering that your whole life consists of

REACTIONS TO DAILY LIVING.

So your book would read thus: "John shouted, I shouted back." The second incident of your day, place on the next line: "Mother was cross - I cried." If you cry it is either selfpity or suppressed anger. Let us presume this completed your reactions for the day. Now turn to your reference list in your right hand margin.

Your book should read thus:

. John shouted, I shouted - **ANGER**

2. Mother cross, I cried' - **SELF-PITY**

In actual fact, what you are doing is admitting that no matter what the circumstances, if you react negatively to them, you, only you are at fault.

I MUST SEE THAT THE REACTION IS IN ME. John and Mother were just the excuse for whatever negatively is in me to come out. I must see this. **I HAVE TO ADMIT THIS TO MYSELF.**

Continue to do this daily - ruling off each day and putting the date. At the end of the week add up your different negative reactions.

ANGER - 10 times, **SELF-PITY** - 20 time's etc.

THAT IS YOU - Whether you like it or not, it is you, and the beauty of it is no is telling you, **YOU** are telling **YOURSELF**. "To thine own self be true." "We must be true to ourselves. We C8'1not cheat over selves, because deep within there is the still small voice which says, "Yes this is me."

By the end of the first week you will have a good idea of what the plan is all about. A very subtle change is taking place within you, in the form of positive **AWARENESS** of yourself and your reactions. You are course still reaching but now you see that reaction. During the second week, and the weeks thereafter, the procedure is the same.

Complete your reaction then go step further and ask yourself the question: "**WHY**"?

You have a higher and lower mind and you will find that the power mind will answer you, justifying your action e.g. "Why did I got angry when John shouted?" Your answer will be, "He deserved it because he was very rude to me."

In this exercise, keep agreeing with the mind, because this is your level of thought.

Eventually, after keeping on asking the same question, the higher mind will come forth and give you the truth. "You are angry because John 'hit the nail on the head,' and what he said to you was correct but you did not want to face the fact. You must watch the justifying mind.

It never stops, or, "I shouted at Ann because I am worried over the debts." "You must see the problem lies within yourself, not Ann. She was just the excuse to let out your frustration - your anger. You must see, "The anger is in- me - **I AM Angered**".

There are some who will complain that they are born with a certain type of nature and cannot change. Others will blame their upbringing, their past and their parents. It is most important that you see how every present reaction has its truth in the past. You Are still clinging to it - This is a purely negative outlook. We all have the faculties in us to tap the power by sacrificing part of ourselves to look at ourselves. The problem is that there are those who do not want to change, who possibly enjoy wallowing in their self-pity.

You can argue and fight this principle as long as you may, but it cannot alter the truth that life is what **YOU** make of it.

The moment you have faced yourself; faced your weakness, you have won that round and the weakness will begin to fall away. The next time you are in that same situation, the impact will not be so intense because you will be more aware.

Slowly your negative thoughts and reactions are eliminated and your thinking will begin to change from a negative to a positive level, and the awareness of the little ego becomes stronger by the day.

There must be no justification of your reactions. You must face the truth of what level of consciousness you are operating on, and keep watching the weakness in you that

makes you a puppet on a string. Dancing to egoistic desires and selfishness. You must see this and affirm: **'I AM THE MASTER OF THE DESTINY.'**

Eventually you will recognize one - very potent point.

Every **ACTION HAS ITS BASE IN SELFISHNESS – DESIRE.** We may call it by many other names but eventually we have to admit the fact that we are wrapped up in ourselves, **WE** being .the most important item. All must be right for **ME.** It is good to become aware of how often during the day we use the words **'I'** and **WANT.'**

We cannot or **WILL NOT FLOW** like the mountain stream, which goes over one boulder, round the next and continues on with the vast stream of life in which it lives. The moment we can do this, seeing the fault within us, recognizing we are out of tune with the Universal flow, then we slowly coming into contact with the Higher Self. In this way, the power that we call **GOD,** who is in us. Out of us and all around us may flow unheeded. When this happens in our lives, we have no time to be wrapped up in our little selves. We generate from within the center of our being. We move and act on a positive level for others, not ourselves, and immediately the pattern of life starts to quicken, changes being taking place; life and living become something beautiful and worthwhile. You have examined the negative in order to recognize the positive and the merging of the two makes perfect thinking.

You find yourself in certain circumstances; are you going to run, be a coward and have to live with the person you see in the mirror each day whom you no longer respect, or are you going to rise above it and be able to hold your head high and like yourself? You have to like yourself before you can like another -love another. And so let this become the pattern of your daily life. Examining, looking, questioning, and in no time you will not recognize the little strutting ego that has been left far behind, as the mind slowly begins to open to the higher source.

QUESTION: Someone hurts you. If you cannot express anger, what is one to do?

ANSWER: Begin to look within immediately, asking yourself why you are hurt. If you are capable of being hurt then you are capable of hurting. **FIND THE PROBLEM IN YOU.** See this truth in you and see that the hurt, the anger is already in you; that person was only the instrument in bringing it out. It is a stark path - face it.

QUESTION: What about people who are always right- how to handle them? I feel I can also be right, but they are never wrong.

ANSWER: What is right and what is wrong? It is each person's independent opinion. See this truth. Both are right; both are a fragment of the whole. **ONE MUST SEE WHAT IS, NOT WHAT ONE WANTS IT TO BE...** You want him to see your point of view, why should he, when he has his own which he thinks is better?

Why do you want him to see your point of view? Ask yourself that.

If you want to prove you are right, then aggression is in you. If you really know you are right then you will not have to justify. Really we are all schizophrenic in one way or other some more and some less, except the sage, the complete imbecile or a newborn infant! See this truth too.

All this is just an excuse for your aggression and pride to raise its head.

If you look deeper you will find it is not your point of view that is the problem, it is the suppression you feel from the boss or the home or something or you want to assert. A person, who knows all-"a big deal" to use a slang phrase, is really someone filled with an inferiority complex and needs to be understood. He feels inadequate, so to cope with himself and you (the world) he becomes aggressive - a know all - which is merely a mask to prevent others from knowing he feels lost within. This may be the problem with the other man, but have a look; it may also be your problem.

This is a game - play it, but play it in the correct way. Make up your mind that when any person affects you; **YOU** are going to overcome that disturbance within **YOURSELF.**

Let him be right, pour on the sugar. Find a common ground which to meet him. A wonderful common ground is the ground that **HE** is interested in. He may have a clever daughter of whom he is very proud. Talk about her. Talk on the other man's interests. It may be boring to you, but keep the mind aware and you may find something new - who knows?

Not "I" will change him. You cannot change anyone but yourself. So instead of us always questioning the other person - let us continue to question our reactions and ourselves and if there is no common ground to meet on, just send affirmations his way and do not react. It is amazing how interesting life then becomes every person, every situation, becomes a study and a challenge **WITHIN YOU**, instead of as normal,

AGAINST HIM.

We must see a very potent truth: "Where we are we want to be". A man is dissatisfied with work. He never ceases to complain.

Another position comes up, but he will not move for fear of the unknown - so he wants to be there. Study this truth in yourself, in any situation in your daily life. We will grumble, make justifications, and tell hard luck stories. We all do it, but we are not prepared to change ourselves or change our environment. We want to be where we are. **THIS IS WHAT SELF-ANALYSIS IS ALL ABOUT!**

A bit of wisdom.

Try - Try - Try Again.

Do not make a vow - you will break it tomorrow.

Just try not to do it again

Only **YOU** can do it.

No one pushes misery down your throat - **YOU** are attached. Detach yourself.

Just Be.

Do not try too hard - everything will become too tense. A flower just grows - it does not try to grow.