

# About Feelings

## Emotions are our Universal language...

Not only are they felt the same across different cultures, they have vibrational frequency that's attuned to our higher-selves, and the Universe...

They boil down to basic energy particles, where all Is and where we are all Connected...

When we shutdown, ignore or dismiss our feelings we are giving the finger to our Human Experience, our Journey and the Universe... We reject Love itself...

This emotional drought hinders how we operate and our overall Human Experience...

## *There are 6 Core Universal Emotions*

### **HAPPINESS, SADNESS, DISGUST, ANGER, FEAR AND SURPRISE**

These emotions are felt in their primary, secondary and tertiary expression, refer to the Emotions & Feelings Wheel, and combinations of them create additional feelings...

The Core Universal Emotions have also been narrowed down by emotions researchers and theorists to only 4 Core Emotions:

**Happiness, Sadness, Fear and Anger**

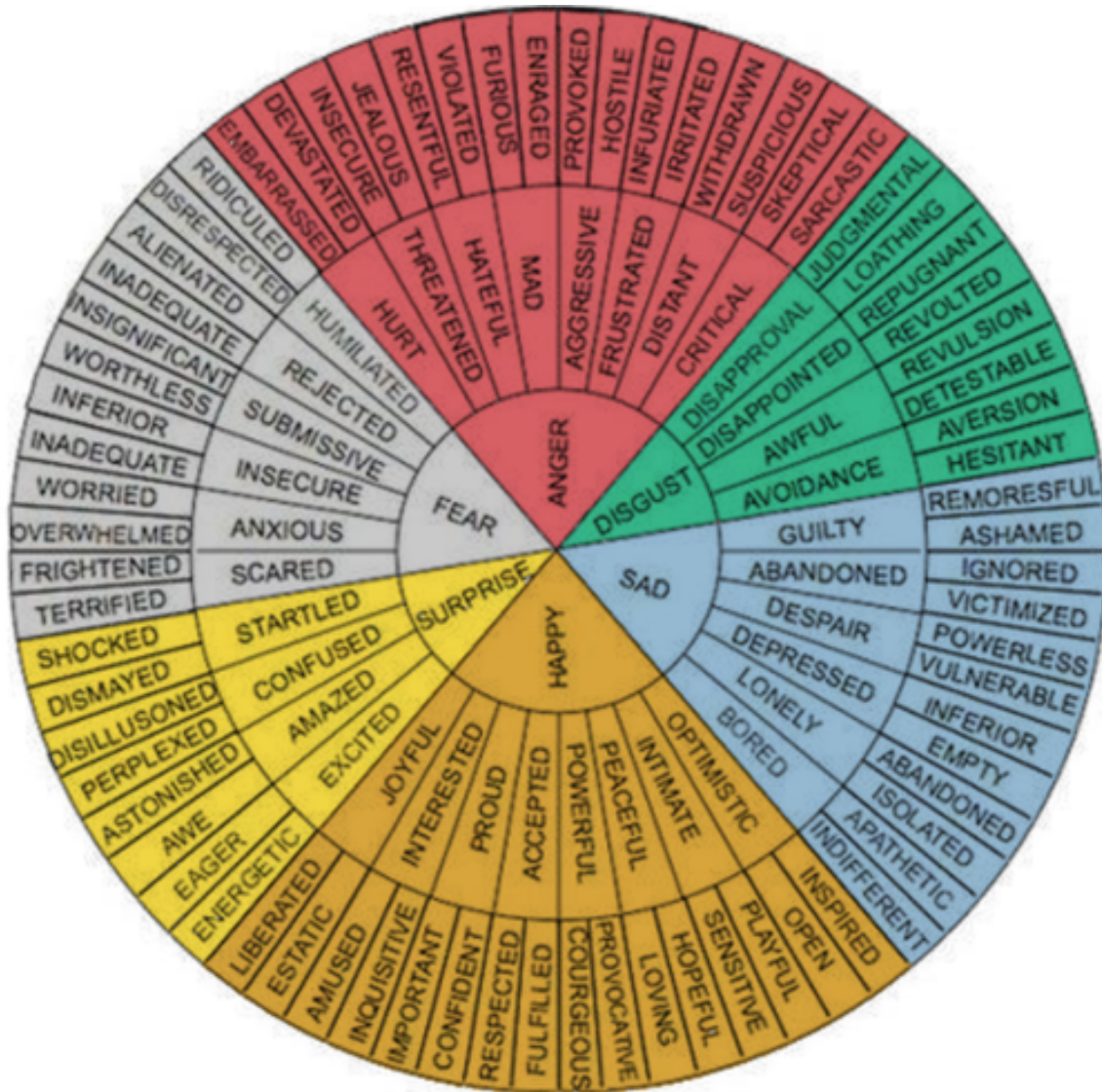
Which have been associated to core biological affects and basic instincts:

**Reward, Punishment, and Stress**

CORE EMOTION/AFFECT	NEUROTRANSMITTER	INSTINCT
<b>Happiness</b>	Dopamine	Reward
<b>Sadness</b>	Serotonin	Punishment
<b>Fear &amp; Anger</b>	Norepinephrine	Stress

Unexpressed, processed or moderated emotions continue to trigger their respective neurotransmitter affecting our very physiology, state, and response...

# Emotions & Feelings Wheel



Feelings are experienced with different intensity and on a spectrum as well.

*Honoring our whole range of emotions makes for a richer and more Aligned Human Experience...*

# Emotions & Feelings On A Spectrum

KIND OF EMOTION	POSITIVE EMOTIONS	NEGATIVE EMOTIONS
Related to object properties	Interest, curiosity, enthusiasm	Indifference, habituation, boredom
	Attraction, desire, admiration	Aversion, disgust, revulsion
	Surprise, amusement	Alarm, panic
Future appraisal	Hope, excitement	Fear, anxiety, dread
Event-related	Gratitude, thankfulness	Anger, rage
	Joy, elation, triumph, jubilation	Sorrow, grief
	Patience	Frustration, restlessness
	Contentment	Discontentment, disappointment
Self-appraisal	Humility, modesty	Pride, arrogance
Social	Charity	Avarice, greed, miserliness, envy, jealousy
	Sympathy	Cruelty
Emotional Investment	Love	Hate

# Feelings Are Our Human Experience GPS

Feelings carry a wealth of information and even instructions... Dismissing or burying them just cheats us of Guidance...

## HONORING OUR FEELINGS ALLOWS US TO:

Correctly interpret our experience, get our needs met, respond appropriately to others and situations, and wisely choose our course of action in our Journey...

### They can be decoded to help us navigate life:

- **When we feel good**, we are on the right track and experience blessings and positive experiences. We have a higher frequency vibration that allows us to experience other high frequency experiences...
- **When we feel bad**, it's an indication that we are not on the right track and need to course correct. We have a lower frequency vibration that creates other low frequency vibration experiences...

### They can be decoded to help us meet our needs:

- When we feel alone, we need company or connection
- When we feel rejected, we need acceptance
- When we feel criticized, we need acknowledgement
- When we feel dismissed, we need to be heard
- And such...

### They can be decoded to help us relate to others:

- When we see sadness, we can provide empathy
- When we see loneliness, we can provide company
- When we see fear, we can provide reassurance
- And such...

## THEY CAN BE DECODED FOR MEANING AND INSTRUCTION

EMOTION/FEELING	DRIVE	EXPERIENCE	INTEGRATION
<b>Love</b> <b>Passion</b> <b>Joy</b>	Worthiness Motivation Abundance	Aliveness Engagement Generosity	Expression, Connection Take Action Give & Receive
<b>Fear</b> <b>Anger</b> <b>Pain</b> <b>Guilt</b> <b>Shame</b>	Security Acknowledgement Growth Check-and-Balance Unworthiness	Panic Rage Hopelessness Stuckness Underserving	Protection, Safety Address Injustice Heal, Learn Make Amends, Repair Self-Compassion, Self-care