

emotion

week #7

song: *Emotional Rescue* – Freedom Dub

emotion: [noun: own it]

- a mental state arising spontaneously rather than through conscious effort
- a feeling often accompanied by physiological changes
- the part of the consciousness that involves feeling; sensibility

affection, ardor, concern, desire, despair, disturbance, ecstasy, empathy, feeling, fervor, inspiration, joy, love, melancholy, passion, satisfaction, sentiment, thrill, vibes, warmth

***"It is with the heart one sees rightly; what is essential is invisible to the eye."
- Antoine De Saint-Exupery***

Emotional Intelligence (EI) is your ability to perceive emotions, understand emotions and to regulate emotions to promote personal growth. The EI model measures emotions in a similarly to how that your intelligence may be tested as IQ.

Scientists have isolated 53 different emotions. With a better understanding of how you are affected by your own emotions, you can USE this knowledge to help you interpret situations, and conditions. Emotion is the essence of humanity... your creative expression of energy.

Unexpected emotion is absolutely beautiful.

This being said, when inappropriate, you have the ability to monitor and manage your of emotional waves.... having the willPower to STOP, REFLECT, EXHALE, and make a CHOICE.

***"Feelings or emotions are the universal language and are to be honored.
They are the authentic expression of who you are at your deepest place."
- Judith Wright***

When emotions work in concert with intellect, extraordinary things happen, creative, magical occurrences. Emotions allow you to have hope, faith. Your emotions enable you to believe.

ACTION: This week, tap into your innermost feelings, and reflect upon how people and situations make you *feel*. As you connect with your very human condition, allow yourself to become empathetic with the people you interact with. Notice how you are received when you make an effort to emotionally connect with their situation.



When practicing the Crescendo, allow your emotions to guide your powerful movements! Recognize your moments of high and low... allow yourself to sink deeper and lift higher!

February Color: Sheer Lilac

Playful and imaginative, this color evokes feelings of kindness, and corresponds to friendship and community.

- Uplifting
- Progressive

February Chakra: Crown

The violet chakra is connected with joy, faith, peace and beauty. It controls your values, morals, and ethics. If your Crown Chakra is balanced, you will be open to new perspectives, and well-connected to your own divine center of being. You will exude joy and be attracted to emotional and inspirational concepts.