

Chapter 1 : Isaac Asimov: The Feeling Of Power

The Power of Feelings has much to offer feminists both inside and outside the academy in the form of an incisive critique of postmodern trends Chodorow's new book does more, however, than bring us up to date on current practices in psychoanalysis.

Have you ever given much thoughtful consideration to WHAT emotions are? If not, what follows regarding YOUR emotions, and the powerful role your emotions play in the experiences you encounter in life, COULD prove to be quite a transformational understanding to acquire. Whether that plays out for you in the way I intend is really up to you. They may "seem" that way initially. More specifically developing an uncommon, in depth, all too often overlooked and potentially transformational understanding regarding the power YOUR emotions have in determining the kind and quality of YOUR life in both intangible as well as in tangible and measurable ways.. What would that be worth to you? What would it feel like to not only understand how your emotional responses and reactions impact the quality of your life but move beyond an intellectual understanding into mastering, in an experiential kind of way your ability to create and consciously direct the kind and quality of emotional responses that that propel you forward? A kind and quality of "consciously directed" emotional stimulation that enables and allows your life to become a joyful and magnificent journey? Actually it goes well beyond "feeling good. A process which begins with understanding emotions and what emotional mastery truly is. There Are No Shortcuts. And you begin by simply making a conscious choice to master your emotions rather than allowing your emotions to master YOU. Once the choice is made, you follow up with an unwavering commitment to keep on keeping on long after the initial choice is made. At the very least, maybe what I share will reveal how VITALLY important it is to "become keenly, consciously and consistently aware" of habitual emotional responses and reactions that we ALL experience at times based on any Infinite number of factors. And it all begins with emotional mastery and becoming keenly aware of what emotions you allow. But before deciding, do yourself a HUGE favor and follow along so you might make an informed and educated choice rather than an "unconscious choice" as so many do today. The mystics, sages, masters and philosophers since antiquity from every culture around the world as well as some very wise and highly intellectual 21st century scientists that have made and are still making some VERY PROFOUND groundbreaking discoveries regarding emotions and the power they hold, will back me up on just how "real, true and powerful" they are. Your emotions which determine how you feel quite literally emit and project outbound signals; frequencies if you will of various vibrational intensities. The quality of your emotional responses and reactions as well as the quality of the outbound frequency they project stem from our core beliefs. These core beliefs are both of a conscious as well as a subconscious nature and ALWAYS determine with pinpoint accuracy the kind and quality of the events, conditions, and circumstances that you draw into your life on a moment by moment, day by day, month by month and year by year basis. They always have and they always will. And regardless of how life can SEEM sometimes; beyond the seemingly random and chaotic events, conditions and circumstances that seem to show up for no apparent reason; as "seemingly complex" as life can be at times, underneath it all is a very structured, meticulously ordered and SO profoundly simple process that never errs wavers or ceases. The emotions that we all experience and the conscious as well as the unconscious habitual thought processes that drive them, like everything in the Universe are in their purest and most basic form comprised of energy. Like all energy, both the thoughts that you think and the emotions that are triggered as a result of those thoughts emit and project an outbound vibrational frequency of energy that attracts to itself energies of a vibrational match. The quality of the emotion mirrors the quality of the outbound frequency that aligns, harmonizes and converges with that outbound vibrational frequency and at some point transmutes into physical matter. Again if that sounds a bit crazy or out there, hey, I get it. I know it certainly sounded a bit crazy and out there to me when I first heard it many years ago. And at the time I certainly saw no logical reason or how it had any practical application in my life so I never took the initiative to better understand anything about it for MANY years. So if it does sound a bit or even a lot airy fairy and foo foo to you based on what you "think you now", it would benefit you immensely to first gain a basic understanding of

Universal Laws which serve as the governing force in an all encompassing kind of way and quite literally govern the entire cosmos. AND these same Laws determine the kind and quality of every event, condition and circumstance in the entire universe ranging from the macroscopic to the microscopic and beyond those even. Sort of at least. They oversee the energy and the alignment and harmonizing of the energy but the quality of the energy and what "shows up" is determined by YOU. Put another way, you are at cause for your emotions and every event, condition and circumstances that transmutes from energy form to tangible and measurable form. And the quality of that energy is determined by the quality of your emotions. You become "keenly aware" in a tangible and measurable kind of way, how your thoughts, beliefs, and emotions DO quite literally determine EXACTLY the kind and quality of experiences you attract and eventually experience in your day to day life. By familiarizing yourself with the Law of Vibration , it will become evident to you that each of the emotions that you experience creates, emanates and projects a specific vibratory output or energetic frequency which, through the Law of Attraction , attracts to itself additional energies, the same in kind and quality as is emitted by the various emotions that you experience. These "intangible emotions" which emit and project a frequency transmute into tangible and measurable things in our lives by attracting to themselves additional energy of the same vibratory frequency. These governing forces Universal Laws transmute what scientists often refer to as waves of probability at the unseen, metaphysical or spiritual dimension into particles of matter. The Source Of Your Emotions Many believe that they have no control over the emotions that they experience. In other words, what we see hear, taste, touch and smell in the world around us is often thought to be the "cause" of our emotional responses and reactions. The various emotions that you experience are ignited based on specific beliefs and perceptions that you have established at some point in your life regarding the "outside events" that you experience. These beliefs control and determine to an extent, the predominant thoughts that you think which serve as the "cause" for igniting and sustaining any given emotion which creates a self replicating and what is often viewed and believed to be an inescapable cycle of less than desirable experiences. A perception derived from an inherited belief based on what you were told and taught is "true. A combination of this "belief" combined with the quality of thoughts that stem from it ignite a kind and quality of emotion that intensifies and broadcasts a frequency created by these false beliefs that without fail are going make money hard to come by or require you to work hard for the money you receive. Or as another example, if at some point in your life you have experienced financial difficulty and you have allowed the resulting circumstances arising from that difficulty to establish a fear of a "lack of money", it is absolutely certain that when you get into a situation that involves a potential shortage of money, your previously established belief concerning money will ignite and stir up the emotion in this case fear that you hold about money. And the resulting vibration or frequency of energy created and projected by the fear actually attracts and brings about more of the circumstances that you fear! A lack of money! The governing laws of creation, whether you choose to call them Universal Law or Laws of Nature match your vibrational frequency with waves of probability that align and harmonize with that choice. These Laws as well as the process that determines your tangible and measurable results, operates "under the radar" and never fails, wavers or gets it wrong And the reason it never fails, wavers or gets it wrong is due to the The Law of Resonance. Although you may consciously try really hard to suppress or eliminate these negative emotions, the underlying subconscious fear actually dominates and overrides the conscious thought process and before you know it you find yourself experiencing more financial crisis. The same Laws govern it and the same rules apply Your predominant thoughts which stem from your conscious as well as subconscious beliefs are igniting, creating the emotions; both responsive and reactive which are literally attracting and creating the circumstances whether desirable or less than desirable which you find yourself experiencing each and every minute of each and every day! It really boils down to what you conceive, believe and DO which determines what you experience in life. Napoleon Hill, the author of the all time classic "Think And Grow Rich", nailed it when he said "Whatever the mind can conceive and believe, it can achieve. Regardless if it is in the area of money, health or relationships, YOU possess the ability to create the results you desire for your life IF you will simply become conscious of and change the often times subconscious thoughts and beliefs which are igniting and stirring the "undesired" emotions that are responsible for attracting the undesirable outcomes that you may be currently experiencing.

Here is something very important to consider Your emotions which are consistently ignited due to those predominant beliefs and the thought processes which follow emit and project a vibrational frequency into what scientists often refer to as the field. You have the ability to control your thoughts, beliefs, and emotions. Contrary to what you may currently believe, your thoughts, beliefs, and emotions do not have power over you. And with the correct knowledge and direction , you can and will discover how to regain and begin to consciously utilize the power you have over them. If you can conceive and believe that you are capable of creating pleasing situations that can attract to you and bring into physical existence the kind of money, health, and relationships that you desire, you will begin to attract and manifest the events, conditions and circumstances that are harmonious and in alignment with your emotions surrounding them. By the same token if your emotions toward any of these same life areas consist of what are considered to be negative type emotions, such as apathy, grief, fear, doubt, worry, anger, anxiety, jealousy, etc. In reality, the "higher truth" is that whatever you are attracting to yourself, is not in ANY way, shape or form a disharmonious or discordant event, condition or circumstance. They only serve to govern the transmutation of energy from wave to particle form and they ALWAYS do so perfectly, precisely, without fail and create in tangible and measurable form events, conditions and circumstances that ALWAYS aligns and harmonizes with the kind and quality of energy that they are provided to work with. Who determines the kind and quality of energy that these Laws have to work with? You could say that your emotions which determine the quality of the projected energy are the language of the Universe. What most "perceive" to be negative emotions How exactly do you do that? Put another way, you choose to become conscious of whatever emotions are being experienced, recognizing them for the gifts that they are and become keenly aware of which direction they have you going in. Are they moving you toward or taking you away from where you "truly desire" to be. Develop the ability to SEE them for the gifts that they are. When you enhance, elevate and shift the belief you automatically shift the quality of the the underlying thought processes which are responsible for igniting the emotions you experience. When you shift the quality of the belief, thoughts and emotion, you shift the quality of the energy that you project. Then you shift the quality of what you "attract" into your life. As you become aware of emotions that you recognize are conflicting with those desires, you accept them, acknowledge them and do your best to shift them through acquiring greater knowledge and understanding. The Power of Acceptance is a vitally important and pleasingly creative principle to understand and adopt. The reason why is simple. What you feed grows. What you give focus and attention to expands. Feeding and giving attention to emotions in a resistant kind of way feeds, intensifies and expands the less than desirable emotions that you have no desire to experience. Becoming aware of, acknowledging and accepting them as they are for what they are, enables you to place focus and attention on the actions that you CAN take to shift them. By allowing them and accepting them as normal you will prevent the current negative emotions that may arise from growing, intensifying and creating more of the less than desirable experiences. Allowing these "less than desirable" experiences to persist you only serve to solidify as well as intensify the "beliefs" you hold regarding how real and true it is that you CANNOT create desirable results. These beliefs only become further solidified, validated and all the more buried in the powerfully creative subconscious portion of your mind. The "less than desired" emotions become intensified and ignite when you SEE events, conditions and circumstances that conflict with the "consciously desired" result. Acceptance plays a vital role in breaking less than desirable cycles. Through acceptance and allowing, you also enable previously buried emotions that we often tend to suppress and resist to surface, allowing you to become consciously aware of the beliefs they stem from, do away with or release them and begin replacing them with beliefs that trigger more desirable emotions that will bring about the results that you DO desire. In trying to control or suppress them you are actually creating a form of resistance which will cause them to become stronger and more deeply embedded in the subconscious portion of your mind. The best and most efficient way to deal with negative emotions that may arise, and they will initially is to acknowledge them and immediately make the conscious choice to begin thinking different thoughts that will allow the emotion to change. Acknowledge it, thank it for dropping by and change your focus to something that allows you to experience a different emotion. The most effective way to do this is to think of someone or something that gives you pleasure. For some it may mean to change your focus to the love of a child, grandchild, or

someone else that you have a strong love for. To others it may mean visualizing a specific action that gives you pleasure or has given you pleasure at some point in the past. How you do it is not nearly as important as learning to do it consistently in "whichever" way that allows you to do so. Your mind cannot think 2 thoughts at a time and by making a conscious effort to place your focus only on pleasurable events, conditions, circumstances, or people, your emotions will also automatically change to correspond with the thoughts that you are choosing and allowing yourself to think. It is important that you understand that each emotion that you experience emanates and broadcasts a specific vibratory frequency, and attracts to you more of that type of energy, which through a specific and unwavering process, manifests the events, conditions, and circumstances that you experience in your day to day life. If your emotions are that of love, joy, pleasure, enjoyment, etc. By the same token if you are experiencing what are perceived as negative emotions such as fear, apathy, grief, anger, etc.

The Inside Story Power of Feelings Understanding Power of Feelings thethe Understanding IS cover 9xpgmkr 1 11/06/02, PM.

Lukasz Laska Advertisement As a young man I enjoyed listening to a particular series of French instructional programs. Was it because the sounds of human speech are thrilling? But music does emanate from our alarm clocks in the morning, and fill our cars, and give us chills, and make us cry. According to a recent paper by Nidhya Logeswaran and Joydeep Bhattacharya from the University of London, music even affects how we see visual images. In the experiment, 30 subjects were presented with a series of happy or sad musical excerpts. After listening to the snippets, the subjects were shown a photograph of a face. Some people were shown a happy face – the person was smiling - while others were exposed to a sad or neutral facial expression. The participants were then asked to rate the emotional content of the face on a 7-point scale, where 1 mean extremely sad and 7 extremely happy. The researchers found that music powerfully influenced the emotional ratings of the faces. Happy music made happy faces seem even happier while sad music exaggerated the melancholy of a frown. A similar effect was also observed with neutral faces. Although it probably seems obvious that music can evoke emotions, it is to this day not clear why. Why is music nice to listen to? I was watching them on public television. What kept my attention was not the meaningless-to-me speech sounds I was a slow learner , but the young French actress. Her hair, her smile, her mannerisms, her pout – I digress. The show was a pleasure to watch because of the humans it showed, especially the exhibited expressions and behaviors. The lion share of emotionally evocative stimuli in the lives of our ancestors would have been from the faces and bodies of other people, and if one finds human artifacts that are highly evocative, it is a good hunch that it looks or sounds human in some way. As evidence that humans are the principal source of emotionality among human artifacts, consider human visual signs. Visual signs, I have argued, have culturally evolved to look like natural objects, and have the kinds of contour combinations found in a three-dimensional world of opaque objects. Three-dimensional world of opaque objects? But visual signs do sometimes have emotional associations. For example, colors are notoriously emotionally evocative, and arguments about what color something should be painted are the source of an alarming number of marital arguments. Which brings us back to music and the Logeswaran paper. Music is exquisitely emotionally evocative, which is why a touch of happy music makes even unrelated pictures seem more pleasant. In light of the above, then, we are led to the conclusion that the artifact of music should contain some distinctly human elements. The question, of course, is what those elements are. One candidate is our expressive speech – perhaps music is just an abstract form of language. But there is a second auditory expressive behavior we humans carry out – our bodily movements themselves. Human movement has been conjectured to underlie music as far back as the Greeks. As a hypothesis this has the advantage that we have auditory systems capable of making sense of the sounds of people moving in our midst – an angry stomper approaching, a delicate lilter passing, and so on. Some of these movements trigger positive emotions – they conjure up images of pleasant activities – while others might be automatically associated with fear or anxiety. But if music sounds like human expressive movements, then it sounds like something that, all by itself, is rich in emotional expressiveness, and can be easily interpreted by the auditory system. Regardless of whether music is emotional intonation from speech or a summary of expressive movements – or something else altogether – the new research by Logeswaran and Bhattacharya adds yet more fuel to the expectation that music has been culturally selected to sound like an emotionally expressive human. While it is not easy for us to see the human ingredients in the modulations of pitch, intensity, tempo and rhythm that make music, perhaps it is obvious to our auditory homunculus.

Chapter 3 : The Daily Motivator - The power of feelings

The Power of Feelings has 19 ratings and 0 reviews. In the middle of the twentieth century, leading cultural critics and visionariesâ€”Erik Erikson, Lionel.

Emotion can therefore be thought of as E-Motion; Energy in Motion. Although all thought influences Energy to some extent, emotions can be and very often are a very powerful influence over Universal Energy, and therefore what we attract into our individual physical reality we create based upon those thoughts or emotions. Thoughts charged with emotion can be very powerful indeed. Providing we remain fully aware of this fact then we can either control or use emotions in our lives to a very powerful extent. We should always either immediately negate any negative emotions by use of the will, or much better still we should immediately transmute negative emotions to their opposite positive emotions as soon as we become aware of them. Again, we should always remain fully aware of our feelings, thoughts and emotions at all times as a fundamental requirement for creating our own reality and controlling our own lives rather than simply being carried along with the flow, or being constantly under the influence of others. It should be mentioned that this is a principle behind true alchemy. When most people think of alchemy or perhaps even in the context of the philosophers stone, they are often thinking in terms of the transmutation of base metals such as lead into precious metals such as gold. This is of course quite possible due to the fact that everything in the Universe is ultimately Energy, and Energy is influenced by Mind. At a quantum potential level therefore there really is no reason whatsoever why Energy transiently comprising atoms of lead should not be transmuted to Energy comprising atoms of gold or indeed atoms of anything at all. The true meaning of life, the very reason for our creation and individual existence is to evolve back to God by means of the ongoing process of perfection, always aspiring to the Ultimate perfection of God. Transmutation of negative, dense, low vibrations to their opposite positive, fine, high vibrations is all a part of the ongoing evolutionary process of all life. Awareness and control over the emotions can be profoundly valuable, especially for example in the creation of our own realities. Because they are such a powerful aspect of the Mind, they have an equally powerful effect on the Energy that shapes our individual reality. The scale of emotion ranges from the very highest vibration of all, the vibration of the The Source, The First Cause, of God, that of Unconditional Love, all the way down to the very lowest vibration at the lowest end of the emotional Energy scale of vibration, that of abject hate. As we know, The Law of Attraction is always in immutable operation throughout the Universe. In the context of the transition from the physical to the non-physical worlds everyone will transition to the Energy level of vibration of the Astral worlds that most closely match the overall vibrations of the Astral body or Soul. Those who have therefore lived a hate oriented physical life will transition to a lower Energy level of vibration of the Astral worlds that matches that level of Energy and vibration perfectly. They will find themselves existing within a dark, dank, oppressive existence with for example perpetual mist and fog with bare trees with no leaves; these being a perfect reflection of their Mind and therefore vibration. Such a world will be inhabited with other people with similar Energy vibration characteristics. The same principles apply all the way down the scale of emotion from Unconditional Love, through joy, passion, enthusiasm, positiveness, optimism, hope, contentment, satisfaction, boredom, frustration, feeling overwhelmed, disappointment, doubt, worry, blame, discouragement, anger, revenge, insecurity, jealousy, fear and hate. Like worry, fear will always feed upon itself manifesting more of the object of that fear into the individual, experiential reality of the fearful person. Fear must therefore be immediately identified and transmuted to a higher Energy level of vibration and emotion such as optimism, or preferably joy. Our emotions are also our inner system of guidance as we progress along the path back to God, and in maintaining full control over our own individual reality. As we already know, we are all open channels of expression for the Source, The First Cause of God, and by maintaining these open channels as widely open as possible we will allow God to express and create through us, in turn enabling ourselves to easily attract and share in the infinite abundance of the Universe. By paying such close attention to our emotions, accentuating the most positive powerful ones while neutralising or transmuting negative emotions we can align ourselves with The Source, The First Cause, God, thereby

enjoying a much closer relationship with God as a free flowing channel of expression, attraction and therefore of creation. We are all co-creators in the Universe, the microcosm, as well as within our own experiential reality. Emotions can have an extremely powerful effect on creating your own reality. The more positive, focused, emotionally charged Energy you can focus upon your desires as if they are already a total reality in your life, the more of your desires you will attract from the Universe of infinite abundance. One of the most powerful of all aspects of positive emotion is passion. Charging your manifestation exercises with passion will greatly enhance its effectiveness, and accordingly how soon it will become an experiential reality within your physical life, keeping in Mind that the objects of your desires have always existed within the infinite abundance or the Eternal Now of the Universe. Following your passions is very powerful in business. When such people look back at the money they made and how they made it, they will know that they have a hole inside them that they can never go back and fill. They made money alright but what genuine difference did they really make to the lives of people and to the world? If they did affect the lives of other people was it truly in a positive way that enriched the life of others? We are all Sons and Daughters of God, made in the true Spiritual image of God, and we must always first and foremost serve our Brothers and Sisters of the Universe before we even think of serving ourselves. Selfless service is extremely important both in personal evolution and in attracting wealth. By serving others we serve ourselves in accordance with immutable Universal laws. In business, following a passion is an extremely powerful way of attracting long-term wealth. More importantly, in the years to come such a person will be rightly filled with pride, fulfillment and joy at having profoundly been of genuine service to his or her Brothers and Sisters of the Universe, having touched the lives and helped many people in the process. Passion is Energy, a very powerful Energy of emotion that will influence the Energy of like-Minded people by means of the Law of Attraction. When a person is passionate about the product or service being offered, people who are equally passionate about the same subject will be attracted and will likely purchase the product with as much joy as you are selling it to them. This principle can be likened to two tuning forks separated by a distance. When one tuning fork is struck the other tuning fork will resonate at the same frequency of vibration and will be attracted. If you consider yourself to be one of these tuning forks and your potential customer the other, both resonating at the same frequency of Energy and therefore vibration, it is simple to understand how the Law of Attraction operates in these situations. There is plenty of evidence of this on the Internet today whereby people are following a passion in providing goods and services. These people are sometimes making millions of dollars per year offering what might seem like very obscure goods and services, and all working from home with a single Website and no particular technical abilities or resources. The Universe often requires physical channels in order to bring physical things into physical reality. The Internet is the ultimate physical channel in that there are millions of people already connected to the Internet, with more each day, and using the Internet every day in seeking information, products and services in pursuit of their passions. When the passions of someone resonate with someone else who is passionately offering goods or services relating to the very same passion, their relative Energy, vibration resonates in harmony and they are thereby attracted to each other in a very powerful way. Such an attraction really is perfect because these passionate people have been able to mutually achieve their objectives with joy, and after they part will feel mutually fulfilled; the merchant in providing goods or services that have proven to be of true value and service to someone sharing the same passion, and the customer for obtaining an object of their passion that will enrich their lives. This is another example of service resulting in evolution and expansion. As we will see in the next chapter of this book, emotion is an extremely powerful catalyst to apply in the process of conscious manifestation. The higher and more charged the emotion is, and the higher will be the vibrations and the more powerful it will be in accordance with The Law of Attraction. One of the most powerful emotions, aside from Unconditional Love is Joy, which is very high on the Energy scale of vibration; the more joy that is projected into manifestation exercises, the more effective it will be the result. People with a genuine passion for something almost always follow that passion with great joy and enthusiasm, which is why The Law of Attraction works so powerfully in their favour in attracting an unlimited abundance relating to that passion. Two further emotions that are very important are Appreciation and Gratitude. Taking anything for granted results in low vibrations, and your life will reflect that perfectly. Sincere appreciation and in

particular genuine and sincere gratitude conveys a vibration that will attract more of the same into your life. It is all a part of maintaining that open channel as an expression of God through which God can express in the form of unlimited abundance, evolution and creation. Always give thanks in your Mind with the highest possible sincere appreciation and gratitude for everything you have attracted into your life from the Universe of infinite abundance and you will continue to attract more abundance without limits. As we will see in the next chapter on the subject of manifestation, empowering your manifestation exercises with the Energy vibrations of joy, passion, enthusiasm, gratitude and appreciation has a very powerful influence over the Energy involved, and will assist enormously with attracting the objects of your desires into your physical experiential reality by affirming the fact that you already have them, thereby increasing the attraction of these desires into your experiential reality where they can be enjoyed. Stay informed with all the latest news. Privacy of your details guaranteed.

Chapter 4 : The Power of Feelings: Personal Meaning in Psychoanalysis, Gender, and Culture by Nancy J.

Vivian Dittmar speaks about the power of feelings and gives an introduction to the emotional compass. Visit theinnatdunvilla.com to learn more.

And they feel reassured that someone namely, me! But some people are troubled by the prospect of opening to their feelings. They ask some version of the following: Why would I want to experience pain, hurt, or sorrow? When emotions are kept hidden or stuffed down, they have a way of seeping out in destructive ways. A path forward is to develop a skillful relationship with the full range of our feelings as they arise in the moment. This is a middle path between avoiding our feelings and fueling them. It is a path of being mindful of feelings without merging with them and getting lost in them. Our partner is late and we feel angry or disappointed. A friend criticizes us and we feel hurt or shame. These are normal human emotions. A loved one dies or a relationship ends and we feel sad. Being alive means experiencing life fully and embracing the mix of joy and sorrow that is a part of being human. Living life fully means living with an open heart. We touch life and allow ourselves to be touched by life. If we criticize or shame children for feeling sad or afraid, they are likely to become even more sad or fearful. Then, not only do we feel sad or hurt, but now toxic shame infiltrates the sadness or hurt. Oftentimes, the hidden shame leaves us feel much worse than the original emotion itself. If we can be gentle with our feelings and remind ourselves of the following, then difficult or uncomfortable feelings may settle: I know this will pass. We might also learn something from the feelings we befriend. For example, we may notice a sense of hurt or shame when on a date with someone we met on a dating site. Perhaps our sense of not feeling safe is a message to discontinue seeing the person or to set some boundary. Or maybe the feeling will prompt us to express our discomfort. Perhaps we misunderstood them, or maybe some painful childhood experience was being reactivated. The approach known as Focusing, based on Dr. Being gently present with how feelings are living in our body can give us some distance from them. And, of course, if something is especially difficult or painful, you may want to see a therapist to process it. Allow yourself to notice what you are feeling. Pause and be gently present with the feeling without judging yourself. Notice how the feeling is living in your body right now. Where do you notice it and what does it feel like? If it feels right, allow your breath to gently lap around the feeling. Bringing awareness to your breath can sometimes let the emotion settle. A Mindful Way to Loving Relationships. He has been a marriage and family therapist in the San Francisco area for over thirty-five years, has conducted workshops internationally on relationships and couples therapy, and has appeared on CNN, Donahue, and New Dimensions Radio. For more information, articles, and free videos, visit his website at: The Power of Befriending Our Feelings. Retrieved on November 9, , from <https://>

Chapter 5 : The Power Of Emotions

"The Power of Feelings: A Practical Guide to Emotional Intelligence" is an easy read while also being one of those life changing instructional guides that only come along perhaps once in a generation.

He was only a civilian but he originated programming patterns that resulted in self-directing war computers of the highest sort. Generals, consequently listened to him. Heads of congressional committees too. There was one of each in the special lounge of New Pentagon. General Weider was space-burned and had a small mouth puckered almost into a cipher. He smoked Denebian tobacco with the air of one whose patriotism was so notorious, he could be allowed such liberties. Shuman, tall, distinguished, and Programmer-first-class, faced them fearlessly. He said, "This, gentlemen, is Myron Aub. The little man, in return, twisted the fingers of his hands anxiously. He had never been near such great men before. He was only an aging low-grade technician who had long ago failed all tests designed to smoke out the gifted ones among mankind and had settled into the rut of unskilled labor. There was just this hobby of his that the great Programmer had found out about and was now making such a frightening fuss over. General Weider said, "I find this atmosphere of mystery childish. How much is nine times seven? His pale eyes glimmered with a feeble anxiety. Congressman Brant lifted his eyebrows. He said, "Is this the gift you brought us here to demonstrate. Aub has memorized a few operations and with them he computes on paper. Simply a piece of paper. General, would you be so kind as to suggest a number? Aub, multiply those numbers, and please show the gentlemen your manner of doing it. His forehead corrugated as he made painstaking marks on the paper. General Weider interrupted him sharply. I think I could make a passable seventeen myself, even without practice. Aub continued, his hand trembling a little. Finally he said in a low voice, "The answer is three hundred and ninety-one. How did he guess? He did it on this sheet of paper. Well, gentlemen, I write down seventeen, and just underneath it I write twenty-three. Next I say to myself: Now seven times three is twenty-one. But I always get the right answers, you see. Then one times three is three, so I write down three under the two of twenty-one. Aub said, "Three plus two makes five, you see, so the twenty- one becomes a fifty-one. Now you let that go for a while and start fresh. Put them down like this and it adds up to thirty-four. Actually the rules are quite simple and will work for any numbers. Seven thousand two hundred and thirty-nine. Aub set to work, bending low. He took another sheet of paper and another. The general took out his watch finally and stared at it. Here it is, sir. Forty-one million, five hundred and thirty-seven thousand, three hundred and eighty-two. General Weider smiled bitterly. He pushed the multiplication contact on his computer and let the numbers whirl to a halt. The Denebian War, after its early start of vast movement and great popularity, had trickled down into a sordid matter of maneuver and counter-maneuver, with discontent rising steadily on earth. Possibly, it was rising on Deneb, too. And now Congressman Brant, head of the important Committee on Military Appropriations, was cheerfully and smoothly spending his half-hour appointment spouting nonsense. A machine might do it, or the human brain might. Let me give you an example. I think you would do better. President" - the congressman rose and his deep voice automatically took on some of the cadences he used in public debate - "that the Denebian War is a war of computer against computer. Their computers forge an impenetrable shield of countermissiles against our missiles, and ours forge one against theirs. If we advance the efficiency of our computers, so do they theirs, and for five years a precarious and profitless balance has existed. We will combine the mechanics of computation with human thought; we will have the equivalent of intelligent computers, billions of them. And if Deneb beats us to the punch, they may be unimaginably catastrophic. Call it Project Number, if you like. I can vouch for my committee, but I will need the administration behind me. Shuman tells me that in theory there is nothing the computer can do that the human mind cannot do. The computer merely takes a finite amount of data and performs a finite amount of operations on them. The human mind can duplicate the process. He said, "If Shuman says this, I am inclined to believe him - in theory. But, in practice, how can anyone know how a computer works? President, I asked the same question. It seems that at one time computers were designed directly by human beings. Those were simple computers, of course, this being before the time of the rational use of computers to design more advanced computers had been established. The

multiplication I just performed for you is an imitation of the workings of a computer. President - the further we can develop this thing, the more we can divert our federal effort from computer production and computer maintenance. As the human brain takes over, more of our energy can be directed into peacetime pursuits and the impingement of war on the ordinary man will be less. This will be most advantageous for the party in power, of course. Well, sit down, Congressman, sit down. I want some time to think about this. But meanwhile, show me that multiplication trick again. Loesser was conservative, very conservative, and liked to deal with computers as his father and grandfather had. Still, he controlled the West European computer combine, and if he could be persuaded to join Project Number in full enthusiasm, a great deal would be accomplished. But Loesser was holding back. The human mind is a capricious thing. The computer will give the same answer to the same problem each time. What guarantee have we that the human mind will do the same? They are just tools. After all, computers have not always existed. The cavemen with their triremes, stone axes, and railroads had no computers. Even the building of a railroad or a ziggurat called for some computing, and that must have been without computers as we know them. Still, the cave men must have had some method, eh? After all, man was eating grain before hydroponics, and if the primitives ate grain, they must have grown it in soil. What else could they have done? Transportation by means of bulky contrivances is giving way to mass transference. Communications devices become less massive and more efficient constantly. For that matter, compare your pocket computer with the massive jobs of a thousand years ago. Why not, then, the last step of doing away with computers altogether? Come, sir, Project Number is a going concern; progress is already headlong. But we want your help. What can you do beyond multiplication? Can you integrate a transcendental function? In the last month, I have learned to handle division. I can determine, and correctly, integral quotients and decimal quotients. To how many places? Take it to six places. But decimals - " "And that is not all.

Chapter 6 : Emotion Manipulation | Superpower Wiki | FANDOM powered by Wikia

The Power of Feelings: A Practical Guide to Emotional Intelligence by Vivian Dittmar Your Feelings determine who you are and how you live your life. Like most people, you probably spend a lot of time and money trying to create or avoid certain feelings.

Empathic Combat Variations Empathy has many branches of power, ranging from very weak to very advanced. As the user becomes more advanced, these branches may grow. Clairaudience - Some Empaths have displayed the ability to not only feel emotions, but also "hear" the heightened thoughts associated with that specific emotions. This is probably due to the fact that both cortices emotional and mental so closely relate to one another. An example would be if an empath senses two spouses aiming a lot of hatred towards one another. The empath might get the echo of thought along with that emotion E. However this is not to be confused with Telepathy. An Empath can only get visionary "echoes" related to certain emotions. They cannot read full memories. Clairempathy - More advanced users of empathy have shown the ability to sense emotions over great distances such as cities, countries, continents, and other dimensions and planes The Astral Plane AKA The Emotional Plane. Clairvoyance - An Empath can forge an emotional connection with another being. If that connection stays opens, the Empath is able to sense when that person is in danger and is also able to locate them by their "emotional scent". To give you an better understanding of this, one could consider this the empathic version of "Vampiric Siring" see "True Blood", "Buffy", "Moonlight", and "The Vampire Dairies" for an understanding of supernatural "Siring". See also Sensory Scrying. Empathic Healing - This is a level that is somewhat rare and not many can master. Empaths can easily heal emotional wounds, but healing physical wounds is somewhat uncommon. The Empath simply takes the pain into themselves so the victim no longer feels that pain. Empathic Illusion Casting - Empaths can create illusions based on certain emotions. This is done by the Empath channeling someone and finding the exact emotion that triggers their power. Empathic Power Absorption - Highly advanced Empaths can steal the powers of others for their own by using an associated emotion, leaving the victim powerless. Empathic Power Randomization - Powerful Empaths can gain random powers based on their mood and emotions gaining Regenerative Healing Factor or Invulnerability when scared, or Enhanced Strength when angry. Empathic Projection - Some Empaths can develop the ability to project their own emotions onto others. Intuitive Empathic Replication - Unlike Empathic Mimicry where the user simply channels and copies others powers, Intuitive Empathy gives that user the knowledge on how to use the ability intuitively. More skilled users can pick out the lie and find the truth. Psychometry - There are some places that have constant emotional residue due to major events happening in that location war, death, historical moments, etc. Some Empaths are able to tap into those emotional lower level users that enter these places are overpowered involuntarily imprints and re-experience those emotions as if they were happening in that moment. This would be due to high levels of concentrated emotional energy. Techno-Empathy - Empaths can sense the emotions of machines and other technology. Telempathy - Empath can not only sense others emotions, but they can also send their own emotions to others. Users can communicate with one another emotionally and if skilled enough send "echoes" ie:

Chapter 7 : The Power of Feelings | The Yoga Room

*The Power of Feelings: Personal Meaning in Psychoanalysis, Gender, and Culture [Nancy J. Chodorow] on theinnatdunvilla.com *FREE* shipping on qualifying offers. In the middle of the twentieth century, leading cultural critics and visionariesâ€•Erik Erikson, Lionel Trilling.*

Chapter 8 : Why Does Music Make Us Feel? - Scientific American

Wednesday, January 14, The power of feelings. You can feel good for no reason at all. In fact, you can choose to feel any way you wish at any time and in any situation.

Chapter 9 : The Power Of Emotions - Articles - Our Ultimate Reality

About Cookies. Notice: Wiley Online Library is migrating to a new platform powered by Atypon, the leading provider of scholarly publishing platforms.