

DISCOVER THE POWER OF EMOTIONS

“Wellness Wire”
Linking You to Your
Emotions

Editors

Dr. Soumya Pandey
Dr. Divya R Panjawani

Discover The Power of Emotions

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Dr. Divya R. Panjwani



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Foreword



Emotion is called *Bhavana* in Sanskrit and Hindi languages. There is a *Shloka* number 66 about *Bhavana* in chapter two of *Shrimadbhagvad Geeta*. The Sanskrit shloka, and its Hindi, English translation is as follows-

“नास्ति बुद्धिरयुक्तस्य न चायुक्तस्य भावना,
न चाभावयतः शान्तिरशान्तस्य कुतः सुखं”

-श्रीमद्भागवद्गीता २/६६

“न जीते हुए मन और इन्द्रियों वाले व्यक्ति (पुरुष / स्त्री) में निश्चयात्मिका बुद्धि नहीं होती और उस अयुक्त मनुष्य के अन्तःकरण में भावना भी नहीं होती तथा भावनाहीन मनुष्य को शांति नहीं मिलती और शांतिरहित मनुष्य को सुख कैसे मिल सकता है?”

“Person (man /woman) whose mind and senses are not under control does not have a determined intellect and that uncontrolled person has no emotion (feeling) in his heart. A person without emotion does not get peace. How can a person without peace get happiness?”

In above *shloka* Bhagwan Shri Krishna is explaining to Arjuna about intellect, emotion and its consequences. In my understanding, the essence of this *shloka* is that, "To attain peace and happiness, it is necessary for a human being to be emotional". Thus, we can understand how important and useful this book, “**Discover the Power of Emotions**” can be for the readers.

Emotions, which are often misunderstood and underestimated, are the basis and essence of our lives. They influence our decisions, shape our relationships, and affect our health and happiness. Yet, many of us find ourselves unable to truly understand and harness the power of our emotions. This book titled, “**Discover the Power of Emotions: Wellness Wire – Connecting You to Your Emotions**” with its insightful prose and practical advice, bridges this gap,

providing readers with the insight they need to navigate their emotional world with grace and confidence. In a world that often prioritizes intellect and rationality, this book invites us to embark on a transformational journey. I believe that, it will not only guide us in identifying our emotionality but also act as a beacon of light highlighting the complex relationship between our emotions and overall well-being.

The journey through this book is enlightening and enjoyable. The book not only provides theoretical knowledge but also outlines actionable actions. It also has inspiring personal anecdotes. The importance of understanding emotions, controlling them, and how to regulate them to make life happier is beautifully highlighted in this book.

As you turn the pages of this book, prepare to be inspired, challenged, and deeply moved. May you discover not only the power of emotions, but also the power within yourself to live a more connected, fulfilling, and emotionally rich life.

I hope this book will help you understand emotions and contribute to the prosperity of humanity. Hearty congratulations to both editors Dr Soumya Pandey and Dr Divya R. Panjawani for this successful venture. May the God bless you both.

Radhe Radhe



Rakesh Kumar Tripathi
M.A., M.Phil., Ph.D.
Professor cum
Clinical Psychologist,
Department of
Geriatric Mental Health,
King George's
Medical University UP,
Lucknow,
Bharat (India)
rakeshkumartripathi@kgmcindia.edu

Preface

Welcome, dear readers, to a journey that explores the essence of our human experience—our emotions. In a world that often prioritizes productivity, success, and external validation, it is easy to overlook the quiet yet powerful forces that drive our actions, shape our relationships, and ultimately define our well-being.

Discover the Power of Emotions: Wellness Wire – Connecting You to Your Emotions invites you to pause, reflect, and reconnect with the emotional currents that flow within you. This book is not just an exploration of emotions; it is a guide to harnessing their energy to lead a more balanced and fulfilling life. Whether you are looking to understand your own emotional landscape, improve your emotional intelligence, or simply find comfort in the shared human experience, this book offers insights and practical tools to help you navigate the intricate web of feelings.

Through the chapters that follow, we will embark on a journey that spans the spectrum of human emotions—from the soaring heights of joy and love to the shadowy depths of sadness and anger. We will explore the science behind our feelings, delve into the wisdom of ancient traditions, and learn from the stories of individuals who have embraced their emotions to transform their lives.

As you turn these pages, remember that emotions are not to be feared or suppressed; rather, they are to be embraced and understood. They are the threads that weave the fabric of our lives, connecting us to ourselves and to each other. May this book be a companion on your journey to emotional well-being, offering insights, inspiration, and a reminder that you are never alone in your emotional experiences.

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