

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

Wellness Wire

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Dr. Soumya Pandey

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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EMBRACING OUR EMOTIONS: UNLOCK THE POWER TO HEAL, CONNECT AND THRIVE

Aanchal Agarwal

Clinical Psychologist

Assistant Professor

Integral University Lucknow

099aanchalagarwal@gmail.com

EMOTIONS

Every living creature on this planet experiences Emotions. Emotions are innate physiological changes in the brain of an individual in response to a stimulus. These reactions produce different changes leading us to experience the basic emotions of Happiness, Sadness, Surprise, Fear, Anger and Disgust. For example, one might feel happy after receiving appreciation for the hard work put in the relationship or task assigned. One might feel sad over the loss of a loved one, losing a favourite toy or a pet. These reactions of happiness and sadness are the innate automatic reactions felt in the body called Emotions. Emotions evidently have characteristics that helps us in understanding it better:

1. *Universality*: Emotions are experienced by every individual irrespective of gender, age, culture or state and are commonly expressed in the same way. Emotions are innate and experienced by all. (Ekam, 1992)
2. *Automaticity*: Emotions are automatic and are triggered instantaneously without any conscious effort or thought put into it. They are automatically triggered by the mechanisms of the Amygdala, part of the Brain responsible for emotions (LeDoux, 2000). For Example, with the sudden loud noise

outside the window, everyone is startled. This reaction is automatic, without a thought put into it.

3. *Expression through Body and Behaviour:* Emotions are not merely expressions through face, it is something beyond. They are also observed through different body movements and changes in vocal tone. Expressed also through multiple non verbal gestures. (Scherer, 2001 & Tracy, 2008) For instance, if a dog barks at us loudly, we will experience fear, our heart rate will increase, we may shout in shock and our body will immediately be prepared for flight. Hence, not only the facial expressions, the body movements and vocal tone also expresses emotions.

Emotions are interpreted differently in different contexts. The Conscious Interpretations of Emotions on the basis of social, cultural and personal experiences are called Feelings. (Damasio, 1999). Feelings are the interpretations of our emotions on the basis of our surroundings (Barrett, 2017). Emotions are automatic. Feelings develop slowly whereas emotions are immediate. Emotions are Universal but feelings are subjective and personal in nature. For example, we hear a song that our childhood friend circle loved listening to and enjoyed it together. The emotions that we might feel after listening to that song is of joy. The feeling we might experience is of nostalgia as we miss the old days and the company of our childhood friends.

Emotions and Feelings are an important key to human experiences. It fosters our functioning and our well-being. It helps us in different ways that make our existence safe and valuable. Human Emotions enable our survival and adaptations. (Izard, 2007) For example, fear activates our fight-flight-freeze response, anger motivates us to stand against injustice and protect ourselves, disgust promotes healthy eating and healthy living. Feelings play a crucial role in decision making by adding a personal and subjective opinion.