



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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BLOOD TYPE AND PERSONALITY

Kulsoom Ghayas & Dr. Soumya Pandey

Integral University, Lucknow

ABSTRACT

Blood type frequently has an impact on personality and emotions. Many people think that a person's blood type has an impact on their personality, skills, and limitations. The idea was made popular in 1927 by Japanese writer Takeji Furukawa through a series of novels and articles. The study examined possible relationships in a typical population between blood types and personality traits. Published research offers conflicting information when it comes to the relationship between personality type and blood type. Uneven cell sizes are another characteristic. The correlation between blood type and mood affects personality type and traits. This study contributes to our understanding of the causes and effects of mood swings and personality changes in different blood types. (i.e A blood group, AB blood group, B blood group and O blood group)

Keywords- *Blood Group, Personality, Traits.*

INTRODUCTION

PERSONALITY

The Latin word "persona," which refers to the mask that players wear on stage, is where the word "personality" originates. It is described as the culmination of a person's traits, which dictate all of their conduct. It originates from each of us personally. It forecasts our actions in a variety of scenarios. It doesn't change all that much over time. It meaningfully sets us apart from others. The pattern of distinctive feelings, ideas, and actions that makes an individual unique is their personality. (Eysenck, 1977)[7]

Physiology and genetics serve as the primary foundations for Eysenck's idea. Despite being a behaviorist who valued acquired behaviors highly, he believes that personality distinctions result from our inherited genetic makeup. As a result, his main area of the study is widely referred to as temperament. The part of our personalities that is innate, rooted in our genes, and present from birth or even earlier is known as our temperament. Yet, Eysenck concentrated on "nature," leaving "nurture" to other theorists. This is not to argue that a temperament theory denies that we have learnt components of our personalities. At first, Eysenck divided personality into two groups of temperament based on biology.

Recent popular literature includes scientific investigations on the potential association between personality type and blood type in healthy individuals (Nomi & Beshar, 1983; D'Adamo & Whitney, 2001; Constantine, 1997).[4][2][17]. Clinical research has linked blood type to mental health issues, and medical investigations have looked at the connection between blood group and a range of ailments.

Furukawa (1927) [10] came to the conclusion in a preliminary blood group and personality study that one of the most important factors influencing temperament is a person's blood group. He argued that types O and B were active, assertive, on-going and productive while types A and AB were quiet, neoliberal, protective, pessimistic. Furukawa (1930)[11] found that most people with O blood type select temperamental traits such as optimism, openness and strong will. He found people with type A blood to be depressed and fearful, submissive, insecure, anxious, depressed and vulnerable. People with blood type B were sociable, cheerful, honest and witty. People with AB blood type had an uneven character and were difficult to judge. Thompson (1936) [20] criticized Furukawa's research for technical and statistical problems and for not showing a correlation between blood group and personality traits such as intellect, emotions or eccentricity. A study by Lester and Gatto