



# 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**

**Linking You to Your Emotions**

**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 शान्तिरहित 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



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# 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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## **POWERHOUSE OF EMOTIONS: MAKING EMOTIONS A SOURCE OF POWER**

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“People’s ideal affect has [a significant impact] on what they do to feel good, their responses to activities and events, their physical and mental health, and their social judgments and behaviors,” (Jeanne Tsai, professor of psychology, Stanford University, pioneer of ideal affect in 2001)

### **INTRODUCTION**

Psychology long believed that human emotions can be mainly categorized into happiness, sadness, anger, surprise, fear, and disgust. However, latest research by Keltner has suggested that there are not less than 27 distinct emotions, and that they are closely interconnected (Cowen and Keltner, 2017).

“The goal is not to run from negative emotions, or pursue only the feel-good ones, but to be able to *shift*: experience all of them, learn from them, and, when needed, move easily from one emotional state into another,” (Ethan Kross, in the book Shift)

As a society certain emotions are welcome and certain emotions are discouraged. Emotions like anger, sadness and fear are considered as a sign of weaknesses and as negative feelings.

The ability to encounter our own emotions, accept them and deal with them is part of our growing up and the more we can deal with emotions in a healthy way, the greater the chances of overcoming the challenges that life throws at us. However, it is not always easy to handle our emotions and there may be times when we get overwhelmed with joy or crumple under emotions of sadness and fear or explode in anger, or we may even hide our pain, at times (<https://greatergood.berkeley>).

Also, the emotional palette seems to vary across cultures. Studies show that people who prefer positive emotions more than negative emotions, experience mixed emotions less, thus foregoing the chance to experience a variety of emotions. One study also found that Chinese citizens living in Hong Kong and Beijing experiences more mixed emotions in comparison to the Chinese living in Europe and America, pointing to the difference in emotional palette of different cultures. “A culture that values happiness might remember happiness more so than another culture that places less value on happiness” (Scollon, et.al;. 2009).

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The "power of our emotions" points to the influence of emotions in your life. Emotions as has been described refer to energy in motion. It is that invisible energy within us that moves us in many ways.

We all know that emotions are something which provide the human life its essence in the true sense. Without emotions humans will not be considered any different from animals. In addition, the human have the ability to express emotions in ways which is unimaginable for other species. This unique endowment to human beings itself is something which gives us power over other species. Moreover, these