

emotion

<http://www.chalicebridge.com/FasciaMemTheory.html>

<http://www.chalicebridge.com/Oschman&Daily/AcuSys&LiquidCrystColFibCT.html>

heart consciousness: heartmath

Primary emotions are fairly simple to understand. They are your reactions to external events. Some precipitating event may cause you to experience emotion. Example: You may feel sad that someone hurt you or anxious about an upcoming test.

A secondary emotion is when you feel something about the feeling itself. Example: You may feel anger about being hurt or shame about your anxiety.

Secondary emotions turn emotions into complex reactions. They increase the intensity of your reactions. Differentiating between primary and secondary emotions provides powerful coping skills.

<http://cornercanyoncounseling.com/PDFs/patientEducation/Emotional%20Competence/Primary%20and%20Secondary%20Emotions.pdf>

saved basic emotions.htm

<http://changingminds.org/explanations/emotions/basic%20emotions.htm>

shows that different theorists propose a huge and varying range of what constitutes emotion.

Neural basis of emotions

http://www.scholarpedia.org/article/Neural_basis_of_emotions

Current research indicates, however, that “emotions” and “feelings of emotion” are distinct aspects of a functional sequence that begins when an object or situation triggers a specific behavior — the emotion — which is followed rapidly by the perception of the changes related to the behavior — the feeling of emotion. Relative to the triggering cause, the functional sequence begins with actions and culminates in perceptions. The word emotion should be reserved for the behavioral component of the sequence; it should not be used to designate the feeling component.

Molecules of Emotion

<http://www.brainwaving.com/2009/10/04/molecules-of-emotion/>

“A far-flung network of information carried by. . . [provides] the molecular underpinnings of what we experience as feelings, sensations, thoughts, drives, perhaps even spirit or soul. ”

Candace Pert’s research suggests that our molecules of emotion play a strong role, guiding what we experience as conscious choice. According to Pert, “our emotions decide what is worth paying attention to. . . . The decision about what becomes a thought rising to consciousness and what remains an undigested thought