

The HeartMath Experience

Chapter Summary



Chapter Five – The Emotional World

Key Learning from this Chapter

Our everyday life is dictated by emotions, much more than we may see or perceive. We crave feeling, because it's the experiences of emotion that make life matter. Emotions transform our world from an objective, conceptual fact into a vivid, living, breathing experience.

Emotions can sometimes be very painful. Emotional problems are among the most difficult to deal with, especially if they're long-standing or traumatic.

Through the lens of the heart, we can begin to understand that emotions are not just reactions and, most importantly, that we do have the ability to choose our emotional state and not be victims of our feelings. It becomes obvious that some of the emotions we experience renew us and add texture and quality to our lives, whereas others can deplete us and rob us of our vitality and enjoyment.

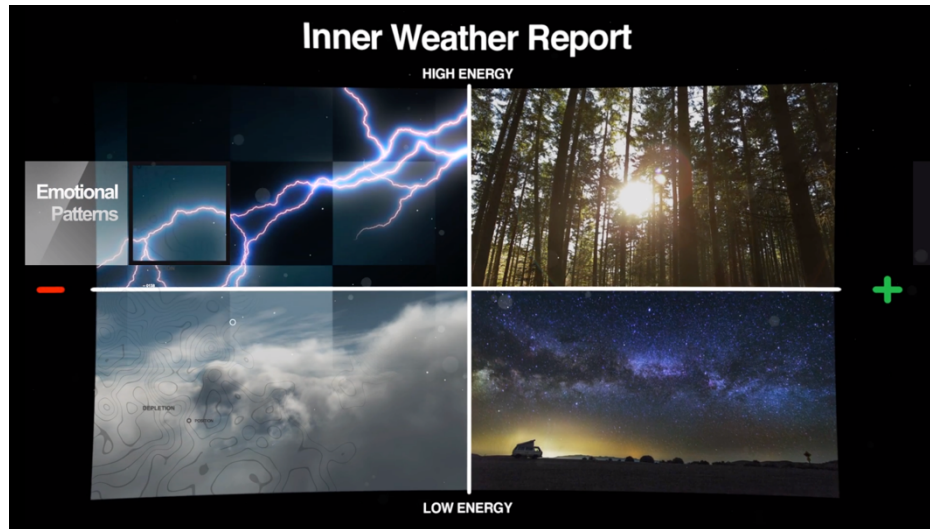
Additional Resources for Learning More About These Subjects

- HeartMath Science video: <https://youtu.be/VsFBvwi3xOQ>

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INNER WEATHER REPORT EXERCISE

Emotions in the upper left quadrant are those that are draining and have a lot of energy associated with them.

The lower left quadrant represents emotions that are less energized but often very depleting.

In the lower right quadrant are emotions that don't necessarily have a lot of energy in them but are very renewing.

The upper right quadrant includes emotions that are regenerative and energized.

Experiencing life within the right quadrant is a lot more enjoyable, healthy and productive than in the left. Ask yourself, how often am I living emotionally in the left quadrant versus the right? When you look at your Inner Weather Report, what patterns do you see in how you experience your emotions?