

ALPHABET OF FEELINGS AND EMOTIONS

110 PRIMARY FEELINGS & 22 PRIMARY EMOTIONS

LEGEND

Primary Motions of Emotional Energy

- Fear (F/) = vibrate
- Sadness (S/) = stop
- Anger (A/) = tighten
- Happiness (H/) = flow

Six "Color" Blends of Emotional Energy

- F/S/ F/A/ F/H/
- S/A/ S/H/ A/H/

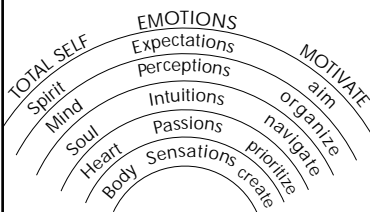
Unbalanced' Emotion:

dominant motion
hidden motion

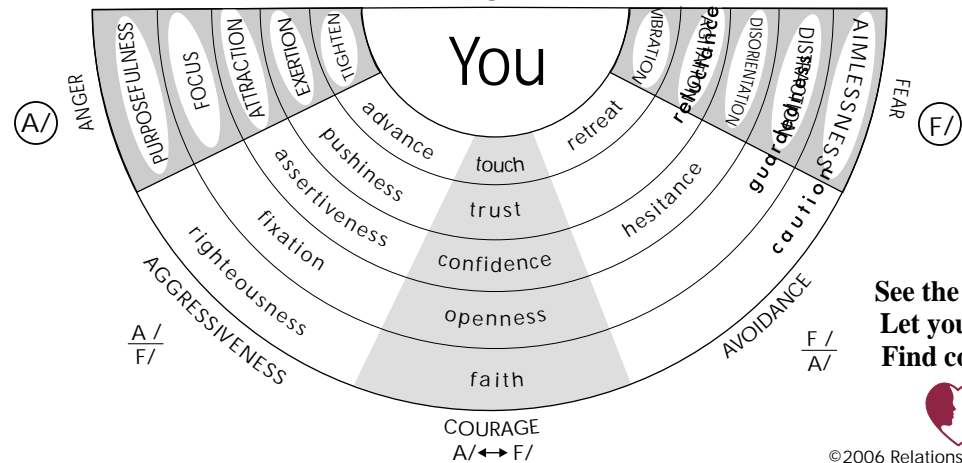
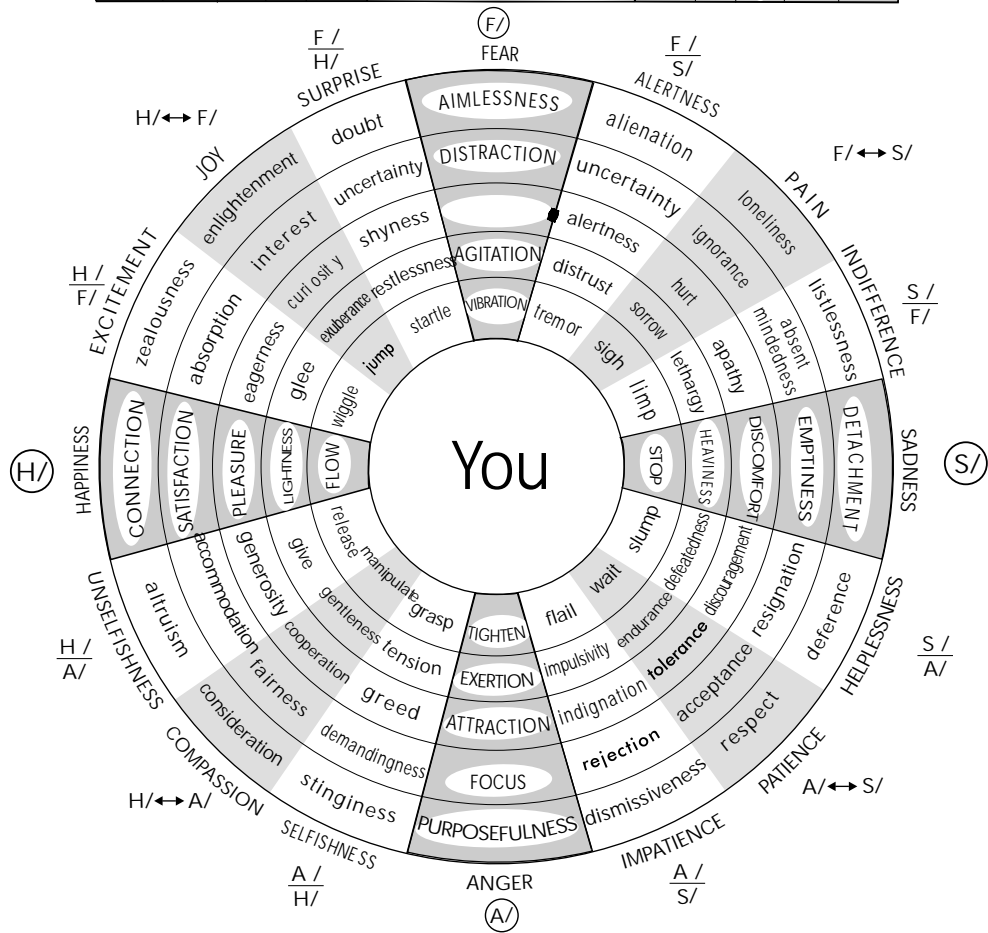
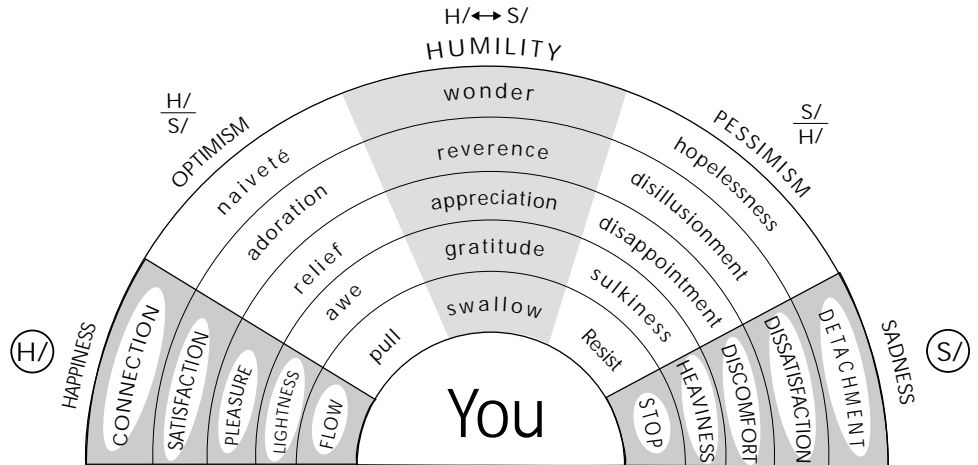
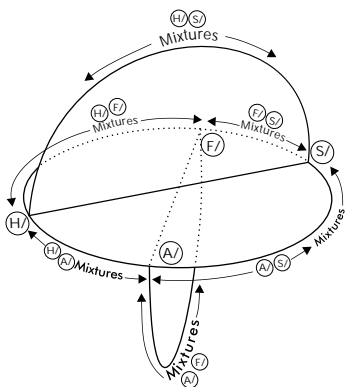
'Balanced' Emotion

two equal motions
and a new reaction

The Feelings in Emotion



Your World of Emotion



See the whole,
Let your soul
Find control.

