

Emotions

*The Grand
Challenge Of
Daily Life*



Emotions

- **What Are They About?**
- **What Are You Supposed To DO With Them?**



We Are Emotional Beings



- **Emotions Drive Us**
- **Emotional Energy Holds Inner Tugs-Of-War In Place**

Emotional Reality

- Usually Chaotic Turmoil Tinged With Fear
- Emotional Reactivity
 - Natural, Hard-Wired, Biological Drive
 - Avoid Feeling Bad
 - Go For Feeling Good



Emotional Reality

- **Never-Ending Inner Tug-Of-War Between**

**Desire To
Feel Good vs. Not Feel Bad**



What's Your Strategy?

- **Feel Good & Stay Feeling Good**



- **Don't Feel Bad**

Emotion's Paradoxical Role

- **Show You Life's Highs & Lows**
- **Why?**
 - **Rebalance**
 - **Renew**
 - **Expand & Grow Your Consciousness**



Emotions Are A Roller Coaster Ride

- **Can't Get Off The Ride**
- **No Matter How Hard You Try**

BUT . . .



IF You Know The Secret

You Can Enjoy The Ride!

**And
The
Secret
Is.....**



How To Embrace Opposites

- **And The Rhythm Of The Emotional Ride**

- **Riding Crest AND Trough Of Wave**
- **Can't Control Waves – Allow Them**
- **Unpredictability Is Emotion's Predictable Trait**
- **How You Perceive Emotions Is Key**



Can't Control What Feelings Arise

- **Emotions Rise & Fall Without Our Say**
- **Like The Sun, The Dow, The Temperature**



Intense Emotion

- **Attaches To Viewpoints**
- **Greater The Intensity**
→ **Greater FEELING Of Truth**
- **Lessen The Intensity**
→ **Lessen The FEELING Of Truth**



Reduce Emotional Charge

- **You're Free:**
 - **To Move Your Viewpoint With Greater Ease**
 - **From Untruth To Truth**
 - **And Your Faith Too!**



Equanimity

- **The Goal For Emotional Life**
 - **Not Flat-Lining**
 - **Not Contemplating Your Navel**



Equanimity

○ Feeling

- **Balanced**
- **Alive**
- **In Touch With Life**
- **Emotions Guide Where To Go Next**
- **Unidentified With Emotional Ups & Downs**
- **But Still Feel Their Presence In Body**



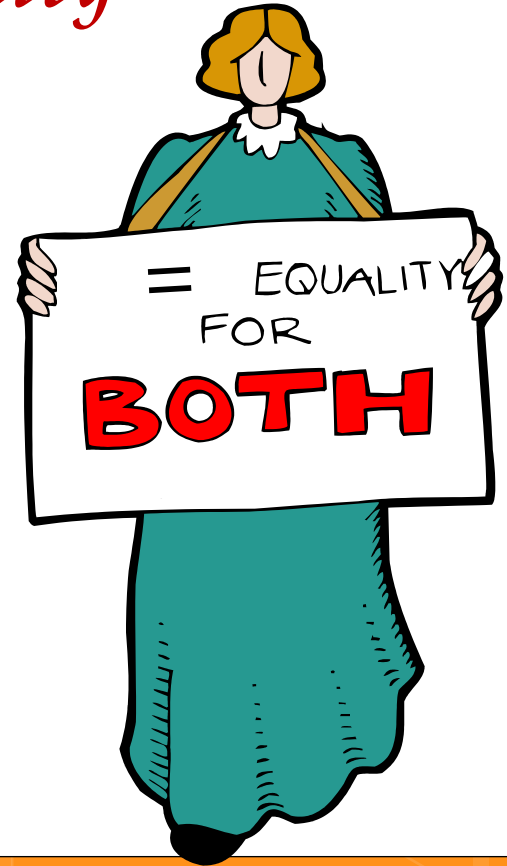
Finding Equanimity

- **Embrace**
 - **Facticity of Opposites**
 - **Paradox**
 - **Impermanence**
- **Duality As World We Live In Everyday**



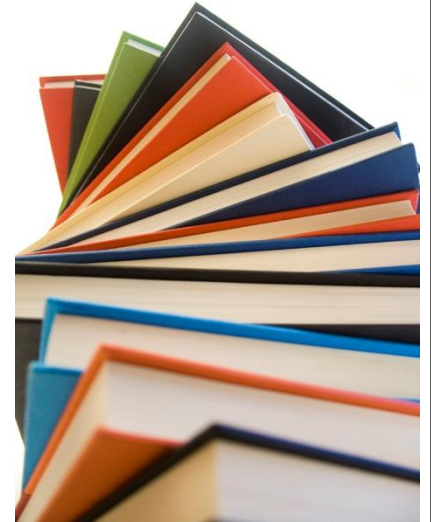
Finding Equanimity

- **Balance Emotional Charge on Polar Opposites**
- **Perceive Them As Equally Valuable**
- **Be Neither For Nor Against**
- **Each Is Simply Experience That It is**



Homework

- **What Are Emotions?**
- **What Is Your Understanding Of Emotional Reality?**
- **What Is Secret To Dealing With Emotions From Mystical View?**
- **What Is Paradoxical Role Of Emotions?**
- **Can You Get Off The Emotional Roller Coaster Ride? Why Or Why Not?**
- **What Is Equanimity And How Do You Find It?**



See you in the next Video



Much love,

Ragini

