

Where Are Emotions Felt in the Body

Increase responses registered as **warmer colors**, while decreased responses registered as **cooler colors**.



Anger

Increased activation in the upper half of the body and the arms. Notice the activation in the legs and feet as well.



Fear

Increased activation in the upper half of the body, excluding the arms. Also notice the activation in the feet.



Disgust

Increased activation in the upper half of the body and the arms.



Happiness

Increased activation in the throughout the entire body.



Sadness

Increased activation in the chest, as well as decreased activation in the arms, legs, and feet.



Surprise

Increased activation in the chest and head. Decreased activation in the legs.



Envy

Increased activation in the chest and head, decreased activation in the legs.



Shame

Increased activation in the torso and head; decreased activation in the arms, legs, and feet.



Pride

Increased activation in the torso, head, and arms.



Contempt

Increased activation in the head and decreased activation in the pelvic and legs area.



Depression

Decrease activation in the whole body, practically the limbs.



Love

Increased activation throughout the whole body, but less activation in the legs.



Anxiety

Increased activation in torso and head. Decreased activation in the arms, legs, and feet.



Body Consciousness You Are What You Feel

Seymour Fisher



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state by using a simple technique in meditation to search the mind with the mind By doing this you can understand who you are that you are pure consciousness pervading everywhere that is God The idea of understanding that you are both the body and the mind is eliminated thereby ending the cycle of suffering incarnation after incarnation The illusory nature of the world is eliminated and one enters into reality Understanding this reality is the purpose of life These techniques are furnished in detail step by step in this book All Things are Possible to Them that Believe Annie Rix Miltz,1905 **Heart of the Path** Anatoly Arlashin,Tatiana Orbu,2025-08-21 This book includes 27 meditation scripts It is a unique exploration of the Fourth Way using altered states of consciousness to deepen understanding Gurdjieff employed this approach in his early Russian groups guiding students into trance like states and teaching Fourth Way concepts through vivid imagery This method allows ideas to connect directly with the emotional center bypassing the filters of the false personality The guided meditations in this book teach readers how to unblock their emotional center awaken their essence and practice self remembering They also help practitioners directly experience the central notions of the Fourth Way such as the distinction between personality and essence knowledge and being etc Beyond spiritual practices the book includes practical psycho techniques for everyday challenges such as self diagnosis and healing improving sleep lucid dreaming preparing for exams and even finding true love Modern life often hinders the development of consciousness as negative emotions cloud the mind Some emotions cause direct suffering while others such as subtle fears or a lack of confidence operate unconsciously Both prevent personal growth The practices in this book help seekers release these burdens paving the way for a transformative spiritual journey Eventually one can harness the full potential of the more advanced practices outlined in this book to reach higher levels of consciousness **Message of the East** ,1912 The Spiritual Warrior Shakura Rei,1997-11-01 In this wonderful description of possibilities lying dormant Shakura Rei has taken the difficult circumstances of her life and shown that the hindrances may be great stepping stones for growth and service The Spiritual Warrior is packed with cutting edge information healing and ascension techniques the result of one person s dedication to overcome all limitations in her search for self identity In a simple but thorough way Rei describes how we have co created our experience of duality throughout our lifetimes A must read book for anyone who is dedicated to self healing and ascension Cuts through the confusion of ascension self healing and creating a light body Updates information for all healers **The Conservator** ,1902 *The Fourth Dimension* J. Jegadeesan, The Author Of The Journey To God Series Part 1 The Malaysian Experience With Sai Baba Part Ii Sai Baba And The World Part Iii The Journey Within Has Now Released His 4Th Book The Fourth Dimension Jega Says This Book Will Most Certainly Be A Controversial One For I Have Stepped Into Areas Where Normally Angels Do Not Fear To Tread But Man Does The Book Deals With The Realm Of Devas And Angels Trance Phenomenon And Channeling Like A Scientist Probing The Mysteries Of A New World The Author Explores The Trance Phenomenon And Psychic Culture Of Various Traditions From Indian Mediums To African Witch Doctors From Chinese Mediums To Meetings With White Eagles

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The book delves into Body Consciousness You Are What You Feel. Body Consciousness You Are What You Feel is an essential topic that must be grasped by everyone, ranging from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Body Consciousness You Are What You Feel, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:
 - Chapter 1: Introduction to Body Consciousness You Are What You Feel
 - Chapter 2: Essential Elements of Body Consciousness You Are What You Feel
 - Chapter 3: Body Consciousness You Are What You Feel in Everyday Life
 - Chapter 4: Body Consciousness You Are What You Feel in Specific Contexts
 - Chapter 5: Conclusion
 2. In chapter 1, the author will provide an overview of Body Consciousness You Are What You Feel. The first chapter will explore what Body Consciousness You Are What You Feel is, why Body Consciousness You Are What You Feel is vital, and how to effectively learn about Body Consciousness You Are What You Feel.
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