



Crystal Pirri & Mayra Porrata

EMOTIONAL INTELLIGENCE

A CREATIVE GUIDE

Crystal Pirri and Mayra Porrata

Emotional Intelligence | A Creative Guide

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NOTE TO THE READER:

This is an educational and self-awareness guide. It is not intended to diagnose or treat any mental or emotional health condition. If you are in need of expert mental, or emotional support, you are encouraged to seek professional services from licensed individuals in your area.

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DEDICATION

For our girls;

Hannah, Ava, Camille & Serena

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"The appearance of things change
according to the emotions and thus we see magic and
beauty in them, while the magic and beauty
are really in ourselves."

- KAHILIL GIBRAN

INTRODUCTION

In the summer of 2010, Crystal and I sat on the floor of my basement with reams of flip-chart paper and magic markers in hand. We didn't know it then, but those early brainstorming, drawings, and conversations would eventually lead to the body of work we fondly referred to as the *Land of Emotions*.

The Land of Emotions, or LOE, became a way for us to describe the "emotional places" we had each visited, along with their accompanying emotions, perceptions, and lessons from each of these places. With each acknowledgement of where we *had been*, there was joy, laughter, and many tears, along with the comforting realization that others have been here, too.

There is not a place we've not visited either personally, or with someone we love. Accordingly, this content is not theoretical in nature, but represents first-person accounts from our own professional lives and life experiences.

Since the time LOE's creation, there have been numerous advances in the literature, research, and our understanding of emotional health and its impact on our individual and collective mental and physical health. Our own exploration, so fertile in insights, has continued to lead us and show us what it ultimately needed to become; a simple and creative way to

frame and discuss emotions, emotional awareness, and intelligence with our own daughters and with others with whom we work and co-create. The various components of this work; the contrasting emotions chart, the "emotional places", and the lands, have been presented at various conferences and piloted in classes and workshops since 2012.

Finally, the time felt ripe for us to organize the various "pieces-parts" of this work and compile it in a manner that is hopefully useful and supportive of those drawn to its information.

While this guide is written as an educational resource for the general population, we are keenly aware of the prevalence of emotional trauma. There is not a single human life that is untouched -- at least not that we have found. We are not only sensitive to this, but intimately aware of the paralyzing effects trauma can have on individuals, families, and communities. Accordingly, we do not take this work, or topic, lightly.

It is our hope that this simple guide be utilized in homes, schools, and community settings as a conversation-starter and a way to increase compassion and understanding, in order to unite us during times of grief and joy, as one human family.

Mayra & Crystal

EMOTION CLUSTERS

THE CHALLENGERS

The *Challengers* are the kinds of emotions that cause us to grow very quickly – that is why they are so challenging and often painful*. While it is common to want to avoid these emotions, learning to stay *with*, rather than running *from* these emotions, yields tremendous insights and fertile ground for personal growth.

EMOTION	COMMON EMOTION CLUSTER
FEAR	Anger, hate, disconnection, competition (me vs. them)
RESENTMENT	Annoyance, irritability, frustration, stubbornness
GRIEF	Sorrow, sadness, depression
BOREDOM	Disinterest, weariness, heaviness
WORRY	Aversion, motionless
APATHY	Indifference, general unhappiness
DESPAIR	Anguish, desperation
JEALOUSY	Intolerance, anxious

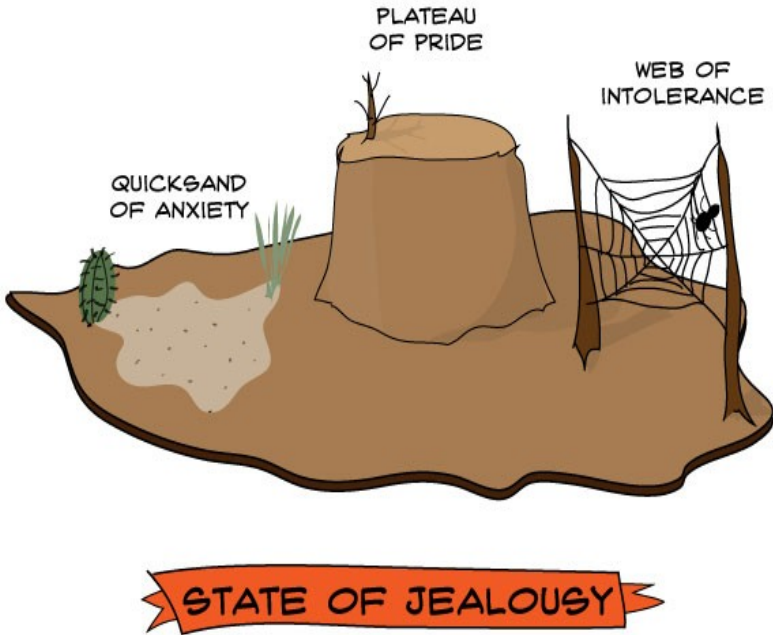
*If you need assistance managing difficult emotions, please seek services from a licensed professional in your area.

THE STABILIZERS

The *Stabilizers* are the kinds of emotions that calm us down and help bring a sense of order and stability to our body. *Stabilizer* emotions generally feel good, help us get things done, and have the capacity to immediately connect us with our hearts and with others.

EMOTION	COMMON EMOTION CLUSTER
LOVE	Caring, compassion, connection, collaboration
GRATITUDE	Appreciation, grace, peace
JOY	Bliss, satisfaction, pleasure
PASSION	Eagerness, motivation, creativity
EXCITEMENT	Attraction, desire
ENTHUSIASM	Delight, happiness
HOPE	Aspiration, anticipation
SATISFACTION	Comfort, contentment

COMMON EMOTIONS

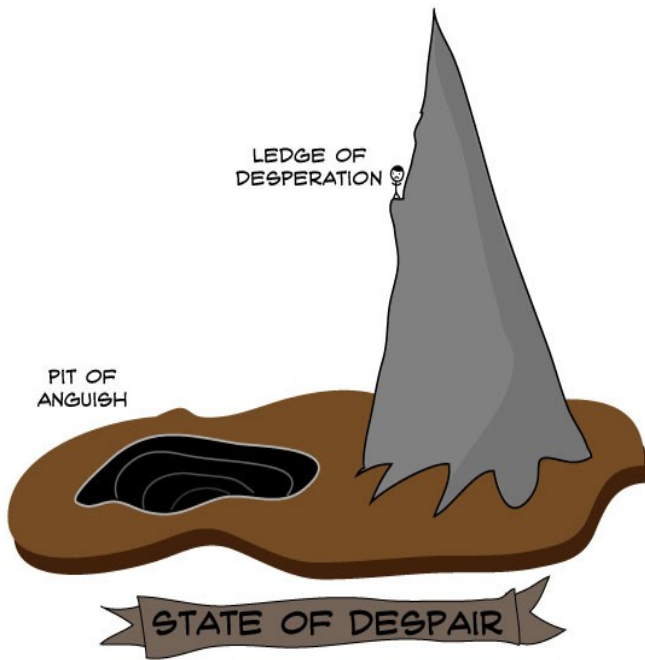


Jealousy is experienced when we feel we deserve something we don't have. This something could be a thing, or it could be a person. When we're jealous of another, we may also feel bad or anxious about ourselves, or get caught up in a sense of false pride, or intolerance ("they" don't deserve this or that!)

Visiting the State of Jealousy, can teach us a little about our own fears, the ways that we may feel like we're *less than*, and the ways that we still need to grow.

Helpful questions to ask yourself anytime you feel jealous:

- Do I believe that certain people are more worthy than others?
- Do I believe that there is enough for everyone?
- Do I believe that I am enough?



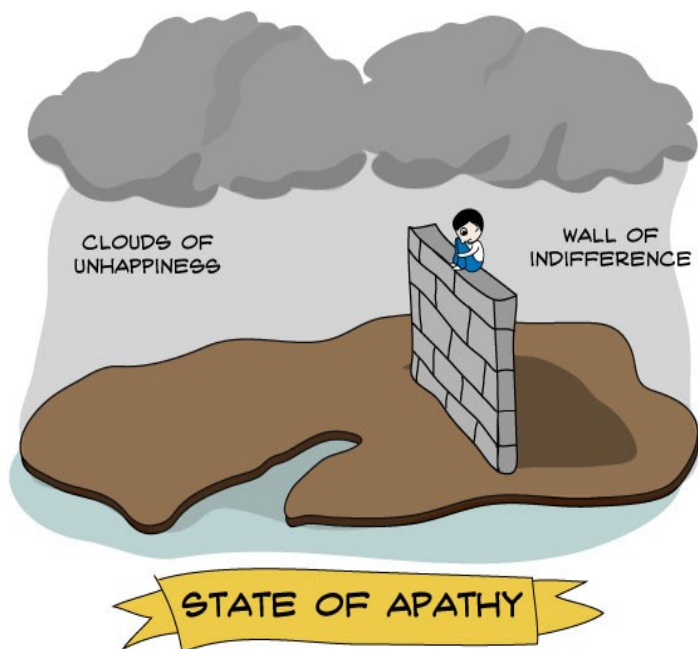
Despair is felt when we are completely out of answers and feel totally hopeless. When we're in a state of despair, we may feel alone, troubled, or even desperate.

Short visits to the State of Despair, can be helpful for healing and for forgiving ourselves. It is a solemn place, and one that can actually connect us with the suffering of others.

Have you ever felt desperate or hopeless?

Questions you can ask yourself if you find yourself here:

- Despite my own despair, who could I help right now?
- What can I be grateful for?
- What is the smallest action I could take to improve this (my) situation?

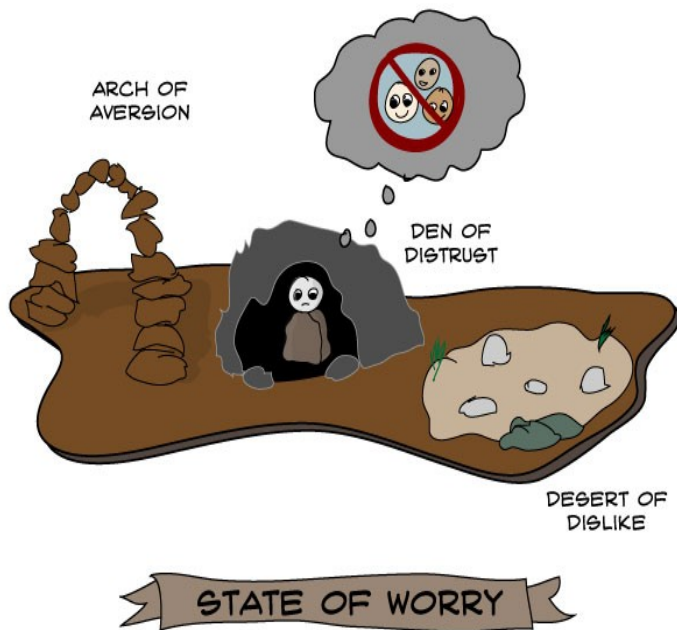


Apathy is unhappy and feels like total “blah”. We just don’t care much about anything.

When we’re in a state of apathy, we’re *indifferent*, as if we are disconnected from life, and our own sources of joy. It feels like a depression— when all the things that used to bring you joy and happiness, just don’t for some reason.

Apathy can be a bit of a ‘wake up call’, too. It can remind you that you’ve lost your zest for life!

Jumping off the wall of indifference and connecting with your spirit, may provide some clues or guidance, as to what you can do in order to see clearer skies.



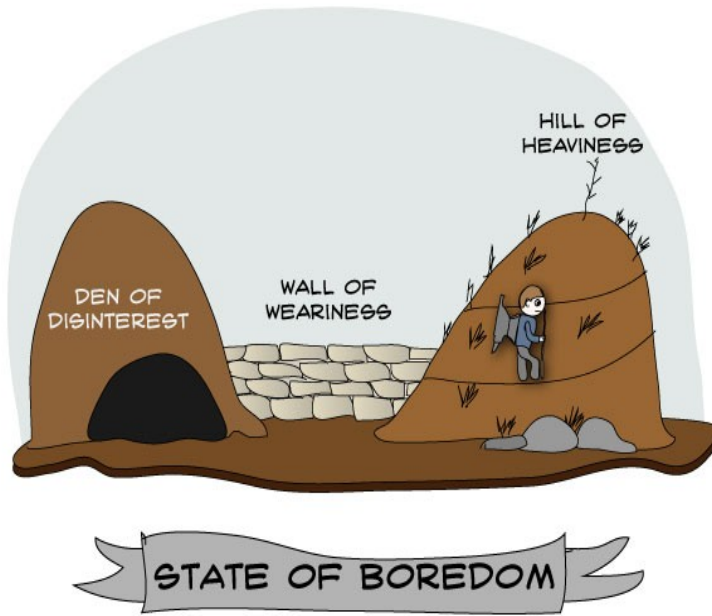
Worry is probably one of the most common human emotions of all.

When we worry, we actually feel like we're doing "something" and that our worry may somehow change events or have them work out just right.

Those thoughts are just a story, of course. Fact is, our intelligence could be put to better use when we feel any degree of worry, because it is always a sign that we care!

A good question to ask yourself when you find yourself in a state of worry is this: is there anything I can do or action I should take given this situation?

Facing whatever dislike, distrust, or aversion with gentleness will free you from the sensation.



Boredom is an uncomfortable emotion. It feels like a bit of a mild depression, but with the space or opening to *some* experience that will rescue us from this state. We're like "in-between" something— we just don't what.

When we're bored, we may feel weary, heavy, and generally disinterested. Fortunately, the greatest antidote to boredom is to engage in doing something we love!

Because of its potential for stimulating our spirits into some sort of action, boredom can be quite useful in helping us re-connect with our greatest passions and desires.

Next time you feel bored, what is one thing you could do to help another?

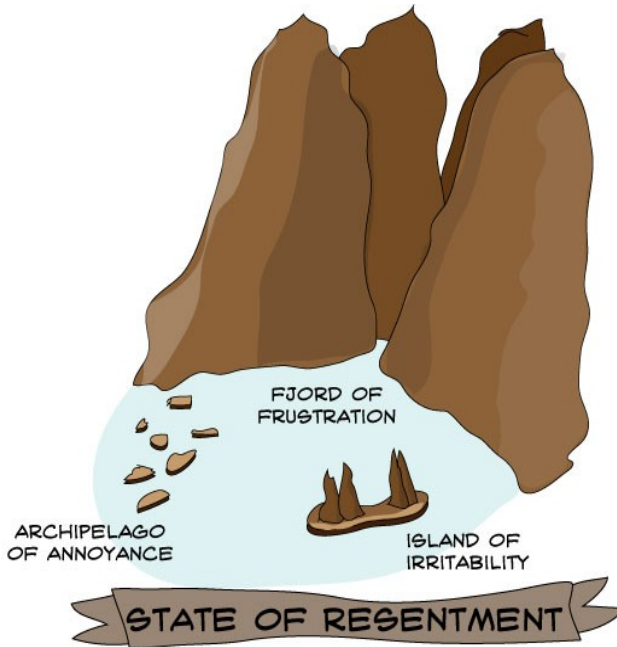


Grief is one of the most important emotions we could ever feel. It is also one of the most painful and uncomfortable ones. There is no human life that is untouched by grief and the accompanying sadness, isolation, and depression which are part of it.

When we are grieving for someone or something we've "lost", that is a sign that this was somehow important to us. Accordingly, working through grief* is a very important and sacred process and one that should not be taken lightly, or quickly.

When we can begin to see the gifts in what we think we've lost, we actually see that only love is real, and that it cannot be severed by loss or death.

*A licensed psychologist or grief counselor can provide assistance.

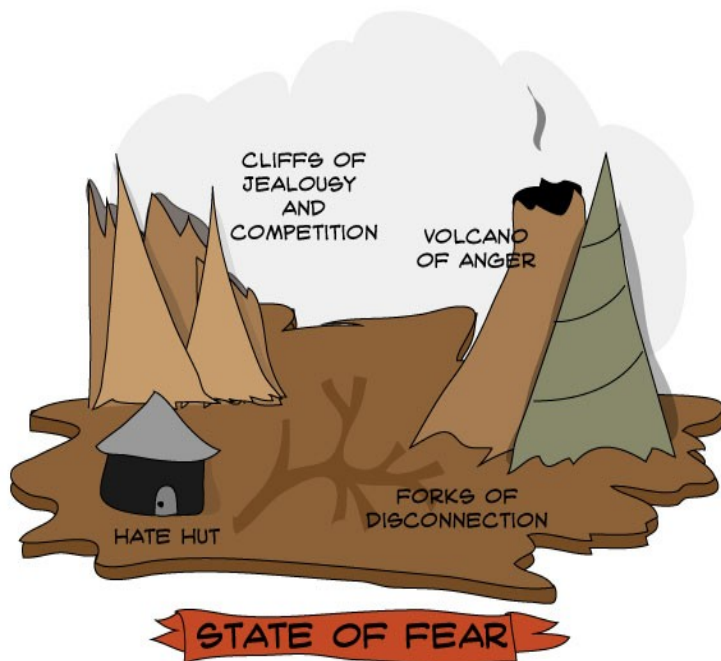


Resentment is like a low-grade emotional fever. You *feel* that something is not quite right, you're just not sure what. Common symptoms of resentment may include the emotional cluster of annoyance, irritability and frustration. The frustration may then be directed at the self or others.

The duration of these symptoms is contingent upon your ability to clearly see what it is that is generating resentment in you.

Questions to ask to help you *release or let go* of resentment:

- What is it about this person or situation that I find so annoying?
- What is this annoyance (or frustration) showing me about myself?

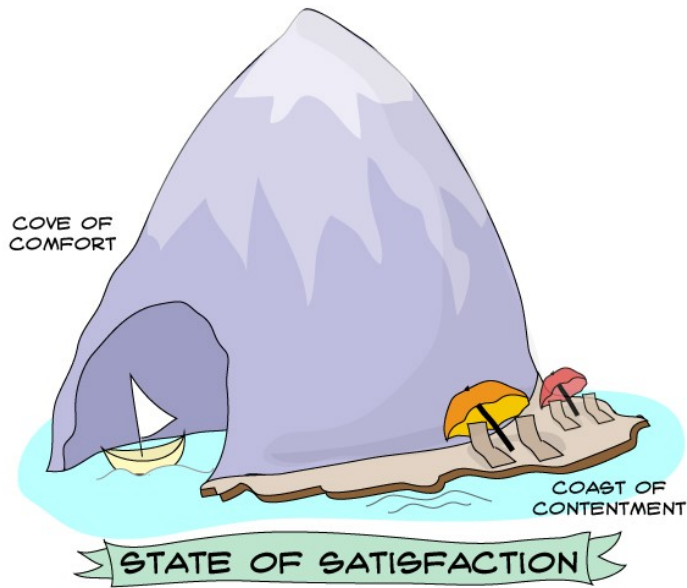


Fear is a normal human emotion. What one does with their fear will vary upon their level of human consciousness, or awareness. For some, this may take the form of hatred or anger. For others, it may look more like withdrawal.

Generally, fear is felt anytime our ego feels threatened. Our ego is that part of us that gives us our personality and unique human gifts. So when we're in a state of fear, we may feel jealous, or disconnected from our natural state (awareness), and *too identified* with our role in life, versus our shared humanity. Some people say that fear is felt anytime you leave your *True Self*.

Two powerful questions to ask yourself anytime you're confronted with fear are:

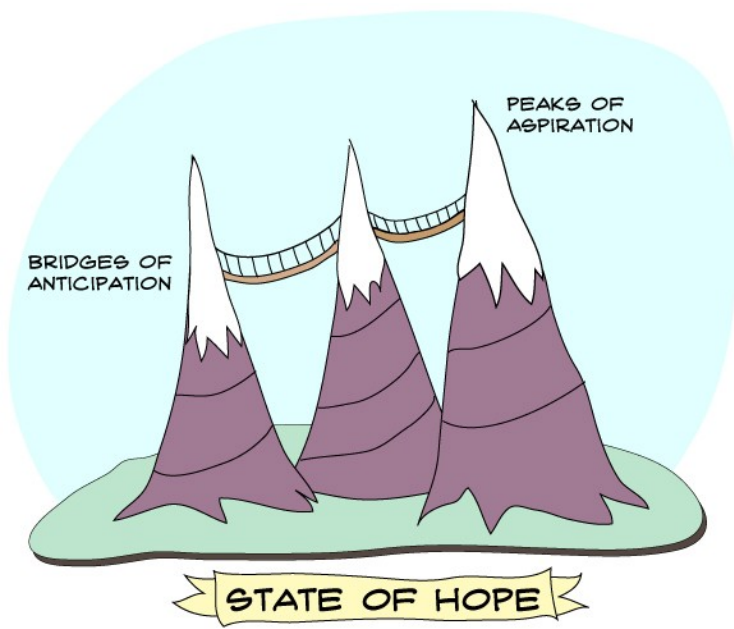
- What am I *really* afraid of?
- What am I afraid to love (about this person or situation)?



When we are satisfied, life feels good! Often accompanied by a sense of comfort and contentment, satisfaction is a stabilizing emotion. At times like this, there is not much to “do”, but simply *be* and enjoy the calm sense that satisfaction brings.

As we grow in our own understanding of what is needed to feel satisfied, our attention naturally extends to others. What’s important to remember is that what brings comfort for you, is not necessarily what may bring comfort to another. The more we know someone, the easier it is to know how to comfort them, and to help them to reconnect with their own sense of satisfaction.

As with most emotions, satisfaction is often temporary and usually tempered by our own fears and anxieties. Still, it’s good to know that at any time, we can actually choose to feel this way.

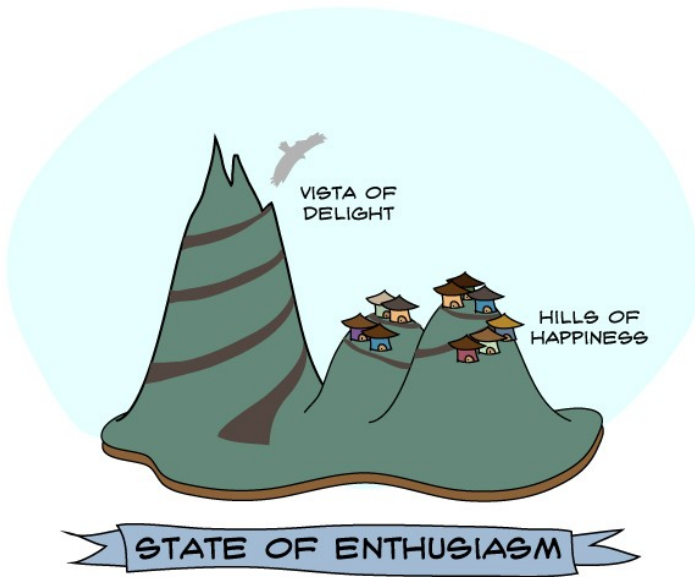


Hope is a beacon for all human beings. Hope is that subtle, yet powerful emotion that supports our movement through difficult times.

Hope is that bridge that supports our taking actions we wouldn't ordinarily take—ones that lead us to our highest good.

While in a state of hope, we feel suspended in mid-air, above any perilous conditions. We are more willing to take risks and venture out beyond our comfort zone because of hope. Sometimes a little dose of hope is all that is needed to pull us out of anguish or despair.

What is your highest aspiration? What do you hope for in your life?



Once we're filled with hope, enthusiasm is like the tonic that powers our actions.

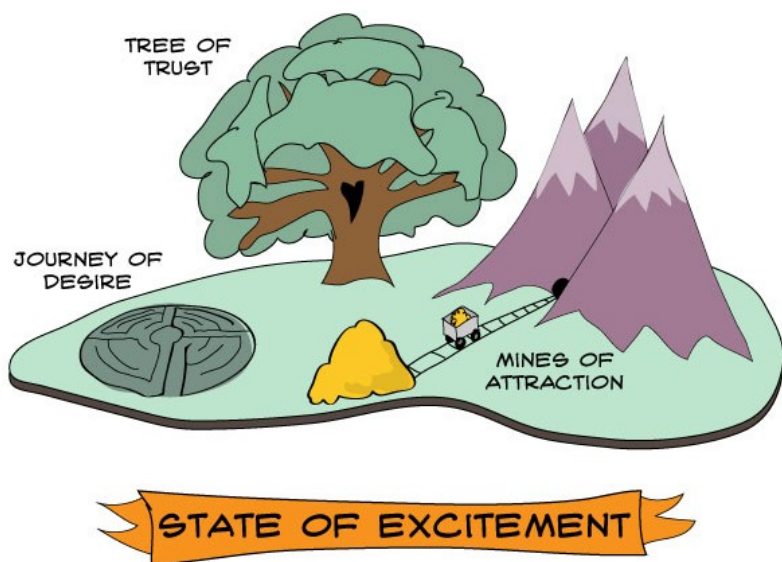
Enthusiastic people are optimistic and they delight in the simplest things. Happiness is ever-present when we are enthusiastic; we smile, for seemingly no other reason, other than we are alive!

What delights you?

What makes you happy?

What are you enthusiastic about?

How can you bring hope to another?

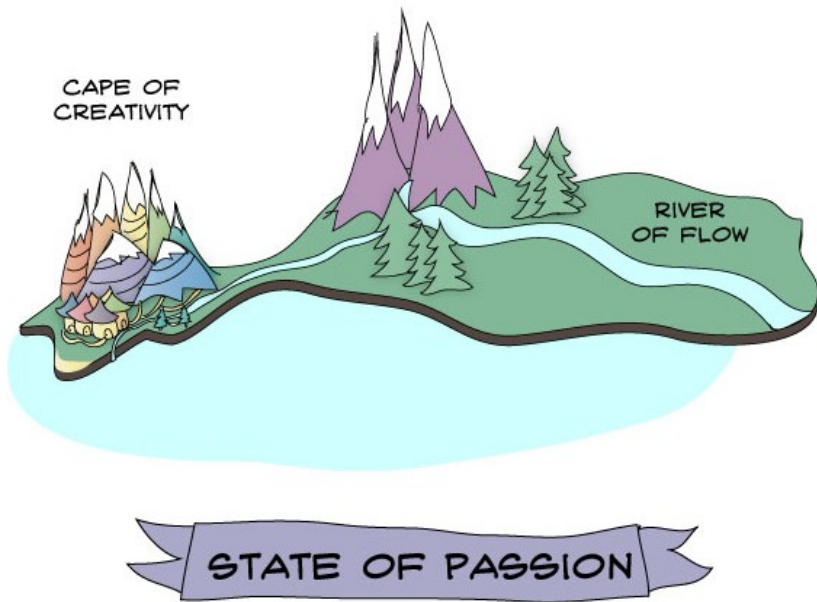


Excitement is felt when we're in the creative flow of life; when we feel connected to our desires, and trust in the most positive outcomes.

Excitement is that little pull that propels us into new territory in order to discover and learn new things.

The opposite of excitement is worry; when we lack faith in that everything is unfolding as it should, and for the highest good.

What lights you up and excites you? What is one thing you want to learn more about? Do you have faith and trust that you will be guided to learn and grow in the ways that are best for you?

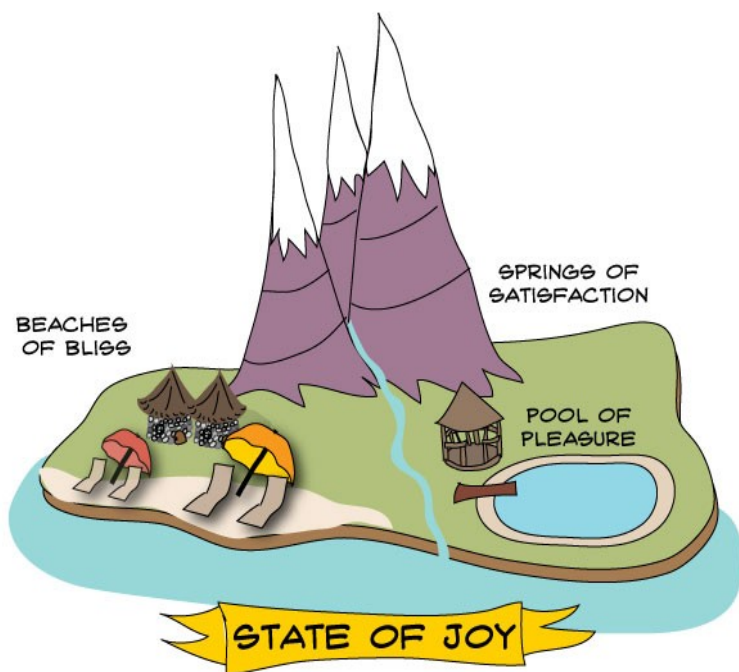


When you find yourself in the State of Passion, you are very much in the flow of life; a place of true creativity and openness.

This state can also feel a bit precarious and uncomfortable for some. That's because being passionate requires a degree of vulnerability on our parts. Surrounding oneself with a loving tribe of supporters and fellow-co-creators, can ease the common apprehension that is part of creating anything or engaging in your favorite hobby or craft.

Everyone has the capacity to be creative, and therefore experience passion (not meaning the romantic kind, but that is yet another facet of passion!).

What activity do you enjoy doing that makes you lose track of time?

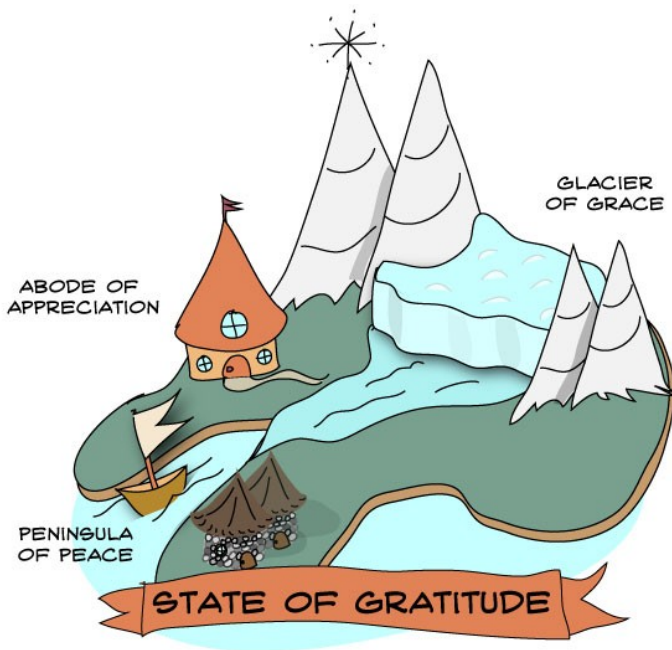


The State of Joy is a very special place. For some, it may entail a short visit, perhaps while on vacation, creating something beautiful, or witnessing a sunrise or the birth of a child. For others, joy can be a prolonged and everyday experience.

Cultivating joy is within everyone's reach. By consciously choosing to engage in activities that delight your soul, and to live with true passion and intention, we can rewire our brains and bodies for a state of higher energy and joy.

Yes, bad things will still happen in the world. Yes, bills still need to be paid. Yes, people around you will get sick—some will die. It may seem paradoxical that often those who have experienced the deepest grief, are the ones who report feeling or experiencing the most joy. However, in practical terms, joy is the other side of grief.

What behaviors, actions, and choices can you make today to enable you to live your life intentionally and from a state of joy?

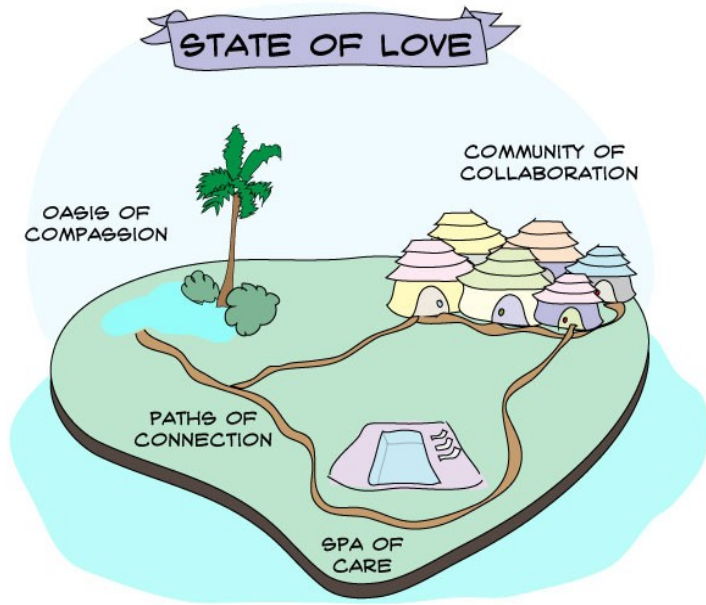


Gratitude is a human super-power. It has the unique ability to ground us in the here-and-now, therefore helping to neutralize any circumstance or situation through the sheer appreciation of “it” (whatever “it” may be).

Luckily, grace is the emotional companion to gratitude. Grace is the energy of humble and wise surrender in the face of any situation we may find ourselves in.

As teacher Pema Chödrön reminds us, life is a continual series of favorable and unfavorable conditions. These circumstances are like clouds that block the sunlight. What we often forget, however, is that the sun is still there, it is still shining. Gratitude is a practice of shining sunlight on what is occurring, regardless of the circumstance and your own discomfort.

Adopting a gratitude practice and choosing to look at everything in your life as a welcomed gift, results in one priceless outcome: personal peace.



Love is the highest human emotion. Love, as a state of being, has a unique energy and frequency that is felt by the human heart.

Expressing love in both our personal and professional lives, takes the form of compassion, care, connecting, and collaboration. We naturally want to help those we love.

Bringing love into our work, and doing our work with great love, is consciousness in action and the highest form of creation by human beings. To create intentionally from the state of love, be it a child, a poem, a song, or a home, imbues it with qualities that benefit all of humanity. Conversely, creating unconsciously and without compassion or care, has effects that can be painful and detrimental.

How can we love what is unlovable in ourselves and others? How can we integrate the state of love as a guiding principle in our government, institutions, schools and communities? This can only be achieved one person at a time. It all starts with you.

EMOTIONAL HEALTH EDUCATION 101

EMOTIONAL BOUNDARIES

We are all feeling beings. Your emotions are part of your body and mind, and at its core, represent an advanced form of intelligence.

You are entitled to your feelings. I am entitled to mine.

How you feel *emotionally* affects what you *think* and the types of chemicals your body releases, therefore, affecting your physical health as well. Conversely, when we *think* a certain way, we will *feel* a certain way.

However, even equipped with the best awareness, emotional spillover (from past experiences) can occur. All we can do is to be continually gentle and compassionate with ourselves, and with others.

In this guide, we've represented emotions as "real or fixed places", but they are not. Emotions and emotional energy can be expanded or reduced based on your ability to work with and regulate them. Emotional awareness allows us to differentiate between what is ours to deal with, and what is another's to do.

Maintaining healthy emotional boundaries is essential for good health and personal peace, and a practice that can be nurtured throughout the lifespan. It is within the capacity of most human beings to learn emotional health education skills, to self-regulate emotions, and to use their intelligence wisely.

DOES EVERYONE FEEL LIKE I DO?

Yes and no. Emotions are complicated and given that we are each unique, we cannot say that they are felt in the same manner.

For example, “my sad” may feel different to me than *your sad*, and this of course, is determined by our level of awareness and intelligence about emotions. In other words, emotions carry the level of depth (consciousness) that the person feeling it, has.

We do know from research that emotions are contagious— so when people around are you fearful, you may pick up on this. If people around you are happy and loving, this rubs off on you as well.

How can you “protect” yourself from the emotions of others? By paying attention and listening to yourself; that is the only way.

Having empathy for another does not mean that you lose yourself in *their* emotions— but this is hard to tell sometimes. When people we love are hurting, we hurt too! But what is important to distinguish is that the reasons for the emotion are quite different....so why it's nearly impossible for anyone to feel just like you do.

EMOTIONAL BULLIES

Bullying and teasing are pathological ways of relating to others, and are considered forms of emotional abuse. The methods can include cyber-bullying, stalking, gossiping, publicly posting negative comments, revenge porn....and the list goes on.

People who bully others get an emotional charge or pay-off from this. In a way, it is like an addiction; the bully is addicted to the feeling of power/control (the high), and the chemicals that are released in the body.

If you're the recipient of someone's bullying, here's what you can do:

1. Disconnect from them (temporarily or permanently);
2. Do not speak badly about them (gossip);
3. Practice some mode of mindful, healing, or compassionate practice for yourself.

We end bullying by making it obsolete in our lives, meaning we *don't take it*, and we *don't initiate* any. In the meantime, we protect our own peace of mind by not engaging with individuals who are systematically abusing and harming us.

By remembering that bullies are actually suffering, we can grow our compassion and *let go* of the need to punish, shame, or ridicule them back.

EMOTIONAL LANDSCAPES:
HAVE *YOU* EVER BEEN HERE?

FACTORY OF FALSE BELIEFS

The Factory of False Beliefs is not so much a place we stay, but a place we've been, and its products are scattered all over the landscape for us to consume at any time. You might find a Box of Lies sitting at the trailhead of the Canyon of Confusion, or someone in the Mire of Misery might hand you an Exploding Can of Drama.

Almost all of the Factory's products are encoded with the phrase "should" in some form. "He shouldn't have said that to me," "I shouldn't be here" and "I should've done something differently" are common packaging phrases.

THE CANYON OF CONFUSION

It can be hard to understand that we're in the Canyon of Confusion at all, at first. Like a house of mirrors, we look around frantically, trying to find something we identify with. The local radio station, WYOU, plays loud and clear here. We're tormented with thoughts of, "Why is this happening to me?" and "Where do I go from here?"

It seems impossible to find a way out.

The Canyon of Confusion is often visited by people who are

in a major life crisis. The very essence of what we believe might have been challenged due to an event we never anticipated. Divorce, job loss, illness are just a few of the life circumstances that can make us question our lives, ourselves, and our beliefs in God or the divine.

THE DUMP

The Dump is a dirt-lined pit for the collective, negative thoughts of everyone on the planet. When we're hanging out in The Dump, we're thinking our worst thoughts, and masochistically commiserating with the most ugly and negative thoughts of our friends and family. This is a misuse of The Dump!

The Dump is a very necessary place for those negative old thoughts and habits to go, but instead of dropping things off, too many of us decide to stay awhile and go Dump Diving. We see something we recognize sticking up from the piles of garbage and think we can make something useful of it- something like the thought, "He'll Never Love Me." We pull this thought from the rubbish and polish it up, thinking we can change it into a good thought, "He'll Love Me If I..." But in truth, the thought will always be the original negative thought, and it's best left in The Dump, and not carried with you.

THE BONFIRE

The Bonfire is where we go, with many others, to burn our thoughts, belief patterns, emotions and stories that no longer serve us.

Once we go through a major emotional change, such as hiking through the Canyon of Confusion or slogging through the Mire of Misery, we find in our bags, pockets and even stuck to our hair bits and pieces of our old lives that we don't want or need anymore.

We may have been hanging on to a map we created of what life should be like, and once we realize that map doesn't correspond to anything in real life, it's time to burn it. We may have been hanging on to mental trinkets and mementoes from the past, such as a memory we played over and over again in our mind screens. Now that we've grown a little, we see that playing those old tapes take us backward instead of moving us forward.

FOG OF FEAR

We've trained our minds to fear what we cannot see, so naturally the Fog of Fear leaves us terrified. We can't see the path, the foliage, the lakes and rivers. We peer deeply into the cloud in vain, hoping to catch a glimpse of light that will show us where to go.

Many of us spend so much time in the Fog of Fear that we aren't even aware of the incredible landscape the fog obscures.

VALLEY OF DENIAL

It is nearly impossible to detect when one is in the Valley of Denial. In fact, it is far easier to see others in the valley (from nearly any other place on the landscape) than it is to comprehend that you are there.

In the Valley of Denial, one feels much resistance to a very specific area in life. It could be family, friends, work, self-anything, really, but the resistance is tangible. By resisting *what is*, we place ourselves firmly in the Valley with no foreseeable way out. This ethereal place is easier to recognize after the traveler has left.

REALITY CHECKPOINT

Arriving at Reality Checkpoint can be self-initiated or suggested by a fellow traveler. When we arrive at the Reality Checkpoint, we see for a brief moment what we might be carrying from the Factory of False Beliefs, and we realize where we may be spending most of our time. Even the Canyon of Confusion can be understood with a brief but intense journey to the Reality Checkpoint.

BITTERNESS LANE

Strangely enough, we can find ourselves on Bitterness Lane in almost any area of the map. It winds through the Canyon of Confusion, the Mire of Misery, and even the Dark Night of the Soul Tunnel. Bitterness is a strong revulsion for something that's happened, and a defiant resistance to a situation or event.

WAR ZONE

We enter the War Zone in many ways. We war with ourselves, with our loved ones, with "enemies", and with entire countries. We align ourselves with people of power who are hanging out in the War Zone. We jump onto a bandwagon heading into the War Zone anytime we commiserate with someone who is at war with someone else.

We may feel justified, angry, "right", "better", "smarter", and "more advanced" than anyone else in the War Zone. The quickest way to notice if you're hanging out in the War Zone is if you have a "me or us versus them" mentality.

The War Zone is a very tricky place to be. The longer you're here, the more you feel you have the "right" to be here, and the "enemy" should be the one to repent. All War Zone activities are fruitless efforts to get "everyone else" to leave. In truth, once *you* leave, war stops for you.

SHAME & BLAME LANE

To the traveler, Shame & Blame Lane looks like a high mountain path where they can shout insults at the travelers below. It's easy to see what the other travelers are doing wrong, because we're so high and advanced, having traveled this lane and experienced so much.

From here, the landscape looks distorted, and it seems as though others are causing our own pathways to be blocked. Other travelers seem to be moving huge boulders in order to prevent *our* passing, and we see where travelers have prevented us from going to the beautiful areas of the landscape on earlier trails. All of this is illusory.

REACTION STATION WYOU

Some travelers listen to WYOU their entire journeys through the landscape and through life. Others scarcely hear it at all. What is the difference? Whether or not they've tuned into the frequency.

You can recognize the WYOU station by the messages it sends. "Why me?" "Why is this so hard?" "How come she has it better?" Affectionately nicknamed The Victim Station, WYOU only broadcasts travel conditions for such places as the Canyon of Confusion, the Mire of Misery, and the War Zone. We can constantly hear the most recent updates from these areas, as

well as the Weather Forecast and Traffic Reports for Bitterness Lane, Shame & Blame Lane, Valley of Denial, and the Addiction Lagoon. Proudly sponsored by the Factory of False Beliefs.

ADDICTION LAGOON

A lagoon, by definition, is a shallow body of water. Stagnant and moldy, this is a place where some weary travelers believe they've found the flowing waters of the Stream of Gratitude, the River of Dreams or the Sea of Serenity. The water is just enough for the traveler to drink, but because of its filth and mold, it's not enough to sate his thirst. Convinced he won't find better waters elsewhere, he'll often stay here for many years, developing sicknesses and health problems from standing in and drinking the diseased water.

MIRE OF MISERY

The Mire of Misery, with its sinkholes, quicksand, muck and stench, is hardly a desirable destination. All roads from the Factory of False beliefs lead here, and as their boots get stuck in the mire and muck, weary travelers often stay here to "rest" far too long.

The mire is a place of gut-wrenching pain, self-loathing, anger

and hatred. Many travelers who would never otherwise have traveled near this place get stuck by listening to the stories of others, calling out from the bogs. “Misery loves company” is a popular phrase, but the only thing misery truly loves is more and more misery.

DARK NIGHT OF THE SOUL TUNNEL

Upon first glance, the Dark Night of the Soul Tunnel is formidable indeed. Travelers walking through are often screaming in pain, crying in confusion, and shaking with fear. Everything seems to be dying, and there is nothing alive to see or appreciate.

Like any dark tunnel, it feels as though you’ll never reach the other side. When the traveler keeps moving, even if it feels like one small shuffle step in front of another, they can soon see the light on the other side. At times, this light is painful, depending on how long we’ve been in the tunnel and how hopeless we feel about reaching the end. Focusing on that light is the quickest and least painful way to get through.

Paradoxically, the dark night of the soul is often a sign of significant spiritual progress for it is not really the soul (higher Self) but the ego that is in the dark. Some comfort can be obtained by recalling the spiritual dictum that one can only go as high as they have been low, or that Jesus Christ sweat blood in Gethsemane, or that the Buddha reported that he felt as

though his bones were being broken and he was being attacked by demons.

STREAMS OF GRATITUDE

The Streams of Gratitude are salted with tears of joy, acceptance, and love. Any traveler can enter the Streams of Gratitude from any point on the map, and indeed, the Streams are an ethereal part of the landscape that exist both in the emotional realm and in the non-emotional, enlightened realm.

SURVIVOR VILLAGE

For the weary traveler, the Survivor Village is a dream come true. Populated by men and women who have traversed the worst of the landscape, it's conveniently situated next to The Bonfire, where many stories are told.

Travelers must take their time here and move on at their own pace. Only after feeling heard, supported and loved can they go on to further healing. Some travelers stay here for many years, holding space for newcomers and ensuring there's always a welcoming hug for the weary. Some travelers have mastered the art of arriving at the village just when a dear friend needs them the most. They share their story with the newest, and go on to other parts of the landscape effortlessly.

MINDFUL MEADOW

The Mindful Meadow is the true essence of the entire emotional landscape. At any time, you can transport yourself to the mindful meadow and, as if by magic, immediately remove yourself from any undesirable place.

RIVER OF DREAMS

The River of Dreams is a magnetized flow of water that directs every traveler to his or her perfect place in life. At any time, we can check in with ourselves to see where the River of Dreams is leading us. Sadly, many of us go through life resisting the magnetic pull of the River of Dreams and instead walk others' paths with bitterness and resentment.

Listening to your heart will connect you with the inner pull of the River of Dreams. Since it is not a physical place to stay, you can only find its location by watching the inner compass of your heart. It's recommended that travelers not go long without checking in, or they might find themselves completely turned around!

BEACHES OF BLISS

Thought to be a myth by some, the Beaches of Bliss are

beautiful stretches of white sand, warm water, and amazing sunrises and sunsets. Like the Mindful Meadow, this breathtaking place can be accessed at any time- however, not many choose to, since they may not bring along other parts of the landscape with them! The Fog of Fear, or the Canyon of Confusion, must be *left* in order for the traveler to arrive on the Beaches, and for many this is difficult to grasp fully.

THE LIGHT OF TRUTH

The Light of Truth shines only from within, strengthened occasionally by the shining inner lights of others. Just as two candles make a room brighter than one, two people sharing their truths illuminates the landscape more than one. When many travelers come together in unity of purpose, the Light of Truth shines clear and bright enough to burn off the Fog of Fear, and transport the traveler to the Beaches of Bliss or Mindful Meadow.

SPIRIT SPA

The Spirit Spa is a place of surrender to the skilled Love Workers of the world. At the spa, we're pampered, massaged, doted on, and loved. It is here that many travelers come to learn about the highest peaks of the landscape, to receive good scrubblings to remove the dirt and grime from being in the lower places, and to simply rest.

It is impossible to stay in the Spirit Spa for any length of time. The spas are created by Love Workers and exist only in brief moments and places. A traveler might read a book that transports them to the spa for a short time, or spend a few heartfelt hours with a special group of souls who intend to uplift and cleanse all who are near them. Spirit Spas aren't permanent dwellings, but "training spots" for our spirits to be able to permanently dwell in the Beaches of Bliss.

SOUL FRIENDS SANCTUARY

Anytime two travelers come together with the intent of uplifting each other and helping each other on their journeys can Soul Friends Sanctuaries be created. They can be created anywhere at anytime, and have the additional benefit of helping each traveler reach Streams of Gratitude, Spirit Spa and even Mindful Meadow more easily.

By simply recognizing and appreciating Soul Friends when they come, travelers can see a remarkable rise in the frequency of their occurrences.

The entire landscape, in truth, is one large Soul Friends Sanctuary. All travelers are directly or indirectly helping the others to navigate the paths.

THE COMMON AND THE HELPFUL:
EMOTIONAL RESPONSES

ARROGANCE

Behaving in an *arrogant* manner indicates that the person *believes* they know better than another, and that their feelings are more important than another's.

Arrogance is an expression of superiority, in other words, self-righteousness.

Individuals who display arrogance have fixed opinions (fixed mind) and are not afraid to express them, but in doing so, they are also expressing the following:

- "*I am better than you*"
- "*I know better than you*"

How to temper arrogance:

- Remember that your beliefs are not facts;
- Remember that your beliefs do not apply to anyone else;
- Remember that you do not know better than anyone else (because you are not them, nor have you lived their life).

ASSUMING

Behaving in an *assuming* manner implies that you *think* everyone thinks and feels like you, and those who don't, are somehow flawed or inferior. This false assumption results in interactions that are unproductive, contentious, and aggressive.

When we assume, we are saying this to the other person:

- *"My view of the world is the only valid one"*
- *"Your feelings are inferior to mine"*

Assuming is a distortion of our minds. When we assume, we literally negate the other— it's like they don't even exist.

How to temper assumptions:

- Remember that everyone's path and experience is different;
- Remember that language, culture, religion, gender, health status, country of origin, level of consciousness, all shape our views and our reality of the world;
- Remember that just because someone's path is different, that it is somehow flawed or inferior (it is not).

PROJECTING

The behavior of *projection* is when we assign (project) our emotions to another person. It's kind of a tricky thing, and one that is hard to detect unless you notice one day, or someone points it out to you.

Projecting behaviors express a disconnection from ourselves, but also an attempt to make sense of something.

Gossiping is a common type of projecting behavior— where we point out a weakness in another, but in fact, we are only pointing out our own.

- *“I would never be as ignorant as that!”*
- *“Do you believe what “so and so” did/is doing?”*

How to temper projections:

- Remember that we are ALL learning
- If you notice something that really bothers you in another person, that is because it is in YOU to address/correct (not for you to “fix” or shame them);
- Whenever you feel the urge to gossip about another person, look within yourself instead.

COMPLAINING

Complaining is a very common way we deal with emotional discomfort.

Typically, it is observed in family and friend groups— where people feel comfortable sharing their problems with one another. When it becomes a problem, is in schools, where people work, on social media, or when shared with people with whom one lacks a relationship or friendship.

Chronic *complaining* may indicate the person does not really know how to deal with the circumstances and individuals in their life. Complaining is also one way we deal with unfair or sudden changes in our lives.

How to temper complaining:

- Remember that nothing is happening “to you”, it is happening “for you”;
- Unless you choose to see it as such, you are not a victim of anyone or anything;
- Remember that we attract that which we continually talk and think about.

OVER-SHARING

Generally speaking, *over-sharers* process emotions externally, and this can be good or bad, depending on the *who* one is sharing with.

Many writers and artists are over-sharers—they are processing emotions (and thoughts) via their writing, music or art. At its core, *over-sharing* is a way to learn and to express oneself.

What's important to keep in mind is that not everyone is entitled to your story—nor does everyone want to hear it, so again, choosing your audience is a wise move.

How to temper over-sharing:

- Before sharing any sensitive, private, or painful information about yourself, first ask: what's my intention?
- If someone over-shares with you, practice non-judgment and being a good listener.
- Journal about your feelings whenever possible.

COMPASSION

Having compassion for someone who is suffering, or is in pain is something we all are wired for. However, while it's easy to see when someone is experiencing physical pain, emotional pain symptoms are not always easy to detect. Common signs of emotional pain include:

- chronic anger
- chronic anxiety or depression
- drug or substance abuse
- bullying or stalking behaviors
- violence against others

Based on several public and global health matrices, we know that millions of people worldwide are currently suffering. While we collectively work together to co-create communities and environments that are conducive to inclusion, health, economic justice and peace, compassion is a super-power we could all begin practicing today.

How to amplify compassion:

- Remember that regardless of religion, race, gender, life journey, economic circumstance, educational attainment, we are ALL human beings.
- Commit to becoming educated (aware) about the suffering of those in your community.
- Consider doing one daily act of compassion for another fellow human being.

KINDNESS

While compassion enables the *right mind* and orientation to the suffering of others, *kindness* takes us a step further.

Simply defined* kindness is a *helpful, generous, and unconditional approach to self and others*. Kind individuals are open and generous. Their generosity is not predicated on anyone's worthiness, but on the simple fact that we all share the same planet.

Kind individuals are not naïve. The opposite is in fact true. It takes great strength to be kind in the face of aggression and the many flavors of fear which are a part of our shared human experience.

How to amplify kindness:

- Remember that kindness begins with self-kindness;
- Practice seeing others as human beings;
- Commit to non-judgment.

*Kindness, ESSENCE GLOSSARY™ Porrata & Pretti-Frontczak, © 2014

PATIENCE

As all parents (and teachers) know, learning takes time.

Patience is a symptom of our own ability to self-regulate and to remain calm during personal discomfort; the discomforts that are an inherent aspect of sharing life and working with others .

Learning how to be patient, takes patience! It is a *practice*. Some days you will do exceedingly well being a role model of loving kindness, and some days you may be challenged to maintain your composure! You are human.

How to amplify patience:

- Understand/be aware of your own emotional triggers;
- Remember that we are all *perfectly imperfect*;
- Integrate *contemplative practices* such as mindful awareness, breathwork, silent prayer, journaling, or going for a walk, next time you feel emotional discomfort coming on.

LISTENING

Listening is a learned behavior. Listening is one of the purest forms of respect. Listening is a patient, civil, and compassionate approach to others and to ourselves.

Listening is about allowing what is, to be. When we listen, we don't judge; we don't rush to fix or blame; we just listen.

Listening is a kind of super-power; one that grows our awareness of ours and others' emotional world.

How to amplify listening:

- Smile a kind smile to others when they are speaking.
- Practice active listening every day
- Notice yourself listening
- Only speak if your words are kinder than silence.

YOUR EMOTIONAL HEALTH

Until we master the language and rhythm of our own emotions, we may feel overwhelmed by external circumstances. In the meantime, the information and *data* we observe about ourselves can be a rich resource for improving the quality of our lives.

We are all works in progress. Individuals are only capable of responding to any circumstance or situation based on *their own level* of consciousness and understanding about emotions. Generally speaking, emotionally healthy individuals take responsibility for their emotions, while unaware individuals blame others for their emotions. Ongoing research into the nature of human emotions, will undoubtedly yield even better ways for us cope with, and utilize their intelligence.

How might we intentionally and collectively leverage and magnify the power of the *stabilizing* emotions to enhance our health and well-being? It appears that practices like gratitude, prayer, and other contemplative rituals have tremendous benefits, and are even capable of altering brain matter.

All human beings have the capacity to become observers of their own minds and emotions. Given the sometimes challenging conditions of our world, it behooves us to do the inner-work required for each of us to *live in harmony with ourselves*.

CONTRASTING EMOTIONS CHART

CONTRASTING EMOTIONS CHART				
Porrata & Pirri Contrasting Emotions Chart				
©2012				
Related Emotion(s)	Emotion		Emotion	Related Emotion(s)
caring, compassion, connection, collaboration	love	Awareness	fear	anger, hate, disconnection, competition
appreciation, grace, peace	gratitude		resentment	annoyance, frustration, irritability
bliss, satisfaction, pleasure	joy		grief	sorrow, sadness, depression
flow, contentment, creative	passion	Non-duality	boredom	disinterest, weariness, heaviness
attraction, desire	excitement		worry	aversion, motionless
delight, happiness	enthusiasm		apathy	disinterest, unhappy
aspiration, anticipation	hope	Neutrality	despair	anguish, desperation
comfort, contentment	satisfaction		jealousy	intolerant, anxious
safety, trust	security		uncertainty	danger, mistrust

ABOUT THE AUTHORS

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a creative guide for understanding our most common emotions

There are no bad emotions!

While some emotions carry more energy than others, all emotions hold great value and wisdom. In their rawest sense, emotions are a form of data, with each data point representing a unique source of information.

The Challengers invite us to grow. The Stabilizers provide comfort and clarity. We need both to function, learn, and mature. Highly regarded in both professional and personal domains, emotional intelligence is a competency that is accessible to anyone with a curiosity!

Through the pages of this guide, we invite you to reflect on your emotional landscape and to begin to extract the rich and fertile wisdom this aspect of your humanity has for you.