

EMOTIONAL DICTIONARY

LOVE BASED FEELINGS AND SENSATIONS

<u>EMOTION</u>	<u>MESSAGE OR MEANING</u>	<u>APPROPRIATE ACTION</u>
CALM	A peaceful sensation that confirms your contentment with life. It's about feeling confident that you can generate enough power to master life's ups and downs.	Maintain the feeling; it will empower you to achieve what you want.
COURAGE	It's your undaunted spirit's ability to overcome fear. It's energy coming directly from the heart.	Keep this powerful energy flowing. The more you draw upon it the stronger you'll feel.
ENJOYMENT	Acting on purpose. It's a great flow of self-sustaining creative energy.	Keep building upon it; it's the energy that moves you forward.
ENTHUSIASM	Love of Life – every aspect of it. The stem of the word is “en-thos” meaning inspired by God. The rush of energy that you feel is telling you that you're close to your purpose and gives you vital clues about your life-work.	Use the things you're most enthusiastic about to identify and keep living your life purpose. It provides you with surges of natural energy.
EXCITEMENT	A sensation of being ready or prepared for action. You're excited because you are in touch with your own potential. However, excitement can quickly turn into fear if you let your concerns or other people squash them.	Hang on to the excitement and channel it into creativity. It generates a massive amount of energy, and unless you direct it well, it'll quickly turn into fear. Stop listening to others' concerns. Rather believe in your own abilities.
HAPPINESS	Feeling content with life. It's confirmation that your decisions are correct and that the path you're on is right for you. It lets you know that your system is well balanced and that your needs are being met (physically, mentally, emotionally and spiritually).	Maintain it by recognizing any fear-based feelings that may come as warning lights. They'll let you know when your happiness is threatened. Stop, correct your behaviour with new decisions and take action. This will keep you happy most of the time.
HOPE	A feeling that guards against despair. It's an inner confidence – a knowing that you can overcome the challenges you'll face in your life.	Keep relying on your resourcefulness and you'll conserve your power through hope.
JOY	Satisfaction from acting on one's spiritual greatness. It's filled with happiness, enthusiasm and a love of life.	Go with the flow – it'll generate lots more energy.
LOVE	Wholeness; feeling fully connected to life, oneself and others.	Open up to lots more of this wonderful energy that feeds your soul.
PASSION	Releasing positive power at full throttle. The more passionate you are the more energy you'll generate.	Channel your passion into successful pursuits. It's self-sustaining energy – the more you release, the better you feel generating more of this great energy.
RELIEF	The light sensation you feel once changes have been made and the pent-up power has been released. It tells you that you're retrieving your energy.	Use the energy constructively and it'll build into lasting happiness.