

# Transcript

## Template 3 – MINDS[E]T – Emotion

So, you now have learned how to observe and eventually analyze yourself at the dimension of Soma. So now we can proceed with the dimension of Emotion.

So again, the same thing. So, you basically choose a moment in time and it's easier to practice in the present at first. So, then you proceed as you have done with Soma and then start doing the same thing for Emotions.

So, you just describe how you feel, what your emotions or feelings or moods are. So, as you may say, you may experience calm or fear. Or it could be your feeling angry or sad or joyful or serene or guilty etc. So, you can just note how you feel at the moment and if you find it difficult to put the words on your feeling, then you can also go to the list. There's another list that is called "Words for Emotion". So, that's in the instructions paper, and so you note all of these. Then use the same thing as before. You would try to differentiate from these emotions. Which one is conducive, meaning that would promote or enable happiness, or which one is non-conductive. That's it would prevent or lower your happiness. And you can just underline the one that is conducive, that's calm or joy, for example, or serenity and circle the one that is non-conductive like being angry, sad and guilty so we can find out for yourself.

Once you have done that, you can start to look at the interaction between your soma. Let's say if your fatigue, if you were fatigued or rested. And what you experience as emotions and vice versa. The effect of your emotion on your soma or body. So, if you're calm, how do you feel physically? Or if you are angry, what does it make you feel body wise or physically? And that's how you start to see the interaction between one dimensional state, like the body, and another one like the Emotions.

And so, you should keep doing this exercise with two dimensions over the next few days or weeks, so you get good at observing and eventually be able to analyze and get to know yourself in a very dynamic fashion.