

# UNDERSTANDING EMOTIONS & VIBRATION

---

By Shawna Freshwater, PhD: Published May 10, 2017 at: <https://spacioustherapy.com/>

Anger, Depression, and Anxiety are identified as “The Big Three, but Not The Big Easy” emotions. These three emotions are the most prevalent in our culture. A tremendous amount of suffering is experienced with these three emotions. All emotions are predominantly linked to the mind—the thought stream narrative and commentary about self and others, otherwise known as “The Voice in the Head”. There is a strongly woven chain reaction of mind-body-emotion-behavior. So, let us understand the basics of emotions arising.

## What are emotions?

The word emotion comes from “motion” movement. All emotions are energy. Energy moves, energy has a vibrational frequency, and energy forms and transforms. Emotions move, have a vibrational frequency, take form, are changing, and impermanent. You continually change from one emotion to another.

This moment you may be sad, then the next moment you may be happy. This moment you may be compassionate, then later you may be unkind. This moment you may be angry and another moment you may be loving. This moment you may be blissful and then later anxious. This motion of emotions goes on and on. Emotions are states (i.e. temporary forms) comprised of energy and that are in constant flux. Energy takes form and Emotions are forms. Anything that takes form by its very nature will transform and dissolve.

You are depressed, but you can not remain depressed forever. Even the most depressed person laughs sometimes. Even the saddest person, smiles. And the person who is happy and laughing will break down crying.

Emotions are impermanent by their very nature. They move and continuously change from one emotion to another emotion. You have never had an emotion that has lasted. You have never experienced an emotion that never ended. You have never felt an emotion that was permanent. Investigate for yourself, then you will realize this deeply as the truth.

## What are the Components of Emotions?

There are four components to emotion. The four components are interdependent. The four components are interconnected, correlated, and dynamic to each other.

Emotional Components:

Vibrational frequency component of emotion

Physiology/Biology component of emotion

Behavioral component of emotion

Mind component of emotion

## What is Vibrational Frequency of Emotions? Emotions have voltage.

First, let us understand that every cell in your body has the vibration of life whether you are aware of it or not. Every cell is comprised of energy and your potential of fully resonating with Life Force. Every cell in your body is affected by the emotional vibrational frequency that you manifest.

Second, Emotions have voltage. The vibrational frequencies of emotions are on a vertical dimension of contraction and expansion relative to the vibrational voltage of a particular emotion. Emotions resonate with the vibrational frequency that they generate. The higher the vibrational frequency, then the higher the expansion, and the greater the Life Force in your cells. The lower the vibrational frequency, then the greater the contraction, and the lesser of Life Force in your cells.

For example, Enlightenment has the highest frequency of 700+ and the greatest expansion of energy. The vibrational frequency of joy is 540 and is expansive. The vibrational frequency of anger is 150 and falls to contraction.

The emotional energy current can feel fluid and spacious like in a deep state of meditation bliss of equanimity. The emotional energy vibration can be like ripples on a lake, not disturbing, but feeling sensations nonetheless present. The emotional energy vibration can be like a torrent river in a state of panic or fear. The emotional energy vibration can be like earth quake tremors such as in a state of anxiety. The emotional energy vibration

can be intensifying charged current like in the state of anger. Emotional energy can be like a tsunami wave that hits you with full force like in the state of grief pulling you down and under. The emotional energy of depression feels very heavy as if you are almost lifeless.

## What is the Physiology/Biology Component of Emotion?

Emotional energy manifests in the body in the form of physical sensations. Hence, emotions are also called Feelings. For example, the energy physical sensation may take the form of Anger, where you feel your body prepares for action: breath goes in, heat rises, heart rate and blood pressure increase, muscle tension/contraction, and stress hormones are released. Emotional energy / physical sensations are generated from physiological/ biological reaction. Physiological responses also include the release of catecholamines (hormones & neurotransmitters) in the brain.

Emotional energy can also be stored as stagnate energy blockages in the bio-fields of the body. Over time, stale and/or accumulated emotional energies and frequent emotional suffering will often present as physical signs/symptoms (e.g. headaches, GI problems, heart disease) and/or huge physiological events (e.g. heart attack).

## What is the Behavioral Component of Emotion?

When uncomfortable emotions arise, such as anger, there will be a chain reaction of behaviors. There will be an interdependent behavioral response to emotional energy and correlated thoughts. The behavioral response will be expression (action) versus repression (avoidant). Your behavioral response can be the outward movement of the emotional energy (e.g. yelling) versus the repression of the emotional energy (e.g. self-medicating).

In the example of anger, we find ourselves in a dilemma of behavioral expression or behavioral repression. Expressing how you feel and think during the emotional energy of anger may hurt others, hurt yourself, or create even greater conflict and misunderstanding. Acting out emotions, such as anger, tends to intensify the energy of the emotion, intensify the behaviors, and intensify the mental commentary.

However, repressing what you feel, or avoiding what you feel, even in the benevolent disguise of "self-control" does not make those feelings go away. You only bury the feelings, at least temporarily. The emotional energy remains lodged in the bio-fields of the body creating tension, illness, or manifesting at inappropriate times. For example, erupting over some trivial thing that has triggered dormant repressed energy and opened an old unhealed emotional wound.

## What is the Mind Component of Emotion?

Emotional energy manifests in the body as physical sensations, but are catalyzed from the source origination of the mind. The emotion will be linked to your thoughts; the narrative of your mind. Mind is not synonymous with brain. (The brain is a separate topic).

I will define Mind as activity. A constant energy stream of thoughts/mental interpretations, sensory-perceptual interpretations, commentaries identifying to self and others, memories of the past, perception and interpretation of present experiences, and narratives about the future. Mind is energy. Mind moves from thought to thought. Thoughts take form, are changing, and impermanent. You continually change from one thought to another. Thoughts dissolve and you don't even know what thought you will have 1-minute later. Investigate this for yourself.

Emotions/feelings spin off from your mind's activity. Your mind's activity also spins off from the release of dormant bio-field energies of past emotional pain resurfacing from a trigger. The trigger will always originate from the mind. Your mind's activity escalates during the present arising of emotional energy. For example, the physiological energy of the emotion of anxiety is tightly interdependent and interwoven with mind thought patterns that are worries (real or imagined) from the past, about the present, and with a very very high negative anticipation of the future.

Your mind is the biggest catalyst for the presentation of emotions. Your mind can be a real trouble maker when it comes to emotion...because it is the unpleasant emotions, such as anger, depression, anxiety that you are trying to escape from suffering. Emotional wounds will remain unhealed and painful memories will remain in the mind stream patterns of mental thoughts about yourself and others, until deep acceptance is learned and realized.

## Mind is a Paramount Phenomenon

The truth is emotional suffering originates out of the mind...mind regulates energy (quantum), and mind is often in turmoil. Your emotional memories are mind based and the emotional energies are stored in your body. Your behaviors active and reactive originate from your mind. Your repressive and avoidant behaviors all originate from your mind. Everything is mind-wrought. This has to be understood. Emotions, desires, mental imagines, conditioned patterns of responding originate in the mind, and you become identified with them.

Your mind generates thoughts/narratives/interpretations, generates emotions, attachments, desires, longing, but these are all projections of the past, present, and future. And for the majority of people, the mind moves from past to future, rarely does it stay present. You can experiment yourself by just meditating for 5-minutes, stayed focused on your anchor as the breath. You will see how quickly your mind moves from thought to thought, usually past to future.

You can examine where your anger, anxiety, depression arise—it is the mind.  
From where your emotions arise—it is the mind.

Everything is energy. Your thoughts begin it. Your emotions amplifies it, and your action increases its momentum. Investigate for yourself. Be the observer of your thought stream. Be the watcher watching your mind. When you learn to transition from thinking into awareness, suddenly you realize your thinking is causing you certain emotions, like Anger, Depression, Anxiety: The Big Three, but Not the Big Easy.

## Shawna Freshwater, PhD

[www.SpaciousTherapy.com](http://www.SpaciousTherapy.com)