

The Emotion Zones

The Emotion Zone tool was developed and designed by Dr. Debra Ford Msc.D

Feeling...

Happy: loving and delighted, playful and cheerful, fascinated and amused, delighted and in awe, sensual and passionate, excited and energetic, free and joyful, spontaneous and excited, ecstatic and bold, expectant and surprised.

Powerful: courageous and bold, purposeful and intentional, motivated and enthusiastic, inspired and dynamic, bright and willing, confident and optimistic, certain and secure, thorough and reassured, safe and protected.

Angry: hurt and distrustful, furious and rageful, aggressive and hateful, dreadful and selfish, envious and jealous, frustrated and annoyed, critical and judgmental, offended and wronged, rejected and irrelevant, deserted and jilted, disappointed and dissatisfied.

Scared: petrified and fearful, frightened and panicked, threatened and bullied, suspicious and agitated, stubborn and sulky, panicked and blaming, worried and apprehensive, doubtful and wary, provoked and insulted, abandoned and taken for granted.

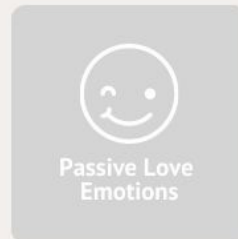
The Emotion Zones & Emotional Intelligence

Positive Expanding Energy



Active Love Emotions

Positive Expanding Energy



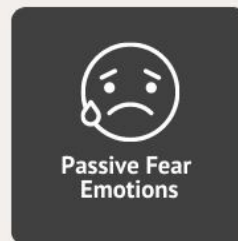
Passive Love Emotions

Negative Collapsing Energy



Active Fear Emotions

Negative Collapsing Energy



Passive Fear Emotions

Feeling...

Peaceful: present and love, calm and trusting, attentive and thoughtful, empathetic and compassionate, accepting and relaxed, content and clear, tender and open, blessed and grateful, comfortable and relaxed, serene and tranquil, hopeful and satisfied, soothed and undisturbed.

Relief: aware and creative, persevering and satisfied, confident and curious, worthy and connected, hopeful and faithful, useful and appreciated, easygoing and accepted.

Sad: guilty and regretful, grief and miserable, inadequate and despair, bored and lost, tired and unmotivated, lonely and isolated, ashamed and stupid, hurt and upset, depressed and discouraged, ashamed and uncertain, cautious and wary, confused and discouraged.

Afraid: helpless and weak, insecure and defensive, numb and passive, anxious and impatient, victimized and powerless, lost and timid, withdrawn and overwhelmed, nervous and confused, blamed and denied.

Understanding and Using the Emotion Zones

shared by Rev. Janice Brown, SolePath master mentor

There are really only two emotions, Love and Fear, and these can be divided between four emotion zones.

Within these primary emotions of Love and Fear, are varying ranges of emotional experience. Love and Fear emotions are further broken down in only two ways - Active and Passive emotions.

The Love emotions all have a relationship with the LightPaths and are positive expanding emotional experiences, which can be either Active or Passive. These emotional ranges are described in the Active (upper left) and Passive (upper right) zones.

Love Emotions = Expanding Energy = LightPaths

The Fear emotions all have a relationship with the DarkPath and are negative collapsing emotional experiences, which can be either Active or Passive. These emotional ranges are described in the Active (lower left) and Passive (lower right) zones.

Fear Emotions = Collapsing Energy = DarkPath

The Active Love emotions in the upper left zone (positive expanding energy) are probably one of the most important to understand, as these emotions are generally the ones that are pursued most fervently. The truth is these are migratory emotions and cannot be held in a sustainable state. They must be allowed to transform and become what they are meant to be. The steady state emotions are the Passive emotions. As you become familiar with who you are, you will find that your emotional experience tends to ebb and flow between these two states, Passive and Active, and these are all positive expanding energy. All 'above the line' emotions are energetically expanding emotions and all 'below the line' emotions are negative collapsing emotions.

The activation of an emotion is extraordinarily purposeful and is a requirement of living with joy. The real energetic transformation actually occurs as one begins to come home to their true nature, their energetic personality, their SolePath. And so understanding and using the emotion zones is a deep understanding of where you sit on the scale of emotion and a true elevation of consciousness. There is no place you would rather be than who you are. And as you are recognizing emotions, it is important to traverse them with ease and without conscious deliberation of every experience on the feeling scale. Soon you will be able to understand expansion and collapse by feel and that's the only tool you really need to move forward.

In the SolePath body of work you will hear the expression, 'reach for a better feeling' over and over again. It is THE tool. It is THE understanding. And as you get to know it by feel, you are going to find that you navigate your emotional landscape without hesitation.

This is where all true power lies, within your emotional discernment and expression of the upper zone emotions. There is a steady state, a natural rhythm within each SolePath category and within each SolePath itself. As you experience your life from your LightPaths, you are going to start to see that there is one or two emotions that have a powerful hold over you—both positive and negative, Passive and Active. Each and every time you are stuck in a rut, you have a Passive negative emotion to thank for that. Each and every time you have the motivation to drive yourself forward, you have an Active positive emotion to thank for that.

So, discernment begins with an energetic understanding of your emotions. Being able to understand where you are in your emotional life experience and understanding the nature and energy of the emotion you are experiencing. The emotion zones is a simplified tool to help you understand the movement of your personal energetic field, expansion or collapse, Love or Fear. This is a power tool, packed full of wisdom and you will find yourself coming back to it, over and over again.

An example

If there is one feeling that seems to work for every person and every situation, it is to be able to find the feeling of relief. Relief is enough. You do not need to be excited, passionate, cheerful or delighted to have deep powerful and purposeful experiences in your life. Relief will get you there. It is a passive love emotion that is easy to reach for, it is positive expanding energy, a game changer.

Another example - Finetuning

I look for emotional touchstones. Something that I am so familiar with that I deeply understand as a feeling within my own energetic emotional experience. I plot a way to find that feeling in the upper right zone. Because this is a passive steady state experience of Love emotions. I know if I can get there the chances are good that I'll be able to hang out there for an extended period of time.

For me this is feeling satisfied and I can easily reach for this one particular emotion. I can finetune it down to a focus and find the resonance of that feeling deep within my being every single time. And this is where my experience of living powerfully changes. This is finetuning my life into the energetic and emotional experience that I choose to live.

What emotion might work for you? When you find the Passive Love emotion that you can easily reach for, you will know how to consciously choose to be in expansion, how to shift into your LightPaths, and it will be waiting for you every single time.