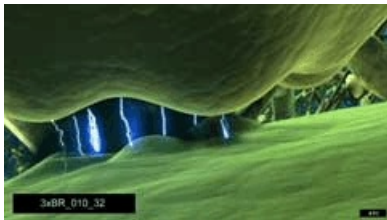


# The Biology of Emotions

from the movie *What the Bleep Do We Know?!*  
see <http://www.whatthebleep.com/animation/>



The brain contains a vast forest of nerve cells



When we have a thought, it creates an electrical impulse that fires through the nerve synapses.



Simultaneously, the hypothalamus manufactures biochemical neurotransmitters, or “molecules of emotion”



These biochemicals are assembled and pumped throughout our bodies.



These chemical messengers eventually end up docking with the cells of our body, giving rise to Emotions. There is a unique chemical for every emotion.



The Cells of our body adapt to the repetitive bombardment of those molecules of emotion, like anger, jealousy, lust, shyness, victimization, etc.



If we have an emotion daily, we are programming our neural network and that emotion/story becomes our identity. If you can't control your emotional state, you are addicted to its biochemicals. We create situations to meet our emotional needs/addictions and perpetuate the stories we tell ourselves.

Just the *thought*, without a corresponding real event, can stimulate the same biochemical reaction because **the brain doesn't know the difference between what it sees and what it remembers.**

Over time the constant bombardment of these chemicals changes the cellular structure and “dis-ease” results. These diseases can be directly related to the type of biochemical produced. (See examples at <http://elevatedtherapy.org.uk/index-page33.html>)

We often operate as if today were yesterday, retelling our story.

We tell ourselves stories about what the world is like, based on our experiences. We screen, select and interpret events to perpetuate our stories.

Our memories and interpretations of current events creates our current reality, but a different interpretation could create a different reality.

When we observe and are aware of our thoughts, we can break the emotional reaction cycle.