



Sweet Emotions

Positive emotional energy is the key to health, happiness and well-being. The more positive you are, the better your life will be in every area.

Your Main Energy Source

Here's the important point: positive emotions give you energy, while negative emotions deplete your energy. When you are excited, happy, and are interacting with people you love and enjoy; you sparkle with energy and enthusiasm. When you are angry or depressed, or negative for any reason; you feel tired, frustrated, and eventually burn out.

You Burn a Lot of Energy

It takes 1,000 units of physical energy to operate your body. But if you do not do physical labor, that physical energy can be refined in your body to produce 100 units of emotional energy. Emotional energy is a far more refined form of energy, and it is absolutely essential to healthy emotional functioning.

Creating Mental Energy

If you do not consume all your energy units in the expression of negative emotions, such as fear, doubt, anger, and resentment, your emotional energies are conserved. If your energy is conserved at one level, your body continues to refine it into higher and better energy. One hundred units of emotional energy thus conserved will be refined by your body into 10 units of mental energy.

Anger Is a Killer

You've probably heard someone described as "shaking with anger." When a person is shaking with anger, it is an indication that he has burned up the glucose or sugar-based energy in his system, and he is actually weak from his angry outburst.

Keep Yourself Calm

One characteristic of very successful people is that they keep themselves calm much longer than the average person does. They are more relaxed, more genial, and more in control of their emotions.

They are very aware that expressions of negative emotion deprive them of the energy they need to be effective in the more important things they do. They don't allow themselves to become upset or angry over little things, or even over large things. They remain objective and detached.

Don't Take Things Personally

In addition to staying calm, successful people stand back and refuse to take things personally. They do not allow themselves to get drawn into arguments or other people's problems. They save their energy for more productive purposes.

The whole purpose of physical relaxation is to allow yourself to recharge your emotional and mental batteries. You don't engage in physical relaxation to relax your physical body because it's likely you don't work that hard with your body.

The aim of rest and relaxation is to build up your mental and emotional energies and thereby improve the overall quality of your life.

Action Exercises

Here are three things you can do immediately to put these ideas into action:



1. *Keep your thoughts on your dreams and goals, and keep them off of the things and people that cause you stress and negative emotions. This is not easy, but it's very important.*
2. *Preserve your emotional energy by **staying calm and positive in difficult situations** rather than allowing yourself to be upset or angry.*
3. *Take ample time to rest completely so you can recharge your physical and emotional batteries. The better rested you are, the more effective you will be.*

Excerpted from Brian Tracy International Information taken from Brian Tracy's Personal Success Newsletter.
<http://www.briantracy.com/Newsletter/PersonalSuccess>.

OPTIONS ALSO OFFERS YOU

- ✓ Schedule an appointment with Helen for energy field work.