Emotional Message Chart of Positive Emotions

This is a Medicine Horse Way tool, developed by Carol Roush. It is not officially part of the Eponaquest Curriculum, but provides very useful insight about the role and challenges to do with the positive emotions.

It is important to note that the intensification of positive emotions is that they are often incorrectly identified by the false self and then can become emotional patterns of survival beliefs and behaviors.

Emotion	Message	Questions to ask	Intensification
Contentment	You are living according to your values.	How have I honored myself?	Belief: I am being lazy Behavior: I should get busy
Peace	I know I am held and supported by the universe, source God.	Am I fully appreciating the the perfection of all that is?	Belief: I am bored Behavior: I should check email
Joy	I am filled with inspiration , connected to all. I trust the process.	Can I express and embrace this feeling in full bodied awareness?	Belief: This is too good to be true Behavior: Create diversion/drama
Happiness	There is a bright future and a sense of wonder in the world. Explore, dance and play.	What can I choose to be happy about? Do I allow happiness into my life?	Belief: This won't last Behavior: Negative mind loop fantasies of doom and gloom
Exhilaration	Embrace the excitement of this present moment.	How can I fully embrace this moment?	Belief: I am too much Behavior: Sit down, shut up, be quiet
Manic Exhilaration	This can't last. Get grounded.	What do I need to do to ground? How can I connect to all of my emotions? A body scan is a good action to take to find balance.	Belief: I want more and more Behavior: Grandiosity, drugs, drinking not sleeping.

Manic Exhilaration is an unhealthy intensification of different forms of happiness. This happens when you grab hold of an emotion and lose the natural flow. Trapping happiness leads to an ungrounded, frantic desperation to remain "up" and "positive" without release. This disassociated state is the shadow side of happiness, many people get stuck seeking to maintain this frenetic high. It is sometimes called "spiritual bypassing". It can throw you into addictions and distractions that keep you from your soul's purpose and cut off from your inner guidance. It is the manic part of manic depression, a serious mental health disorder. Ignoring sadness, grief, fear, and anger, does not lead to true happiness, contentment and special moments of exhilaration. Manic Exhilaration is one of the false

self faces of happiness. In a balanced healthy person moments of exhilaration will be intense, but brief. In an unbalanced person it is a trap. Finding balance and flow will bring all the emotions back into a fluid state, the ongoing voice of inner guidance.