

THE PSYCHOLOGY OF EMOTIONS, FEELINGS AND THOUGHTS

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Abstract

This paper puts forth the idea that life is divided into three groups, emotion, thinking, and feeling. These three groups make humans feel in certain ways, thinking, physical stimulus, and emotion all contribute to feeling. But what is the difference between a thought, an emotion, and a feeling? Is there an overlap between the three? Probably, since any emotion can be broken down into the sensations and real events that caused it, and these events all lead to emotions, feelings and thoughts. So emotions, feelings and thoughts all might have the same source, they are just expressed differently in the mind. Where do your emotions, feelings and thoughts rate on a scale of clarity? Where do they rate on a scale of focus and attention? How does understanding the psychology of ones emotions, feelings and thoughts lead to a long term increased consciousness?

The Psychology Of Emotions, Feelings and Thoughts

1 Emotion And Logic

Some things in life cause people to feel, these are called emotional reactions. Some things in life cause people to think, these are sometimes called logical or intellectual reactions. Thus life is divided between things that make you feel and things that make you think. The question is, if someone is feeling, does that mean that they are thinking less? It probably does. If part of your brain is being occupied by feeling, then it makes sense that you have less capacity for thought. That is obvious if you take emotional extremes, such as crying, where people can barely think at all. This does not mean that emotional people are not intelligent; it just means that they might be dumber during the times in which they are emotional. Emotion goes on and off for everyone, sometimes people cry, and sometimes they are completely serious.

Some things in life can identifiably cause more emotion than other things.

1. Color causes more emotion than black and white. So anything with more color in it is going to be more emotional to look at, whether it is the difference between a gold or silver sword, or a gold or silver computer. In both cases the gold is going to be more emotional.
2. Things that are personal are emotional, personal things that people like and that they feel are "close" to them. Things like home or anything someone likes actually. That is the

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definition of emotion after all, something that causes feeling. So if you like it, it is probably going to cause more feeling. Other things aside from liking something could cause emotions from it, such as curiosity, but usually like is one of the stronger emotions. You could say that the two are directly proportional, the more you like something, the more it is going to cause feeling.

But there are things that people like that cause thought. You could like something and it causes you to think, and we previously defined emotion as feeling, not thought. That thoughts are separate from emotions because thought is a period of thinking. What exactly is thinking then? You can think about emotions, “how did I feel then?” etc. So is thought just a period of increased attention? Or is it a sharp spike in attention focused on one particular thing that is clear? It is hard to focus that much if you are feeling a lot, however. This makes me conclude that there is an overlap of feeling and thought, like a venn diagram. But there are still parts of thought that don’t have feeling or emotion in them, and parts of emotion that don’t have thought in them. That means that thought requires more concentration than feeling does, since we defined thought as a period of increased attention. You can be emotional and have more attention, but usually if you are emotional you are going to be less attentive than you would be if you were thinking more. Then again, if you are emotional you are being attentive to your emotions, whatever they may be, and if your emotions are on something like the sun, then when you see the sun you are going to be attentive to it, but not be thinking about it. So you can pay attention to something and not be thinking about it at the same time. But you aren’t going to be paying attention to anything else. It seems that thought is more attention than emotion, however. If you try to “feel” your computer you still don’t give it as much attention as if you were thinking about your computer. Then again, it depends what you are thinking about your computer, if you are thinking that your computer sucks, you are going to give it less attention than thinking that it is great. It also depends what your feelings are about that computer. If you feel that the computer is good, then you are going to give it more attention than if you feel that it is bad (possibly). The thoughts and the feelings correspond, however. That is, if you are thinking it is bad, then you are going to feel that it is bad. Thus thought and feeling are really one and the same. But thoughts are really clearer than feelings. Thought and feeling may result in the same amount of attention to something, but thought is more precise. It is more precise for you to think that the computer is good, then to feel that the computer is good. Who knows why you feel the computer is good, but if you were thinking the computer is good then you would know why you thought that. Emotions and feelings are more obscure.

So, the more you like something (or hate something, or have any strong emotional reaction to anything), the more emotional it is, but that doesn’t mean that it might not also cause you to think about it. One can’t label everything in life as either emotion or thought however. Life isn’t a scale with emotion on one end and thought on the other. There are other factors involved, things like adrenaline and physical action, which might also cause increased attention that isn’t either emotional or thoughtful. When you’re running you have a lot of attention on the fact that you are running, and you’re not thinking about it or being emotional about it. This means that just because you like something, doesn’t mean that it is emotional. You might like running, but it doesn’t cause emotions in you. What does emotion mean then? Emotions must be thoughts that you can’t identify, when you feel something, it must be that you are thinking about something unconsciously. You just have no idea what it is, usually. Emotions and feelings are thoughts then. By that I mean that they can be broken down into parts and figured out what those parts are. And thoughts are just really parts that you can identify. So the difference between emotions, feelings and thoughts is that you know what thoughts are about, but you don’t have as good an idea of what emotions and feelings are, as they are more obscure and harder to identify.

Thus once you find out what is causing the emotion, it is no longer an emotion, but it

is a thought. You might be lazy however and not want to spend time thinking, which are what emotions are for. “Ah that gold sword is pretty” might be the emotion, but to your conscious mind you would have no idea that you like the sword because it is pretty, you might just know that you like the sword and it is making you emotional about it. Therefore, emotional things are really anything that causes unconscious or conscious thought. Feeling is another word for unconscious thought. This leads me to the conclusion that thought is emotional. I think that emotions are going to usually be more emotional than thought, however, because emotions are likely to contain more than one thought, therefore causing it to cause more feeling, or be more emotional.

So thought is just a lot of attention on one little thing. And emotion is attention on lots of individual things, or possibly one thing. So things that are emotional are things that cause you to think, consciously or unconsciously. And therefore they would cause you to feel, consciously or unconsciously. So the more you like something you can't consciously identify as to why you like it, the more emotional it is, and the more you like something where you can consciously identify what it is, the more conscious thought it is going to cause, and the more logical that thing is going to be. Emotion is just unconscious thought.

2 Thoughts

Anything that is said or done is possibly followed by a long series of unconscious thoughts and thought processes.

What is the difference between emotion, feeling, thought, logic, and intelligence? Use of any of them requires a lot of attention. Even when you are feeling something emotional your attention is directed toward that thing. The answer is that everything in life eventually results in a feeling. Even emotion results in a feeling. Emotion is unconscious thoughts about things, and thoughts are conscious thoughts about things. Thought results in feelings, so unconscious thought (emotion) is also going to result in feelings.

If you think about it that way, thought and emotion are both in part feelings, that is, to some extent you feel them right away, in addition to them resulting in feelings later on. But that still means that feelings are always the end result. Then again, thoughts might be the result of current thoughts. That is like emotion, unconscious emotional thoughts are going to result in unconscious emotional thoughts later on. Even feelings could be called unconscious thoughts, because thought is just focusing on one thing for a brief period of time.

Therefore emotion, thought and feeling are really just periods of focus on certain things. With thought you just recognize what it is that you are focusing on. With emotions you feel deeply about what you are focusing on, and with feelings you are focusing on it less. Physical stimulus also results in feelings, and then you focus on those feelings, you aren't necessarily focused on what caused the feelings (the physical stimulus itself) however.

Thus life is really just different types of feelings, you could categorize all of life as feeling. Even when you think you are in a period when you're not feeling anything, you really are feeling something, you just don't recognize what it is that you are feeling. Remember that feelings are thoughts you can't identify. And since a thought is going to be about something, another way to think about life is just stuff happening. Stuff happening results in feelings in your brain, where more stuff happens. It is all-concrete.

So in your brain what is going on is that physical stuff in the real world is interacting with each other, (or your analysis of that stuff and its interactions is). Everything has a cause and effect. Nothing is independent. Therefore thought isn't really thought, what is happening is you are analyzing stuff. Thought could be another word for saying that you are analyzing stuff. Even if it is something as simple as, “I want to go to the store” you are

analyzing how it is you are going to get there, what the implications of that are.

In other words, nothing is as it seems. If someone says to you, "I know x". He isn't just saying that he knows x, but there is a chain of other thoughts that also occur in your mind. You analyze the statement he made and it causes you to think automatically, "Do I know x too?" "Why does he think I care that he knows x?" "Is there anything else about x that is significant that I am missing?" "What if this other person is smarter than me?" that doesn't lead to a feeling of being dumb (it might), instead it leads to another concrete thing "maybe I am stupid" or the thought "maybe that person is stupid" interacting with the thought "because that thing he said was wrong". So your mind is a bunch of concrete things interacting with each other.

They are all moving at the same time as well, it isn't that one thought follows another; it is more like instantaneous. If the thing the person said was something you didn't know, it might make you feel stupid, thus the thought resulted in a feeling. But that feeling can be translated to a thought. So it isn't the feeling, "I am stupid" it is the thought "I am stupid". Feeling stupid might make you feel bad, but it isn't that you are feeling bad, you are just thinking over and over "I am stupid" unconsciously, and that is what is making you feel bad. Or you are paying attention to the fact that you are stupid. Thus thought, feeling, and emotion is just paying attention to different things in your head. Concrete things.

It is a little more complicated than that, however. It is going to be a mix of a lot of concrete thoughts interacting with each other, not just the thought "I am stupid" repeated over and over but maybe also a less intense idea of "well I know x and y that that person doesn't, maybe this was just one event". So anything that is said or done is possibly followed by a long series of unconscious thoughts and thought processes.

3 Emotion and Feelings

Emotion is more similar to conscious thought than feelings are to conscious thought. Although emotion and feeling can be described as unconscious thought, one of them is going to be more similar to conscious thought. Feelings are more like sensations, when you touch something you get a feeling. Therefore feelings are faster than emotions and thought, because when you touch something there is a slight delay before you can think of something about it (thought). Emotion is therefore just unconscious thought. Actually it would better be described as unconscious feeling.

You can recognize any feeling, that is what makes it a feeling. If you are sad that is a feeling, but if you are depressed that isn't a feeling it is more like an emotion. You can't identify why you are depressed but you can usually identify why you are sad. Feelings are more immediate, if something happens or is happening, it is going to result in a feeling. However, if something happened a long time ago, you are going to think about it unconsciously and that is going to bring up unconscious feelings. Otherwise known as emotion. So emotions are unconscious feelings that are the result of unconscious thoughts. Feeling defined there as something you can identify. So you can't identify the unconscious thought that caused the unconscious feeling, but you can identify the unconscious feeling (aka emotion).

Another aspect of unconscious thought, emotion, or unconscious feeling (all three are the same) is that it tends to be mixed into the rest of your system because it is unconscious. If it was conscious then it remains as an individual feeling, but in its unconscious form you confuse it with the other emotions and feelings and it affects your entire system. So therefore most of what people are feeling is just a mix of feelings that your mind cannot separate out individually. That is the difference between sadness and a depression, a depression lowers your mood and affects all your feelings and emotions, but sadness is just that individual feeling. So the reason that the depression affects all your other feelings is because you can no longer recognize the individual sad emotions that caused it. The feelings become mixed.

If someone can identify the reason they are sad then they become no longer depressed, just sad. Once they forget that that was the reason they are depressed however, they will become depressed again.

That is why an initial event might make someone sad, and then that sadness would later lead into a depression, is because you forget why you originally got sad. You might not consciously forget, but unconsciously you do. That is, it feels like you forget, the desire to get revenge on whatever caused the sadness fades away. When that happens it is like you “forgetting” what caused it. You may also consciously forget but what matters is how much you care about that sadness. It might be that consciously understanding why you are depressed or sad changes how much you care about your sadness, however. That would therefore change the emotion/feeling of sadness. The more you care about the sadness/depression, the more like a feeling it becomes and less like an emotion. That is because the difference between feelings and emotions is that feelings are easier to identify (because you can “feel” them easier).

The following is a good example of the transition from caring about a feeling to not caring about a feeling. Anger as an emotion takes more energy to maintain, so if someone is punched or something, they are only likely to be mad for a brief period of time, but the sadness that it incurred might last for a much longer time. That sadness is only going to be recognizable to the person punched for a brief period of time as attributable to the person who did the punching, after that the sadness would sink into their system like a miniature depression. Affecting the other parts of their system like a depression.

In review, both feelings and emotions are composed of unconscious thoughts, but feelings are easier to identify than emotions. Feelings are faster than emotions in terms of response (the response time of the feeling, how fast it responds to real world stimulation) and it takes someone less time to recognize feelings because they are faster. Feelings are closer to sensory stimulation, if you touch something, you feel it and that is a fast reaction. You care about the feeling so you can separate it out in your head from the other feelings. “You care” in that sentence could be translated into, the feeling is intense, so you feel it and can identify it easily. That is different from consciously understanding why you are depressed or sad. You can consciously understand why you are depressed or sad, but that might or might not affect the intensity of that sadness.

If the intensity of the sadness is brought up enough, then you can feel that sadness and it isn’t like a depression anymore, it is more like an individual feeling then something that affects your mood and brings your system down (aka a depression). Also, if you clearly enough understand what the sadness is then it is going to remain a sadness and not affect the rest of your system. That is because the feeling would get mixed in with the other feelings and start affecting them. The period of this more clear understanding of the sadness mostly occurs right after the event that caused the sadness. That is because it is clear to you what it is. Afterwards the sadness might emerge (or translate from a depression, to sadness) occasionally if you think about what caused it or just think about it in general.

The difference between emotion and feeling is that feelings are easier to identify because they are faster, a feeling is something you are feeling right then. An emotion might be a deeper experience because it might affect more of you, but that is only because it is mixed into the rest of your system. That is, a depression affects more of you than just an isolated feeling of sadness. In other words, people can only have a few feelings at a time, but they can have many emotions at the same time. Emotions are mixed in, but to feel something you have to be able to identify what it is, or it is going to be so intense that you would be able to identify what it is. Emotions just feel deeper because it is all your feelings being affected at once.

Since emotion is all your feelings being affected at once, emotions are stronger than feelings. Feelings however are a more directed focus. When you feel something you can

always identify what that one thing is. When you have an emotion, the emotion is more distant, but stronger. All your feelings must feel a certain way about whatever is causing the emotion. So that one thing is affecting your entire system. Feelings can then be defined as immediate unconscious thought, and emotions as unconscious thought.

4 Emotions are Dulled Feelings

Feelings are more immediate than emotions, they are easier to identify and are “faster”. You can also have only a few feelings at a time but your emotions are possibly composed of many more components. That is, you can have a feeling about a Frisbee, and you can have a feeling about a Frisbee game as well. But if you have emotions about the Frisbee game then in order to get those strong emotions there would have to be many things you are feeling about the Frisbee game.

So one could think of emotions as just more than feelings. Emotions are greater than feelings and therefore they must have more parts in order to cause that greater feeling. Feelings are easy to understand because they are simple, but emotions are harder to understand because they are more complicated. A moody person would be described as emotional because emotion is a component of mood. Emotion is something that affects your entire system like a depression does. A feeling such as sadness is only an individual feeling and can be identified as such.

If something is intense, then it is a feeling, emotions aren’t intense they are deep. They aren’t as intense as feelings but you could call them intense. Feelings are more intense because that is how we define feelings, if you can feel something then it is a feeling because, well, you “feel” it. Emotion is just something that affects you, your mood, how you are, etc. That is why feelings are easier to identify, because they are more intense. Emotions are deeper, however, when someone becomes emotional you can’t just snap out of it instantly, it hangs around in your system. That is why they are probably made up of more parts than feelings are.

The reason feelings are both more intense yet shallower than emotions is probably because your system can only handle so much intensity at a time, so you can only experience shallow things intensely. If you compare it to a river, emotions would have a lot of water, or current and be going slowly, and feelings would have less water, but be going faster. The feeling is therefore going to touch more things in your mind shallowly, and the emotion is going to touch more things in your mind deeply.

Why then do some simple things cause us to become more emotional if emotion is a deeper experience? That is because the feeling must trigger emotions, the simple thing is actually a feeling itself, but it triggers emotions. Like how color can be more emotional than black and white. It is actually that color causes more feeling, and we become emotional then about that feeling. But while you are looking at the color it is a feeling which you are feeling, not an emotion. The feeling made you feel good, however, and that good feeling infects the rest of your feelings and emotions, and then you become emotional.

In fact, all feelings make someone more emotional. The only difference between feeling and emotion is that feeling is the immediate feeling you get from something. It is the thing which you are experiencing currently. Feeling is another word for current stimulation. You can only feel something that you are either thinking about or experiencing. Otherwise you aren’t really feeling it, and it is an emotion. That is why the word feeling is the word feeling, because you can feel it intimately, closely.

How is it then that emotions are generally considered to be deeper? That is because with emotions you are actually feeling more, you just aren’t as in touch with what it is that you are feeling. So you would experience the effects of having a lot of feeling, such as heavy breathing, crying, laughing, they would be things that make all your other feelings and

emotions feel the same way. However your mind isn't intensifying that experience because it would be too much for you to handle. Therefore emotion is just many feelings (or one strong feeling) that is dulled down, and it would actually be a stronger feeling(s), you just can only experience it fully as an emotion. You can also probably experience parts of that emotion as feelings since parts of it are going to be less intense than the whole, and you can "feel" them then.

So people can basically only "feel" or focus on small amounts of feeling. If it is a feeling that is very large it becomes an emotion with more parts. It isn't that this emotion isn't as deep as the feeling, it is actually deeper, but you simply cannot comprehend the entire emotion at once to "feel" it like you feel feelings.

5 Emotions and Feelings are Broad Thoughts

Any emotion or feeling can be broken down into the sensations and real events that caused it. And you can think about any of those things (with thoughts).

A thought is thinking about something in specific. You can have a thought about an entire paragraph, but it is going to be just a thought, it is going to be about one thing, and that one thing might be a summary of the paragraph - but it is still a thought. So what we think of as thought is really just a short period of thinking - one unit of thinking that lasts for a short period of time. An essay is composed of many thoughts, but just one thought would be "I went to the store".

Then again, "I went to the store, and Jason followed me" might be considered one thought as well. So how long exactly is a thought? If it is longer than "I went to the store, and Jason followed me" then it is probably going to be considered multiple thoughts. Thus humans use the word thought as just a short period of time in thinking.

Thoughts are in general talked about as being verbal, people rarely think of emotions and feelings as thoughts. But emotions and feelings are thoughts if you think about that emotion and feeling. The short period of time in which you think about the emotion or feeling is a thought. So thoughts can be about emotions and feelings. They are just harder to identify because they aren't verbal.

The reason that verbal things are easier to identify is because they are distinct sounds. Distinct sounds, different sounds, are easy to separate. It is easy to identify one sound from another sound, and that is all words are, different sounds. So it could be that someone is talking and you don't have any thoughts about them talking, or you are not thinking about them talking. In that case you just aren't listening to them, or you are not paying attention to the sounds they are making.

So thought then is really just any short period of high attention. And thinking is long or short periods of high attention. So if you are thinking for more than a few seconds, then you are probably going to be thinking about several thoughts. Since you can think about emotions and feelings too, however, you can think about your emotions or feelings for long periods of time.

Just as thinking is made up of individual components of thought, feeling, or emotion, each of those components is made up of their own further components. In fact, when you think about an emotion or feeling you intensify that feeling or emotion a lot. Each emotion, however, is made up of experiences in the real world. The real world can include thoughts and feelings in your head as well.

So emotions, feelings and thoughts are made up of real experiences. A thought isn't just a thing in your head, but it is something that has components that are real in the world. Those things might be sounds (when you think about someone speaking, you make that sound in your head). A sound in your head is just like a sound in reality, you are mimicking the emotion that the sound in reality is causing in your head by yourself, without having the

real sound be there. Just try it and think about any sound, it produces the same emotions as when the sound itself occurred outside your head.

So a thought in the end boils down to you thinking about sensations, any sensation, taste, touch, sound, smell, feeling, or emotion. How can a thought be of emotion? Aren't thoughts supposed to be specific and quantifiable? Well a thought about an emotion is basically a summary of that emotion. If you played Frisbee and you get an emotion from playing Frisbee, then that emotion is a summary of the things in which you remember about playing Frisbee. The same goes with feelings. The feeling you have about something is really all the feelings that that thing causes in you, and when you focus on different aspects of that feeling, you are focusing on different aspects of the real experience which caused the feeling.

So when you think about an emotion you are intensifying the feeling of those real experiences. You have no conscious idea of which parts of the feeling you are thinking about, however. Maybe if you think about directly different parts of the real experience you can link it up to different parts of its emotion.

Thus any emotion or feeling can be broken down into the sensations and real events that caused it. And you can think about any of those things (with thoughts). You can also think about those things as individual thoughts. A thought isn't just a short period of your attention, but it is a short period of your attention during which you are trying to think about something (at least it feels like you are trying, you could not be trying and have a thought). Your natural attention span varies, but if you think about something you can boost that attention, you are trying to boost that attention on something specific or something broad (like an emotion).

Emotions and feelings are so intense, however, that it is like you are trying to focus your attention on them. So emotions, feelings, and thoughts are all periods of focused attention. A thought is just more focused attention than a feeling or emotion (unless it is a thought about a feeling or an emotion, in which case it is going to be even more attention than the feeling or thought or emotion by itself since it is a combination).

So emotions, feelings, and thoughts are all related, they are all things that you pay more attention to. And since emotion and feelings are made up of stuff which occurs in the real world, you could label each one of those things which occurs in the real world a thought, and say that emotions are made up of thoughts, or are broad thoughts. That is, you pay attention to your thoughts, and you pay attention to your emotions, so you could say that emotions are just a bunch of individual thoughts squished into one thing.

What then is the difference between a thought and an emotion? Emotions are usually more intense and therefore last longer in your brain when you think about them, or "bring them up". You usually can only bring them up by thinking about them, however. Other things might bring up an emotion, like other emotions or other feelings, consciously or unconsciously. The same with feelings and thoughts.

6 Logic Vs. Intellect

Logic is the connection of distant facts, and intellect is the understanding of individual facts.

What is the difference between logic and intellect? Logic seems to be a way of going about using knowledge so that it is processed correctly. Whereas intellect is more focused on memory or things that don't require as much understanding as logical things. Logic would be the correct way of doing something, but doing something intelligently would just mean doing something with knowledge.

So if you are doing something logically, you are doing it in a correct manner. But if you are doing something intelligently, you are just using a lot of brain-power to do it (that power might come from memory, or skill). So logic seems to be a way to get to an end, the

more direct route of doing something, but intellect is more complicated and would involve things other than taking the direct approach to solving a problem. Logic would involve a more scientific reasoning (a leads to b, etc). Science is direct and clear, and logical thinking would be more direct and clear thinking, versus intelligent thinking would just be thinking of a higher order.

So something intelligent would just involve more thought, like a hard math or science problem. But something logical would involve thought that was approached in a scientific, clear, trying to get to the end (right answer) quickly and simply manner. Therefore if a person is logical, they wouldn't need to have a good memory, but, when given lots of facts (as someone with a good memory would know already) are able to sort through them in a logical, scientific manner.

You could still call someone intelligent even if they don't have a good memory, however. If someone is logical you could call him or her intelligent because even though the data isn't already in their head, when presented with the data (or knowledge) they are able to sort through it, and that is using their mind, so they could be called intelligent.

Anything that has a therefore, or a because in it (or a then) (such as A leads to B, therefore... or A exists because B is such and such, or if A leads to B, then...) would be more logical. If I said, I only need to brush my teeth half as much as people with non-electric toothbrushes because those toothbrushes are only half as effective. You are drawing a conclusion through inference, not just stating facts, but drawing conclusions. That is, I took two facts (electric toothbrushes are twice as effective as non electric) and the fact that I need to brush my teeth, and put them together to form the idea, I only need to brush my teeth half as much.

Someone with just knowledge and no logic might know that electric toothbrushes are twice as effective as non electric ones, and might know that they need to brush their teeth, but they wouldn't know that therefore they could brush their teeth half as much as people with non electric toothbrushes. That is an ordinary example based on relatives. That is one person would have more logic relative to the other person, not that either person has no logic at all.

You still have to draw other conclusions in that example, however. If you couldn't understand that brushing teeth is the combination of your hand moving, and holding a brush, then you wouldn't be capable of understanding the concept of brushing teeth, and when someone told you that that was what brushing teeth was, you wouldn't be able to comprehend it, and therefore, wouldn't be able to remember it. Like most animals other than humans (or even a fly) wouldn't be able to understand (have enough logic to understand) brushing teeth.

But then again, dogs are capable of understanding concepts are large as their own name. A dog is a very complicated system, and it is capable of understanding a concept as complicated as itself. They even occasionally know words such as Frisbee, brisket, or food. Dogs can understand when you tell them (some dogs) do you want to play with the Frisbee? So clearly they have a lot of logic. But why then can they only understand a very very few things, if each thing had about equal logic? They would be randomly picking up lots of concepts and words then. Unless it took a certain number of times repeated, with higher emotional emphasis, for them to remember it. The answer is that dogs don't randomly pick up things, for a dog to understand it it has to be easy to comprehend. Like a dog understanding its own name is easy for it to understand, or any large emotional experience. So even dogs have some logic since they are able to pick up on some things. Their level of logic (being able to put two things together) seems to match their memory and intellect (their ability to understand individual facts) however.

What is it about the facts, electric toothbrushes are twice as effective as non-electric, and therefore you only need to brush half as much. And the facts, you have a Frisbee, you

can play with it, that the first set of facts requires more logic to figure out than the second? Anyone can see that clearly the first requires more logic, you could even say that the person was logical to figure it out, but you wouldn't say that the person who figured out that they can play with the Frisbee was logical. "I have a Frisbee, I can play with it, therefore I am logical". That just doesn't make any sense.

It is probably because two of the facts (Frisbee and playing with it), go together more easily than the other two facts (toothbrush being good and brushing less). So it is just a matter of how hard it is put facts together which determines logic. When someone thinks about a Frisbee it is easy to see someone playing with it. The two facts are emotionally, logically and physically together. You see the Frisbee and someone playing with it at the same time, so it is easy to remember them that way. However, you don't see "brushing less" that clearly or "being less effective" that clearly. They simply aren't strong images in your head. Playing with the Frisbee doesn't require a person to draw any difficult conclusions, but the toothbrush example does.

So logic is connecting facts that are harder to see, facts that are less present and therefore their connection is going to be less present. Even if a dog loved brushing their teeth and loved electric toothbrushes, it still wouldn't be able to understand that the electric toothbrush worked twice as well as the non-electric one. That is because it is hard to picture one toothbrush working better than the other one. It requires logic, or a scientific process of thought. It is easy to picture (visually) playing with a Frisbee, but (visually) it is harder to picture the electric toothbrush working better. It is more just like a fact than an image.

Therefore logical connections or facts (logic was previously defined as putting two distant or obscure connections together) are strengthened by vision and visual images. That is like different types of learning styles, learning visually or learning by reading. That in fact someone isn't really more "logical" than someone else, they just have a better visual processor. So in the end it really boils down to sensory stimulation, and putting together different types of sensory stimulation. That makes sense since everything is sensory stimulation to begin with, since the world is only real and physical.

This brings us back to the intellect vs. logic discussion. Logic is bringing distant or hard to understand (or see) facts together. But someone with a high intellect might see the brushing very well and be able to remember that electric toothbrushes are more effective, but they might not be able to connect the two facts. So although they can remember individual facts well, and have a large knowledge base, their ability to connect them is less (if they have less logic).

7 Emotion Vs. Logic

All emotions lead to either being happy or sad, however any emotional experience can be described without using the words happy or sad.

What is the difference between logic and emotion? When someone says that they are "emotional" which emotions do they mean? I guess they mean that they experience all emotions more. They could specify further, however, and say which emotions they experience more, which emotions they are more prone to.

If someone is emotional does that mean that they enjoy life more? What if someone was emotional, but only experienced positive emotions more than most people, and didn't experience negative emotions. Then that person would be happier I guess. Unless they separated out the emotions joy and sadness and just talked about those. Can you be an emotional person and just have excess amounts of the emotion happy? So anyone just "happy" is therefore being emotional. You'd probably be a lot more emotional if you were happy and sad at the same time however (the mix of the two would drive someone mad most likely, however).

Happy and sad seem to be the two strongest emotions. They are stronger than fear, anger, surprise, disgust, acceptance, and curiosity. That would make anyone bipolar (experiencing swings from happy to sad) very emotional. Does the swing mean that someone is more emotional than just experiencing one at a time? The emotional change is hard I think and that is more of an experience than just being very happy all the time, so the change from happy to sad is what adds the emotion in. That is, your body goes through changes as it experiences major emotional changes.

There are two degrees of change in emotion however; one is a major change from depression to mania (which is what bipolar is). Another is just your ordinary change from sad to happy, which can occur many times in a day. So if someone is manic or depressed are they being more emotional than someone who is just happy or just sad?

Symptoms of mania ("The highs"):

- Excessive happiness, hopefulness, and excitement
- Sudden changes from being joyful to being irritable, angry, and hostile
- Restlessness
- Rapid speech and poor concentration
- Increased energy and less need for sleep
- High sex drive
- Tendency to make grand and unattainable plans
- Tendency to show poor judgment, such as deciding to quit a job
- Drug and alcohol abuse
- Increased impulsivity

The symptoms of bipolar depression are the same as those of major depression and include:

- Sadness
- Loss of energy
- Feelings of hopelessness or worthlessness
- Loss of enjoyment from things that were once pleasurable
- Difficulty concentrating
- Uncontrollable crying
- Difficulty making decisions
- Irritability
- Increased need for sleep
- Insomnia or excessive sleep
- A change in appetite causing weight loss or gain
- Thoughts of death or suicide

- Attempting suicide

I don't think that people with the two extremes of mania and depression are any more emotional than people who are just happy or sad. That is because being too happy or too sad shuts off the other emotions people would experience like anger, fear, disgust, surprise, acceptance, and curiosity. Why does it? Because with all the other symptoms of mania and depression, there isn't really any room left for emotions other than happy and sad, a person's system can only handle so much emotion. If you are crying all the time (like you would if you were severely depressed) there isn't any more room for you to experience other emotions. Or if you are as happy as you can be, you're probably too out of it (in your happy lala land) to think about anything else.

A person could be happy or sad and be less emotional than someone with mania or depression, however. But a person (if they were experiencing the other emotions other than happy and sad) could be just as emotional as someone with mania or depression. Although those people may be crying or have expressions of extreme glee on their faces, happy and sad are not the only emotions someone can experience and therefore they may not be as emotional.

Emotion means that you are feeling something, if you are feeling emotions other than happy and sad, then wouldn't the other emotions (if they were positive) increase the happy emotion and you then have a happy emotion that is larger than the other positive emotions you are experiencing? I guess that would be happy, but it would probably lead to overload. That is why it makes sense that people who are emotional experience a range of emotions from happy to sad ones, so that if they just experienced happy ones it would lead to too much happiness causing overload.

Why would emotions be balanced, why not just have only positive emotions? Because if you are curious, your curiosity is going to backfire when there is a failure (you'd be curious in a failure). Or if you are overly surprised, you would be just as surprised at a bad thing happening as you would as a good thing happening, leading to being happy and sad. Or if you got angry at something, you are then likely to become pleased by the opposite thing happening, so the emotions tend to balance out.

What is the difference between emotion and logic? If you are going through all those feelings as an emotional person would, does that mean that you are thinking less? Logic is understanding information precisely. If you are having strong feelings, can you think well at the same time? You probably can, it is only when someone is extremely emotional (like crying and such) that they can't think as clearly.

So is it really that the positive and negative emotions balance out? It is probably too hard for your mind to wait to become emotional at things that are only going to lead it to become happy. That is, you would have to consciously say to each thing, ah that is a positive emotion, I can have that emotion now. It seems more natural that when something bad happens, you get more upset, and when something good happens, you get happier. So you don't have to calculate and spend time to assess if you should "feel" in those instances.

That is a good way to size people up, assess how happy they get from what things, and how sad they get from other things. Why is it that happy and sad are the two strongest emotions? It seems that way because all the other emotions follow suit with them. When someone is happier they are likely to be more curious, or more accepting. When someone is sad it also makes him or her less reactive to things (the surprise emotion).

The other emotions don't occur as much as well. You can easily be happy or sad all the time, no matter what you are doing, but the other emotions need to fit into what you are doing. Like the emotion curiosity needs something to be curious in, and the emotion disgust needs something to be disgusted by.

If the other emotions don't occur as much, then why would someone be happy or sad in the first place? Are the emotions happy and sad simply the result of other emotions in your

body? If that is the case, how is it possible for someone to become manic or depressed? Mania and depression are such extremes of happy and sad that other emotions can't be experienced as well. What then is the source of that extreme happiness or sadness?

It must be from emotions experienced when not in the manic or depressed stages. That the manic and depressed stages are results of you thinking about all the negative (or positive) emotional experiences that have built up within you. (from the period of time in between the mania and depression) Therefore people who think a lot (or think a lot about their emotions) might be more likely to be bipolar. If they just stopped thinking their problem would be solved. But the previous negative or positive emotions probably remain in their memory and it is natural to think about them.

So is that the solution to mania and depression? Try to experience other emotions other than the happy or the sad one you are feeling? I guess all emotions lead to either happy or sad, and that happy and sad never directly result from any experience. That in reality, you enjoy each thing for some reason, and that reason is the emotion, not the fact that you enjoyed it. Therefore, if someone went into detail about why they are happy or sad the emotions happy and sad just aren't there anymore, only the base experience that caused them to be that way.

You don't need to use the words happy or sad to describe any emotional experience, you can just use the other emotions to describe it. That means that happy and sad aren't really emotions. But what is the point of doing anything if it didn't result in being happy? Now that happy no longer exists, what is the point of doing anything?

8 Life Occurs In Sharp Spikes

Life occurs during the brief periods of time when people are actually paying attention, in spikes.

People's emotions change all the time. The change probably occurs both gradually and like a series of steps. There are so many emotions in a person's head that some of them are going to interact with each other suddenly, causing a sudden sharp change in emotion, and others are going to interact more slowly, causing gradual changes in emotion.

It might be that the changes are just sharp, however. You could look at the mind as a system that only changes when it gets a trigger, and that would probably mean that it only has sharp changes of emotion. However those changes wouldn't just be sharp changes. Large, sharp changes of emotion don't just happen by themselves, but deep emotional experiences are often followed by similar emotions that are less intense. That is, if you experience emotion A, emotion A is going to linger in your system.

That excludes the staircase model, but there still could be something like a staircase, only instead of steps at a 90 degree angle they would be something like an 80 degree angle. With 10/360 percent being the emotions that hang around after an initiating event. That would be just emotion changes resulting from large events, however. Either a large event within your own system (something like a thought or a feeling, or a mix of thoughts and feelings), or a large external event (like something happening outside your body).

There must be other stuff going on in the mind, however. While a clash or mix of two feelings or emotions or thoughts could be figured out, and that would probably result in a noticeable emotional change (the staircase or spike model). There are probably other things going on in your conscious or unconscious mind. That is, some things that happen to people take a long time to recover from. But the main point is, everything, whether or not is a slow, gradual change or a sudden, quick change, resulted from some mix of emotions and feelings and thoughts and external events happening.

Furthermore, any mix of those things, when they interact, is going to be a large change. That is because it is a large change relative to your normal state, which is most of the time

feeling nothing, because nothing is going on most of the time. People experience events in life and things in life and they occur in individual units.

Thoughts, emotions, and feelings are the three main components of the brain. “everything” isn’t stimulating enough to cause sharp spikes. There is vision, that is, you see things all the time, but your emotion doesn’t go up or down a lot when you close or open your eyes. Unless you are looking at something that is causing a feeling, of course. But even then that feeling is only going to last a few seconds before it dies off. Therefore vision clearly functions with the sharp spikes pattern.

The same with hearing, if you hear something interesting, there is a sharp spike of initial interest, and then it dies down to almost normal. That must mean that feelings and emotions are probably a combination of thoughts, feelings, and emotions. That you almost think about the event that is occurring, and that when you think about it there is a large spike upwards. That the combination of feeling and emotion with thought results in large spikes, which form our best and common regular life experiences.

That is, you can’t really tell you are thinking about it cause it isn’t verbal. But it feels like you are thinking about it during that brief time. That means that your attention is going to be focused on it, basically. Sometimes when someone is in a depression these spikes can be very large because that person is very upset. A large spike would result in emotional damage, furthering the depression, thereby causing the depression to go down like a staircase. It is easy to do emotional damage, but it can’t be repaired in a series of spikes, as it would go up gradually (still small compared to the spikes however).

Just think of it as fabric; damage needs to be mended, and mending takes time. It is easy to do damage to the fabric, you can only mend it slowly. No one just “snaps out” of a depression. Furthermore it is easy to stimulate the fabric, just poke it. That poke would be similar to a life experience, the poke has ripples, but the main event was the poking.

The sharp spikes thing shows just how short of attention span humans have. That for brief periods we are capable of almost perfect attention, and during those periods is the height of the spikes. Say looking at an attractive girl causes a feeling. The first few seconds you look at her/him, you are going to have perfect attention, but then it is going to die off. Everything else in life is exactly like that, whether you are looking at your pencil, or your computer, or whatever. The item you are looking at basically needs to be initially processed, or something.

Everything in life needs to be processed before it enters your system, and that process is going to be a sharp spike of emotion, feeling, and thought. After you process looking at the computer you can move along to just wandering your eyes throughout the room. If you pause at any one of the things you are wandering your eyes around, you will experience a sharp spike of emotion/thought/feeling.

This doesn’t mean that you aren’t thinking/feeling when you don’t pause or stop. You could say that people are thinking, feeling, and are having emotion all of the time just in amounts so small it is hard for them to detect. That these amounts only go up in sharp spikes when they actually pay attention to something either in their mind or outside it. This “paying attention” doesn’t have to be conscious or deliberate. If two feelings interact within your mind it could cause you to pay conscious or unconscious attention to them.

Something like, your girlfriend meeting your ex girlfriend would cause a clash of feelings for your new girlfriend, with feelings for your old girlfriend (possibly). But that clash of feelings wouldn’t occur in a spike. It would be a slight raise of tension in the feeling between which one you like more. Even that raise though wouldn’t be significant compared to if you thought about the feeling at the same time. When you think about the feeling it would result in a sharp spike, and that spike would last a few seconds, then die away. Therefore, thought about anything, a feeling, a vision, whatever, results in sharp spikes of thoughts/feelings/emotions. That anything and everything, when thought about, is inter-

esting for the first few seconds, but then that interest dies off. It is the same principal when you pinch yourself. When you pinch yourself the first time, it hurts the most. That is because the first time you are thinking about it a lot more, after that your interest in it dies off. Amazing how much our attention can fluctuate to cause life to occur in short, sharp spikes.

If life occurs in sharp spikes, why then doesn't it feel like life occurs in sharp spikes? It seems pretty smooth to me. If it seems that way, then you are just paying attention to your emotions and feelings that are pretty smooth most of the time. It is thought which causes the spikes. Thought is basically a bunch of spikes, but since people think all the time and about everything, life occurs in those spikes. They don't feel intense because it is just thought. But basically whenever something new comes into your vision or your attention there is an initial sharp spike of interest. And if you are going to be doing the same thing for a long period of time, then it is going to take additional sharp spikes every couple of seconds or every minute to keep your attention. It is easy to test that, try and read something with the same bland expression as when you start reading it (but after your initial interest at the beginning when you notice the piece) and you just can't do it. To maintain attention your mind needs to snap back to what it is paying attention to. Feelings and emotions are going to follow the thought, however (that is emotions and feelings are imbedded in thoughts). That is why people need to think all the time, to maintain a healthy level of mental activity, it is a part of life. Emotions and feelings can also be described as thoughts, however, so those spikes continue even after you stop thinking, just in the form of emotion-feeling-thoughts (they are still more similar to thoughts however since they are short and spiky).

Basically your attention needs to be initially "grabbed" for anything that you are going to pay attention to. That grabbing is the initial period of paying attention to it. During that first period of paying attention to something is where the spike is because you are processing the item/object. You need a spike to grab your mind and attention, otherwise you wouldn't be paying attention to anything. You can still process most of life without the spikes, but that is only because spikes had brought you back to reality in the first place in order for that attention to be grabbed. Furthermore it is going to be easier to process new things based on what the spike was about, that is, it is going to be easier to process similar things more related to the spike then to other things in the area. If you focus on a school bus, then you are going to be more attentive to the other school buses you see for the next few seconds or minutes because you were just paying attention to one school bus, and your mind is wired to notice school buses.

Furthermore there is a similar way in which your mind processes each spike. First the spike is a period of thought about something, say a school bus or a coffee machine. Then what you just saw or thought about becomes an emotion, or an unconscious series of thoughts. That is you are less focused consciously on what it is you are seeing or whatever but your mind is still processing it. Next, after your mind processes the unconscious thoughts it becomes a feeling, you then feel something about what it is you were focusing on. So it isn't when you look at something you immediately get a feeling, that doesn't make any sense. First you think about it, then you feel it in a general way (an emotion) then after you understand what that feeling is, you feel it. That is because you know what it is, you know where it is, and you know what to focus your attention on.

It could be that a few minutes passes before a spike occurs. A spike is basically just anything that you are going to start paying attention to. During those first few seconds of when you are going to pay attention to something there is a sharp spike upwards. Without these periods of attention humans/animals would never pay attention to anything. Basically once every few minutes or so you need to pay attention to something or your brain is going to be too inactive. After you pay attention to one thing, however, your general attention is grabbed and you don't need to have another spike for at least a few minutes.

Everything that is processed, not just spikes, follows the sequence of thought to emotion to feeling. That is because thoughts are clearer than emotions and feelings, so when you see something or hear something or whatever for the first time, it is clearer in your mind. Then it becomes less clear and you think about it unconsciously. You think about it unconsciously because it takes further processing in order to isolate the feeling that that things gives you. Some things are just too complicated to feel them right away. Other things, however, can be felt right away, say if you are touching something the feeling arises right away. That is because the physical stimulus is more immediate than emotional stimulus.

Emotional things, however, are simply too complicated to “feel” them right away, they need to be processed first. That is logical, just take looking at anything, say a book. In order to feel the feelings that the book causes in you, you are going to have to at least unconsciously think about it first (that is, after you start paying attention to it, which you do by starting to think about it or just see it and notice it more than you usually notice things in the area). Since you don’t need to think about physical stimulus since it is just a physical stimulus, (not something like vision) you don’t really unconsciously process it.

Spikes are dramatic rises in attention. They can be assisted by loud noises or something dramatic visually, but they don’t need to be. In other words they can be internal or external. You can pay sharp attention to something in the real world or something in your own head. If there is a loud sound in the environment, it is most likely that your spike in attention is going to occur during that period. It doesn’t have to, you could pay attention to something else in spike form, but the main point is that you have to have about one sharp spike in attention a minute at least. That is, you have to pay attention to something in your environment or something in your head, sharp attention in the form of a spike (lasting a second or a few seconds) every minute or so.

Otherwise the world would just go by you and you’d be completely out of it. You don’t just need to pay attention to things, you occasionally need to pay sharp attention to things. Furthermore this attention in the form of a spike can’t be dissipated and spread out, it is always going to occur in a spike. If, in between the spikes, you are trying to get the highest attention you can in an attempt to spread the spike out, (that is, if you are trying to spread out your attention instead of having spikes) the normal spike would still be a spike relative to even the extra attention you gave to the non spike period, because that attention would still be too low, so you couldn’t give it that high of an attention level, as it would be very low compared to the spike still. This is a new idea with broad significance. The significance is that the spike is on certain things, and the things the spike focuses you on you then have more attention towards afterwards.

Say it is time for another sharp increase in attention (that is you waited too long without focusing on anything) and something occurs like a dog barking. Then you are going to focus on that dog barking intently in the form of a spike. So if the dog continues to bark for the next few seconds or minutes, your attention will be on that more because you paid attention to it initially more so than other things in your environment. This is very important cause if someone doesn’t use their spikes say to someone they are talking to, they could be talking to that person and not be paying attention at all. You could hear what they are saying but not really be interested in it nearly as much as you would in a normal conversation.

If you direct your attention spikes away from the things you don’t want to hear (say if there is a loud noise in the background, just don’t pay sharp attention to it) then most of your attention will follow along suit. If attention was uniform then people wouldn’t be able to direct their attention easily. In order to ignore the other things in your environment and just focus on one thing, the only way to get just that one thing into your focus would be to use a spike in attention. After that spike the thing you “spiked” would be in your attention at a low level, but the other things around you would be at an even lower level. The spike is necessary to differentiate what you are paying attention to, to differentiate the

new thing which you are paying attention to from everything else. You can't just go to a slightly higher rise in attention for one thing (you can pay attention to something new, but you wouldn't be paying more attention to it than other things in the environment already, you'd just be isolating that thing, it wouldn't be a rise in attention, or an insignificant one), because people can only focus on one thing at a time for this reason. Because of the spikes in attention, people can isolate one or a few things.

In other words, the spike attention span explains why people can only focus on a few things at a time. That is because each spike eliminates the other things which they were paying attention to previously. You can spread out one spike to different things, however, that is how your attention can be spread. In order to get someone's attention they can't just lazily look at you like they are looking at everything else, but they need pay sharp attention to you for the first instant. Otherwise people would be paying attention to anything and everything at the same time. There has to be a way of separating out what it is that is in someone's attention field. That method of separating is by the use of the spikes.

Spikes work for emotional things and feeling as well as for thought. That is things that are emotional occur in the same spike pattern, as well as things you feel (feelings). Another way to note this would be that your attention is only focused on things that change (things that change, the change usually occurring in spike form). It might be that something grabs your attention a little, and you only put a spike in after it initially grabs your attention a little to then pay full attention to it. Lots of time something happens, like a loud noise, that you only process after it occurred, or slightly after it occurred. So there might be a delay in when you process it, or spike it, or you might not spike it at all. You might also not need to spike something if a similar spike occurred with a similar thing previously.

9 Angry, Upset, and Depressed?

Angry and upset feelings often accompany sad feelings, as it is natural to be upset and angry that you are sad (or became sad).

If someone is sad or depressed, it is natural that they are going to be upset that they are that way. Therefore it is probable that all depression or sadness has feelings of anger and agitation mixed in. In fact it is easy to see a combination of those three feelings as when something bad happens to someone their reaction is an intense feeling of sadness/anger/agitation. Like if you punch someone in the face, or shoot him or her, they aren't going to be just sad, they are going to sad, angry, and upset.

After the event occurs (such as getting punched in the face) the sad/angry/upset feeling only lasts a few seconds on that persons face, to various degrees of visibility to other people. What happens after that is more interesting however. After the first few seconds of sad/upset/angry their mind loses focus on what happened and it no longer becomes a single emotion. They are focused on the event and that is why it shows up on their face, after they lose focus, however, the emotions become unconscious.

In their unconscious form the emotions are like a depression. A depression is something that affects someone's mood, his or her entire system. When the angry/sad/upset emotions go into the unconscious, they start affecting the other emotions around them, and your entire system becomes sad, angry, and upset. This might not be visible on your face because it isn't as intense, you didn't just get punched, or something bad didn't just happen to you, but it has left a mark.

It seems like the angry and upset emotions are more temporary, and the sad feeling is retained longer. That is because you forget why you are sad, you forget the event that caused the sadness, but your emotions remember the impact of the upset and anger, and that impact was to make you sadder. The emotion sad is simply easier to remember. It is marked in your mind for vengeance, you associate the sad emotion with being bad for you,

but the anger and the agitation are more hormonal, temporary emotions.

That is, it is hard to be angry if you don't know why you should be angry. You need to be able to logically justify your own feelings. I have never seen anyone angry for a long period of time, but it is often that sadness occurs for a long period of time. There are still elements of anger and agitation mixed in however, just less so than the sadness. So after an initiating event there are the three emotions equally present for a few seconds, after that mostly the sadness remains, still with elements of the other two emotions.

It is hard to be angry or upset when you don't remember what it is you are angry at. It is easy to be sad because you don't need to remember anything to be sad at something, the sad feeling simply stays in your system because you are used to sad feelings and you don't need to justify them like you would an angry feeling. Or it could be that being angry and upset takes up more energy than being sad does, being sad lowers how energetic you are because it brings you "down". When you are angry and upset you are much more energetic and agitated.

So it is like, ok that really pissed me off, but I am too tired to be pissed, I can be sad though. The sadness in your system isn't even an individual emotion after the first few seconds from the initiating event, however. It becomes mixed in with the other emotions and feelings in your body because you no longer remember what caused the sadness. So it is like a depression because it effects your entire system and mood like a depression does.

So there is really a difference between being sad, and being upset. You might even call that period after the few seconds for that person "the person being upset" instead of them being sad. That is how much the upset and agitation emotions are mixed in, that after someone is punched you could say either they are upset, or they are sad, or they are agitated, it depends on the person and the circumstance. That is a lot of proof to show that all three are often mixed in together.

You might say that they are upset, but they are probably going to be more sad, however, because if you are upset and angry then you are going to sad about that, just like you are going to be upset and angry that you are sad. But I think the sad is going to dominate because no one has enough energy to be upset and angry for very long. When you are upset and angry your tone is louder, you are moving faster and more agitated like, you are more aggressive and looking for retribution. Anger and agitation almost need something to take vengeance on, while sadness you don't attribute to someone else causing it. You do attribute anger and agitation to something external, however.

10 Emotion Equals Enjoyment

Emotion is basically the same as enjoyment because emotion is made up of two things, thoughts and feelings (which are the only things in your mind) and that it can and will shut off either or both of them automatically in order to prevent feeling any strong negative emotions.

If something is emotional, you enjoy it more, so much so that the definition of emotion is, in essence, enjoyment. That in fact, of all the things people enjoy, they enjoy emotion the most. That the word emotion is perfectly interchangeable with the word enjoyment. I am going to further argue that negative emotions are really just negative feelings, and that the only things felt strongly enough to be called emotion are positive experiences or positive feelings/emotions. That your mind simply doesn't grab onto things you hate or things you don't enjoy enthusiastically enough for you to actually like it as much as a strong positive emotion. It's a self defense mechanism for feelings, when you feel bad, your mind has had enough time to throw away that feeling and save your mind from experiencing an emotion of/from that feeling, which would have been negative. That people are in essence so shallow, that strong negative emotions aren't ever experienced. You can be extremely depressed,

but depression isn't a single negative emotion, it more likely arises from multiple negative emotions and feelings and thoughts combined. You could be depressed from one negative feeling, and have a negative emotion from that depression, but it is still the depression itself that is causing the negative feelings.

While sadness is an emotion, depression isn't. Depression is a state of mind that affects your performance and how you feel everything else (like it lowers your mood and enjoyment of life). That might lower all your emotions to feeling sad, but each individual sad emotion still isn't a negative emotion. An emotion lasts for at least a minimum of a minute in your system, while extremely sad thoughts only can last for a few seconds. You can't say, "I had a really strong negative emotion for a few seconds there". Because you don't really feel stuff unless it has been in your system for a while. Depression or extreme sadness is actually just negative thoughts getting into your unconscious for brief seconds at a time, which your mind is continually rejecting over and over and over. It is doing that cause, as mentioned in the beginning, your mind automatically rejects anything negative out of its own best interest. Sad feelings someone needs to pay attention to in order for them to stay longer and become an emotion. That is why there aren't negative emotions, because you need to try to pay attention to feelings long enough or strongly enough in order for them to become emotions, and people just aren't going to put effort into feeling something negative.

Each person is completely in control of his/her own mind. That is why you aren't going to let a negative thought linger. You might let a negative thought linger, but if that thought would lead to a strong negative emotion, you are going to just stop thinking about it automatically, because people are so afraid of the negative. People are so afraid of fearful things that in fact they aren't going to let any negative thoughts or feelings linger long enough to become a negative emotion. Emotion is such a strong feeling that it must be the combination of positive thoughts and positive feelings. If you think about it, if you combine positive thoughts and positive feelings, you're going to have a general overall greater experience, (if the thoughts and feelings are on the same idea or the same thing, you are going to have a greater positive single emotion about that thing). Just take the strongest emotion you can experience, it would have to be a combination of all the positive things in your mind, and people can control their thoughts to a large extent.

Since people can control their thoughts, emotion could be redefined as the combination of feeling and thought, that you only have emotion when you are thinking about something, and feeling something at the same time, and the combination of the two results in individual emotions. To prove this, no one person can experience more than one strong emotion at the same time (that is, doing so would lead to overload, but there is enough room for feeling and thought at the same time). It might be that this only applies to strong emotions, but it depends on each individual's definition of emotion (it might vary), but I don't think anyone can experience two strong emotions simultaneously. You can feel it for yourself, try and feel any combination of the following emotions (strongly) at the same time - anger, fear, sadness, disgust, surprise, curiosity, acceptance, or joy. You just can't do it. A slight feeling of curiosity is exactly that, a feeling and not an emotion. Emotions are stronger than feelings, and stronger than thoughts, but what are they made of? The only logical conclusion is that they are made up of thoughts and feelings.

The type of thought that makes up emotions isn't just words or sentences or verbal ideas in your head, but basically any period of thinking. It doesn't have to be intense thinking, in fact, if you are intensely thinking there probably isn't enough room left to process a strong emotion, but rather emotion arises from periods of very low intense thinking, and less intense feelings (you still have to be trying to be thinking, that is why negative emotions don't exist, because people just don't try to think about them). During those periods of low intense thinking (from which part of emotion arises) you don't have to even understand what you are thinking about, just understand that to some degree you are more thoughtful

than usual. Feelings are generally considered to be shallower than emotions, and thought is considered a deep experience, so in order to have the strong, deep feeling of emotion, it must be made up of the part of your brain that experiences deep things, (the thought part).

Furthermore, emotion isn't just a strong feeling, a strong feeling can give rise to an emotion, just like a strong idea can give rise to an emotion, but an emotion is the combination of a lesser feeling and a lesser idea or thought process (this thought process might be unconscious, leading the person having it to just know that they are thoughtful or whatnot during the experience). You can't have a strong feeling and a strong emotion at the same time because there just isn't enough room or processing power in your mind to do that (it's easy to feel that in your mind just by testing it).

Feelings just arise from shallow sensory stimulation. If that is true (that feelings only arise from sensory stimulation) then it must be that emotion is a combination of feelings and thought, because thought is the only thing left to provide a deeper experience, this experience being emotion. I suppose a combination of thoughts can lead to a feeling. But that isn't one thought itself, it is the mental state resulting from all those thoughts which you are feeling. In fact, thoughts often lead to feelings, but in the end the source of those feelings is going to be originally some sort of sensory input.

Is a thought sensory input? No it isn't, you can think about sensory input, and that would give rise to a feeling of the sensation itself, but a thought is much faster in the brain. A thought is like a fast firing of neurons while a feeling or a sensation is an experience that actually takes some amount of time longer than it takes for a neuron to fire, which (it feels like anyway) is the length of a short thought. So basically, emotions must be the result of feelings and thoughts in your brain because there isn't anything left that they could be made up of. All that is in your brain is feelings and thoughts. Furthermore, you know that you can control what you are thinking (to a large extent), and unless you want to feel a strong negative emotion by thinking something negative while you have a negative feeling (that negative feeling you could even deliberately bring on yourself by a negative thought) you aren't ever going to have that (or any) negative emotion. That it is so out of character for humans to want to feel pain that it is an automatic response to shut down strong negative thoughts and feelings. You can test it for yourself, bring up a negative feeling, and then try and think about something negative at the same time, it is just too hard to do.

We discussed how you can turn off a thought automatically, but you can also do that to some feelings. This is so because feelings are in large part triggered by thoughts. That's because feelings are experiences of sensory stimulation. If you are feeling something that you don't want to feel, however, because that sensory stimulation is present in your environment, there is nothing you can do. But if it results from a memory or something in your mind, you are going to shut it off automatically. This way feelings and thoughts work together, you have your present experience of the sensation, and your mental direction of thinking about that sensation. The latter part you can turn on if you want to make that natural, environmental feeling a strong one. It is hard to experience a strong feeling just by bringing the feeling up in your head, to have a strong feeling you need to have some type of direct sensory input and be thinking about that sensory input at the same time.

So a strong feeling is just like a strong emotion, only you need direct sensory input and thoughts to feel it, while with emotions you just need a feeling (which can result from the memory of a sensation) and some thoughts. So, very simply, everything in the brain is either a feeling or a thought. And emotions are combinations of feelings and thoughts.

11 The Significance of Emotion In Humans/Animals

All of depression and sadness is preceded by an initiating event marked by a period of thoughtfulness and anger.

The negative emotions caused by depression are probably the worst emotions that can occur in humans/animals. This sadness or depression is triggered not by negative, pessimistic thoughts, but by thoughts and feelings that cause you to pause, get angry or upset, and become thoughtful. These brief periods of thoughtfulness (you don't have to be verbally thinking, just be able to recognize yourself as being thoughtful) are the source of all depression and sadness. Your mind knows when something in it is going to result in sadness and/or depression, and so it reacts to those things in its environment and in its head (like memories or thoughts) which will make it sad by being upset and thoughtful about it. Those periods of time can be recognized, and if analyzed properly, can lead to that person resolving their inner conflicts and becoming happy.

Negative or pessimistic thoughts such as, I am going to fail, or this isn't going to work, or I am a miserable person, do not always result in depression and sadness. There is something people do which is called getting humor from making fun of themselves. The President George Bush junior made fun of his own mispronunciations with his Saturday Night Live mirror image/double who was a person purposefully chosen to make fun of his looks/appearance/speech. The president said words he couldn't pronounce properly and the other person cruelly mimicked him, however they both clearly enjoyed the experience as the president was simply making fun of himself. Anything that actually hurts a person will be marked by a pause, thoughtfulness, and becoming angry and/or upset. Otherwise it just goes over smoothly, as that anything that would make someone sad they would be upset about, and not accept.

People hate automatic negative thoughts a lot. These thoughts can be identified easily however, because automatic negative thoughts which are destructive or harmful to people are followed by strong negative emotions. These thoughts are always followed by a pause, a thoughtful expression, and an upset/angry look. The person having them, however, may be too upset to identify those attributes themselves, the negative thought or feeling upsetting them so much they are no longer clear thinking. So whenever a strong negative emotion appears in your feelings (that emotion is indicative that there was a pause, anger, and thoughtfulness period which caused it), think about what just happened to you before that emotion happened, whether it was a thought, a feeling, or something that happened in real life. Then you can analyze what the problem is and work towards feeling better.

Those periods of negative emotion that followed the pause period can be identified not just by feeling badly, but by experiencing negative emotions and thoughts, similar to the negative emotions and thoughts found in a bad dream. So if for some reason your thoughts turn to thinking about dark things, or thinking pessimistically, or thinking about anything that makes you feel bad in general, remember that you can easily identify the source of that bad thinking. That the bad thinking started with a single initiating event.

Another thing which follows the period of upset/thoughtfulness might be a period of unclear thinking where the person is just "out of it". They may be out of it a little like they are thinking about something sad, or just have a confused look on their face. Or any deviation from a "normal" appearance. Just anything strange looking. In fact, all sadness and depression is marked by an initiating thought or feeling, so whenever someone looks sad that person needs to think to when the sadness started, or whenever there is an escalation in sadness the escalation was probably sudden and abrupt. So the graph of increasing sadness would look more like a staircase than a line or curve. If you think about it, everything begins somewhere, somehow.

That's because your mind needs to understand, "ok now I am sad". As intellectual, thinking beings all major emotional events that occur in the mind need to be processed intellectually (unless your sleeping). So it may be that the escalation of sadness is inevitable because of emotional circumstances going on in your brain, however when the escalation occurs it is going to be noticed by your mind. That period of time is the upset/thoughtful

period mentioned before.

12 An Overly Optimistic Attitude towards Life Leads to a Dulling of Emotion

When you go into a situation or an event the attitude you have is going to impact your emotional experience. If you think something is going to be fun, when in reality it isn't, and you continue to think that that thing was fun afterwards, it is going to make you feel worse than if you had the right understanding of how much fun the event was. This is because there is something in your mind which understands how fun the event was automatically, and compares it to your assessment. There is also something in your mind which rates how intelligent you are and bases your self confidence off of that. So in other words, your mind is going to know if you are being stupid or not, and feel bad if it made the wrong decision. Your mind basically has integrity. To prove that just realize that your mind compares its thoughts to each other constantly, if you work hard all day, then you relax when you get home, the fact that you worked hard increases your amount of relaxation. That is because your mind is comparing how relaxed you are now to how much you worked during the day, and then it feels more relief (since you did the work).

Also, an overly optimistic attitude causes you to consciously focus on things which you enjoy more, but your conscious mind can only recognize a tiny amount of things which you enjoy. So you are amplifying a disproportionate amount of emotion in your own mind. That throws things off balance in your head and you start to wonder (consciously and unconsciously) why you are enjoying some things more than others, and it throws off your responses to natural, ordinary events. In other words, your mind compares the positive things which you are amplifying to the things you aren't amplifying (like how it compared how you worked during the day to how you rested at night). Furthermore ordinary events start to become more dull because you are amplifying a few events you just think are fun, when in reality all of life is fun if you give it an equal chance.

What those people fail to realize is that basically everything can be viewed as fun, they don't need to grab onto a few things with their overly optimistic attitude. Emotions are fun, and life is so full of emotions that any scene or event in life can be broken down into its many emotional parts. Emotion just means how something makes you feel, and that in turn means what kind of reaction things make you have. In fact, each individual object in life gives an emotion, and makes you react in a certain way.

If you have an optimistic attitude towards life, or an overly optimistic attitude, then most of the emotion that you get is going to be undercut (undermined, etc, because it is going to be outweighed by the few things which you are praising, or have an optimistic attitude for) and therefore overall be leading to a dulling of emotion. That is because this overly optimistic attitude is a conscious thing, that only enhances a few of the events in life and doesn't understand that everything in life can be viewed as being fun (if you take the same attitude and just twist it that is).

You're not still being optimistic because you're dismissing the verbal discourse whereby you rate some things in life as higher than other things. You are still being optimistic in a way but now you understand that you shouldn't be over inflating some things more than others. It is like saying, wow that duck tape is really really cool. But then you are missing all the other things in the room which are also cool, maybe a lot less cool than the duck tape but they can still be viewed as being cool. So instead you'd say, hey that duck tape is cool, to keep it more in line with how cool the other things are. This doesn't mean that you are less optimistic towards life, it just means you are more aware and considering of the whole.

Similarly, an overly negative attitude can bring down how cool an object is. You can basically manufacture false emotions about things. While you might feel a temporary sen-

sation of elation (if you're being optimistic) or a temporary down feeling (if you're being pessimistic) afterwards you are going to feel bad because you basically insulted all the other feelings in your mind as being weak compared to it. Either that or you feel bad because you inserted an emotion that was too hard to deal with in your mind because it was so strong, and you feel bad afterwards because that strong emotion lingers in your mind and takes up room that it shouldn't, in addition to throwing your system off balance.

That is what an overly optimistic attitude does, it takes all the things in your mind that you might verbally over inflate, and inflates them. That creates a tension in your brain because then most of the ordinary things which you should also be enjoying, seem dull. The reverse is true with an overly negative attitude, which is also bad.

13 Smaller Emotions Follow Brief, Intense Emotions

Deep feelings and emotions, like sadness or anger, only last a few seconds. However, those deep feelings often trigger lesser feelings of sadness and anger for the period afterwards. This intense, brief period of emotion can trigger a long array of smaller, similar emotions afterwards. Say if the deep emotion was you being sad, the following emotions that person is going to experience would be lesser sad emotions. These emotions aren't just by themselves, but are often accompanied by thoughts, behaviors, or environmental stimulus.

If you have a brief period of being extremely happy it is more likely to be followed by extremely optimistic thinking, like thinking, I am great, I am amazing, wow I really did a good job. A brief period of extreme sadness is likely to be followed by pessimistic thinking because that is how your brain is wired. Your brain is programmed to associate sad with failure, and success (or happy) with optimism.

Why do intense emotions only last a few seconds? They do because emotions work in accordance with thoughts. Thoughts only last a few seconds, and therefore it is logical that the most intense emotions you experience are going to be periods of intense thought and intense emotion at the same time. These periods are so intense that they are probably capable of being noticed by the person experiencing them.

Such an intense emotional experience is going to leave a mark, however. That is why those brief periods of intense emotion are going to be followed by lesser, similar emotions. Say if you were extremely happy for a few seconds, then you'd be slightly happy for a while afterwards.

Why does the brief period only last a few seconds? Can't it be longer? If life were great, I guess the positive intense emotional experiences would last longer, and the short negative emotional experiences not even exist. But the attention span of the average human/animal is actually very short, and they can only handle so much intense emotion in a certain period of time.

That leads to another phenomenon called overload. A person or animal can only experience so many intense periods of emotion in a certain amount of time. Say you made someone laugh really hard, and then would tell an equally funny joke right after, that person wouldn't laugh as hard cause the laugh brain circuitry is already exhausted. It is like being jaded, only in the short term. This theory is easy to test, just pinch yourself, then pinch yourself again, and you'll realize that it hurts a lot more the first time. That is because pain is an emotional experience as well, and that first pinch is exactly similar to the brief periods of intense emotion mentioned before. Furthermore, the pinch is followed by lesser amounts of pain. When all that residual pain is gone you can pinch yourself again and it will hurt just as much as the first time.

In other words, the brief, intense emotion was so intense that it leaves an aftereffect of lesser amounts of that same emotion. I could also just change the word emotion with thought. If you think something strongly, then similar thoughts are likely to follow, only

less intense. The intensity of the emotion/thought goes downhill after the main event solely because your mind is exhausted by the intensity of the intense experience of emotion or thought. Humans/animals simply don't have the capacity for a more intense experience than an intense emotional or intellectual experience.

People just don't have very, very, very intense emotional or intellectual experiences. The mind just can't handle it. People can have very, very, very intense physical experiences, however. That is only because evolutionarily humans and animals evolved going through very intense physical experiences, but there just isn't any need or purpose to go through intense intellectual/emotional experiences. It would even be boring after the first few seconds. That's because most emotion and intellect is originally from sensory stimulation, which is found in the real world and not in your head.

There are many examples of the intensity of intellectual and emotional experiences dying off. It is simply because something repeated over and over in your head becomes less and less interesting as its newness dies off. You could take any idea and repeat it to yourself over and over and you'll notice how doing that becomes less and less interesting.

In fact, sometimes it is better to not initiate thinking about something that would lead to you to continue to repeat it (or similar ideas or emotions) because it is unhealthy to repeat things (or experience emotions that last too long) because the intensity of the experience dies off and you are stuck in a pattern of thinking about something, or feeling something, that you don't want to be thinking or feeling because it isn't providing enough stimulation. But you are still stuck feeling/thinking it because for whatever reason your mind doesn't let go of it easily.

It is healthier to not be so interested in the thing in the first place so your mind doesn't over inflate it and you wind up going through a period of over-excitement, which you don't really enjoy, followed by a period of under-excitement, which you don't really enjoy. It is like an addiction to emotion that would lead to this behavior. Or an overly optimistic attitude towards life. Someone that is overly aggressively approaching life, trying to grab onto whatever positive emotions or thoughts they can. Or someone overly upset about something and, just being persistent, doesn't realize that it becomes less and less interesting to be upset about that thing, but continues to persist in thinking about it. They just need to move on.

In fact, you could view this two different ways, one is to not experience the more intense thoughts/emotions and try to spread it out over time. The other way to view it is the sharp emotional spike is a good thing. It is probably only a good thing if you like hurting yourself, however. It is a bad thing because it is so out of character with your everyday emotions/thoughts, which are much less intense. Such a drastic change from the ordinary would cause a violent mood swing. Your mind is going to be upset that things around it are changing so fast, and it would lead you to continuously try and figure out what is going on (consciously or unconsciously). Your mind has in it an automatic thing which tries to figure out what is happening to it, and that device is going to short circuit if you put in short, brief periods of intensity. It is like the brief period of intensity jolts your entire system. Like a hot wire.

If you are going to go for the brief period of intensity then that is way of looking at life, it is a philosophy that you need to grab on to anything that throws its way to you. Or if you are looking for the brief period of negative intensity then that philosophy would be looking to grab onto (really anything, not just anything positive) that comes your way. Someone with those attitudes would think something like, "ok there is a positive experience, lets do it, I mean lets really go and do it that would be really really really fun". They are so upset about life that when they see a positive thing, they cling onto it desperately. What they don't realize is that clinging onto something positive (or negative) or any clinging, causes your mind to stop liking it do to repetition and overload. Those people just need to accept

that life is dull and ordinary all of the time, and that high that they are looking for just isn't going to arrive.

14 Visual learning

Things that are easier to picture are easier to understand.

Things that are easier to picture are easier to understand. Take the difference between understanding, we are going to play with the Frisbee, and if you throw the Frisbee twice as fast, it will arrive at its destination in half the time. It is clearly easier to understand what playing with the Frisbee is then it is to calculate how soon it will get to the other person. That is because the emotional event of playing with the Frisbee is large and distinct, and involves many things.

One thing was an emotional event, the other thing was a precise calculation. You could also view that backwards, that the calculation is actually an emotional event, and the emotional event is actually a calculation. The emotional event of playing Frisbee is in fact a calculation, you are calculating everything that there is involved with playing Frisbee. When someone says, "let's play Frisbee" you imagine and picture in your head everything that playing Frisbee involves.

Thus for anything that is said you bring up a picture of it in your head. Even if it is a sound or a smell, you always try to picture what is causing it. That is because the vision enhances the experience and makes it more enjoyable to think about and therefore it is also going to be easier to remember. It is like vision is tied in with everything, and that if something can't be visualized, it simply doesn't exist.

Empty space is the absence of vision. But when you think hard about just an empty space, you'd like to imagine something there because you know that you would enjoy looking at that space more that way, that it just isn't right for something to be empty like that. Even blind people visualize things because they can feel in three dimensions with their bodies and hands.

That is also why harder mathematical problems are harder to do, because they are harder to visualize. You have to memorize what 12 times 12 equals, but you can easily visualize what 1 times 2 is. Just one group of 2, that equals 2, you can picture that object in your head easily but when you picture adding up 12 groups of 12 the image gets too large.

Even if you think about a smell that is an invisible gas, you are going to picture something in your head like a gas outlet or a gas tank, or the air being filled with an invisible substance. Vision is in all of our thoughts and emotions, the other senses aren't. Only some things smell, only some objects make noise, but everything can be seen. Everything exists somewhere physically, that is, and if it exists somewhere physically, then even if it is invisible you are going to be trying to imagine the space in which it is in.

In that manner blind people can see. They have an image of the world similar to what we do (even if they have never seen) solely from feeling objects and imagining where everything is. If someone asked you what the properties of an invisible gas were, you'd be thinking about the empty space in which the gas was in. How is it that people can visualize empty space? If there wasn't empty space there, then there wouldn't be anything, just empty space. So when most people visualize empty space they probably think of something like an empty room, or the corner of an empty room and just not focus on the walls, trying to look into the empty space by having an unfocused look to their eye.

It also seems that the easier it is to picture something, the easier it is to understand and remember. That is because things that have a stronger visual presence cause more emotion to be invoked in a person, and it is has a larger presence in that persons mind, and therefore is easier to remember. So the more visions you associate with a certain memory, the easier that memory is going to be to remember. It is going to be easier to remember that you

played Frisbee yesterday because playing Frisbee was multiple events all rolled into one (the multiple events being throwing the Frisbee multiple times, etc). So you have this vision of playing Frisbee because it is a large number of associated events.

So it is easier to remember something based on two things, how large it is, and how closely associated the things in the event are. Like playing Frisbee is a large number of events that are closely associated, so it is going to be easier to remember that you did that. You don't remember each and every throw, however. The associated part is important, if you played 50 throwing games and 1 kicking game, you are going to remember that you played throwing games because they are associated with each other. You'd probably completely forget the kicking game because it wasn't reinforced. Does that mean that you remember each throwing game more than the one kicking game? Or the one kicking game cause it stood out? It is certainly going to be easier to remember that you played the 50 throwing games than it is the one kicking game (but you are also going to remember the one kicking game because it is associated with the throwing games, and you remember things based on how big they are and how closely associated they are, so you'd remember the kicking game as well because it is associated). That proves the larger the easier it is to remember theory. Unless one thing is more intense than the other, but in that case both memories would be about equally intense. (unless something emotional happened during the kicking game, however).

So the more emotional the event, the easier it is to remember. (and all events and such things in life are visual, as well). That is why dogs remember the words they care the most about like walk, Frisbee, food, and their name. It isn't just easier to remember these larger things, but it is easier to understand them. The smaller and more complicated it gets, the harder it is to understand. So easier physics problems would be something like ball A hitting ball B, but harder ones would involve something like friction, which you can't see as well. For example what is easier to understand, what is the force of friction on the ball, or what is the force of my hand on the ball? Mathematically they would seem to take just as much physical work to write down the mathematical solution, but emotionally it takes more work to do the friction part of the problem. (because it is harder to visualize) That means, however, that it is going to be harder for you to do the mathematical problem, or the friction part of the mathematical problem.

15 Consciousness

Understanding the psychology of your feelings, emotions and thoughts is important because it leads to increased consciousness.

Consciousness is the intersection of understanding and feeling. Consciousness isn't just understanding and it isn't just feeling, and it isn't combination of the two. But it occurs when feeling and understanding meet. In other words, when you understand what it is that you are feeling you are most conscious. That is because during that time you are the most aware of what is going on. This awareness could be described as understanding of life, not just general understanding. That is you could be doing a math problem, but that math problem isn't going to increase how conscious you are, because doing it isn't going to increase your understanding of how it is that you are feeling. It could be that doing the problem makes you more awake, and as a side effect of that you understand how it is that you are feeling better, but that is just a side effect. Understanding how you are feeling makes you more aware of yourself because that increases how much you are thinking about yourself (or your feelings).

Since thoughts and emotions lead to feelings, the more you understand them as well the more conscious you are going to be. So if you are doing a math problem, the more you understand that you are doing a math problem, and the place the math problem has in

your life, then the more conscious you are. That is, it isn't doing the math problem that is making you more conscious, but it is understanding the place of what it is you are doing and feeling (in this case a math problem) and where that fits into your life that determines how conscious you are. Consciousness basically means aware. This means that the math problem actually does lead to increased consciousness, because you are becoming more aware of the place of that math problem in your entire life as you do the math problem.

So consciousness basically means how aware someone is of themselves. The more aware of yourself you are the more conscious you are. In order to be aware of yourself you need to understand where everything in your life fits in. It is this awareness, or commonsense, that is more important to understanding who you are. Self awareness is what consciousness is, so the more self aware you are, the more conscious you are. In order to be aware of yourself, or have a concept of self, you have to have a concept of how your self interacts in the world as a whole, not just as individual parts.

Even though you might be sleeping, you are conscious because you still understand who you are. Then again, during dreams you don't act in as rational a manner as when awake, as dreams tend to not make as much sense as real life. Therefore you wouldn't be as conscious during a dream as you would when you are awake. You are still conscious to some degree, however, since you are functioning in a somewhat reasonable manner. But you still aren't clearly perfectly aware of yourself or your place in the world since in dreams sometimes you do things and see things that don't make sense, but you apparently don't notice them. This indicates further that consciousness is more a matter of commonsense and how well you know yourself than just standard intellect like would be present say when doing a math problem.

In other words commonsense can be measured just as standard intellect can be. But what leads to commonsense is emotional intelligence not intelligence that is more related to memory or something built up over time, like skill. The more commonsense someone has the more conscious they are because they know what it is that they are doing. In dreams people have very little common sense, for example, in a dream you might try to do the same thing over and over again even though it might be failing, and you just randomly appear in scenes or scenarios with no background knowledge of how you got there or where in the world you are. That suggests that during dreams you are solely emotional. So common sense isn't just emotional intelligence, but it is a general awareness that would result from understanding your emotions, thoughts, and feelings all at the same time (and their place in the world). In order to understand the proper place of emotions, thoughts and feelings just a large assortment of knowledge isn't going to increase your understanding of who you are. What is going to increase your understanding of who you are however is understanding how your emotions, thoughts and feelings fit into the general assortment of facts and information which makes up the world.

In review commonsense and a general knowledge of where you are leads to consciousness. Those things both are clear facts separated from a bunch of haziness (the real world). So something like a bee might act like it understands its place in the world, but it doesn't consciously understand it because if you put it in a glass cage it might just bat against the wall trying to get out over and over, not aware that it is ever going to get anywhere. The bee has no commonsense or knowledge. Knowledge in that case would mean understanding that it is in a class cage, and commonsense would mean understanding that it is never going to get out. So to have commonsense you do need knowledge, but you need to take knowledge and appropriately configure it in order to gain common sense, or consciousness.

You need some knowledge and standard intellect (like memory) to attain commonsense (or consciousness). The more memory you have (random assortment of facts and information) the more you have to put together in an organized way. It could be that it is easier to put together small amounts of information since it is less to process, leading to more

commonsense than just being confused with a lot of memory. However, if you have a lot of data (or memory) and are also capable of putting it together effectively (like you wouldn't be doing in say a dream) then you would have more commonsense than if you had less data and put it together just as effectively, because overall you'd have more data that is properly processed. So commonsense (or consciousness) is your ability to organize the data in your head. This data is organized relative to yourself, therefore giving you a greater understanding of where you are relative to the data. Disorganized data doesn't count at all. A greater memory might increase your commonsense, but only if you can put that extra data together effectively. The bee didn't understand the data that it was in a glass cage, and it didn't understand that it wasn't getting anywhere by hitting against it over and over. If bees had some common sense they would fly around a room trying to get out instead of trying to get out in the same place over and over. They just have no idea what they are doing. But that is because it probably doesn't remember what it just did. It might remember to some extent, but that memory might not be clear. So it isn't the bees fault that it has no commonsense, because it didn't have a large enough memory to collect enough facts to potentially use commonsense. A person with no common sense in that example would be someone constantly running into the door without using the handle. You know the person has a large enough memory to remember that it just did that and it shouldn't do it again, but it is still doing it over and over. That human is not conscious at all.

That human is showing no understanding of its actions. Understanding actions leads to commonsense because it shows that you know your place in the world. That human apparently isn't aware of its current place in the world, which is that it is never going to get out of the room with that strategy. So the more sense someone has, the more likely they are going to understand their place in the world and what they are doing, therefore being more conscious.

If you think of the world as a collection of data that can be represented by points, your own mind as a circle with points in it, and the closer points are to your mind the more related each point (or fact) is to you. That is why it is important to organize the data, so you can arrange the points the right distance from or within the circle (your mind). The closer the point the more important or relevant the point is to you. The points inside your head would be points related to how you are feeling, so the better you understand your own feelings the better able you are to organize the points within the circle. Therefore both understanding feelings and the ability to organize data (commonsense) leads to increased consciousness.

The better one understands the statement "I am happy" the more that person understands how they are then relative to their condition at previous times. That would lead to them understanding themselves better. The better someone understands themselves, the more aware of themselves they are, leading to increased consciousness. That is an example of how understanding feelings leads to increased consciousness.

So life is a bunch of data that needs to be sorted in some ways in order for a sense of self to be identified. One way to sort the data would be to identify things similar to yourself. A data point in the center would be you, the points closest to that would be the points most similar to you, and the points further out would be more different. That type of sorting would lead to a long term understanding of sense of self. The other type of sorting where the closest points are what is most relevant to you at the time would be a temporary sense of self. Take the bee example, the bee doesn't understand that hitting the wall over and over isn't getting it anywhere, so for it a temporary data point that it is missing that would increase its sense of self awareness is that it isn't getting anywhere by doing that.

The other type of sense of self is a more long term one. Things like what you like and dislike, and what emotions different things cause in you repeatedly would help you identify "who you are". So consciousness isn't just awareness of your environment, it is

an understanding of your environment and an understanding of yourself and who you are. That means a deep psychological understanding of your emotions, thoughts and feelings, an understanding of how you perform both in individual and general instances, and what your ability is of performing in those instances.

Putting together some data points doesn't increase self consciousness a lot, however, if those data points don't relate to yourself. It is when you relate data point(s) to yourself that even more increased consciousness occurs, because you are relating yourself to more information, increasing your interaction with the world and therefore understanding yourself better relative to the world. So doing a math problem isn't going to increase your understanding of yourself a lot, because those data points don't really relate to you. It is going to increase your understanding of yourself a little because you understand what it is that you are doing, which increases your understanding of yourself, but it doesn't increase how much you are thinking about yourself, which would increase your awareness of yourself even more. If you are trying to leave a room (the bee example) however, you linking your desire to leave the room and the fact that opening the door allows you to do that is linking a point about you and a point about the door together, strengthening your sense of self and how much you are thinking about yourself.

So basically any thought about oneself is going to increase ones sense of self. You have a permanent understanding of who you are that doesn't change, and that is your long term understanding of self, but when you think about yourself, or you doing something (like trying to leave a room) your sense of self is temporarily increased because you are thinking about yourself more. So consciousness fluctuates greatly based on thought. It also increases greatly if you are having feelings or emotions about yourself as well. It increases when you are thinking, feeling, or being emotional about yourself because during those times you are more aware of yourself.

Commonsense increases ones ability to put data points (facts) together but the more those facts (and resulting combinations of facts) relate to yourself the more that your consciousness is going to be increased. This leads to the conclusion that consciousness is just the awareness of the experience of oneself, and that experience includes ones actions, thoughts, feelings, and emotions (both long term and short term). It could be rephrased that consciousness is awareness of ones life experience, both short term and long term. The more commonsense someone has the more aware of their life they are going to be because they are going to be able to organize their life and their actions in an efficient, clear manner (both short term and long term) by connecting facts to themselves (the more distant the fact, the less consciousness it leads to because it is less related to yourself causing you to think about yourself less). The more someone is thinking about themselves (or experiencing feelings and emotions about themselves) the more they are going to be aware of that life experience because their life is going to be temporarily elevated in their minds.

It is impossible to have a perfect understanding of self, or consciousness because to do that you would have to be aware of the exact effect of each emotion, feeling and thought you have. To do that you'd have to be aware of everything in your environment, and everything that you can remember all at the same time. This means that your consciousness evolves based on your memory, that is if your memory changes, who you are changes because you can't base yourself off the same things anymore. Who you are also changes based on your environment, and how aware you are of your environment.

You are going to be more aware of your environment if you are thinking more about your environment, or processing data about it. Processing data about your immediate environment leads to a greater sense of self because who you are is dependent on your immediate environment, because you automatically process what is going on in that environment. You get a lot of sensory stimulation from the environment you are in. That can be proved because when you think about your immediate environment your awareness of it increases

much more than if you think about an environment you are not in. If you think about being in an environment you are not in your sense of self is going to decrease more than you would be if you weren't thinking about anything, because your mind's awareness is going to be divided between two places, so you'd have two senses of self. That links into the idea that processing data that is more relevant to yourself leads to greater consciousness, if the data is physically in your environment it is going to increase your self awareness because that is where you are (so you'd be thinking more about yourself).

While thinking about yourself being in another environment leads to less consciousness than just thinking about nothing, thinking about another environment without yourself in it leads to even less self consciousness than either of the two. That is because you just aren't thinking about yourself at all. If you are processing data in your environment it is like you are thinking about that environment, only less so, so processing data in your environment would increase your sense of self more so than thinking about nothing in your environment, but less so than thinking about your environment directly. By "your environment" I mean the area directly around you, the closer it is to you the more related it is to you, so the more it is going to cause you to think about yourself. If you look at trees in the far distance you aren't going to be as focused as if you were looking at someone right in front of you because your attention is on something less related to yourself.

In summary, when you think about your environment, or you being in an environment, your sense of self changes, (listed from most positive to least positive amounts of change) A) if you think about you being in your environment, b) if you are processing regular data in your environment c) if you are just in your environment not thinking, d) if you think about yourself in another environment, and e) if you just think about another environment (because you are removing you from yourself). This thinking about oneself leads to greater consciousness because that is what consciousness is, awareness of oneself which is going to increase a lot when you think about yourself (or have feelings and emotions about yourself).

Those rules apply unless the environment has data which is similar to yourself, say if there is a painting of yourself far away that you are looking at, it would cause you to think more about yourself than if you were just focusing on your immediate environment. So if the environment is just environmental, sensory stimulation those rules apply, but if there is something in the environments that causes you to think deeply about something then you are going to be either even more removed from yourself (if you are thinking deeply about something not related to yourself like a math problem or a person who is different from you) or even more related to yourself (greater consciousness) if you are thinking about something deeply which is similar to yourself (say a person similar to yourself, or an experience of yours was a personal experience about you).

That shows that if you think about consciousness as a short term thing, your consciousness changes all the time and drastically. For instance, one might have barely any consciousness at all if they are completely out of it (drunk, really unfocused, laughing really hard) for instance. During that time you simply have little or no short term consciousness. There are multiple different time spans of awareness, however, one is of your life in the long term (many years), the other is of your life in the short term (a few years), and another is of your life in its immediate, current phase (days or so) (or any combination of time). People about over 50 might have a consciousness for each 10 year or so span of their life, and they would constantly remember all 5. People are aware of themselves and their lives at different periods. The only thing that is very consistent that people have of themselves is their understanding of who they are, how they interact in the world, and how their emotions, feelings, and thoughts respond in similar instances. Those are things which don't change a lot based on the environment they are in, and that sense of self, or consciousness, is a more long term one. So long term consciousness is based off of how well you understand the psychology of your emotions, feelings, and thoughts, and also how those three interact as a

whole to produce your long term psychological state/condition.

So having a larger memory isn't going to necessarily increase your consciousness a lot because it isn't going to lead to a greater understanding of yourself. What you remember of yourself changes your consciousness, but it doesn't increase or decrease it a lot unless it is a dramatic amount of difference in memory, like the difference in memory between a dog and a human. Unless the greater your memory the greater your emotional experience and you'd need to constantly remember all prior experiences in order to maintain the most advanced level of emotional experience you have. In that case a decrease in memory would decrease your emotional experience, and the more advanced ones emotional experience the more likely it is they are going to have a better understanding of themselves.

That leads to the idea that certain emotional experiences lead to a greater sense of self more so than other emotional experiences. If someone was in a war they would have the emotional experience of understanding how they respond in combat, and their sense of self would then forever (or as long as they can remember) be a more action oriented one. So the deeper the emotional experience, the more it contributes to your self consciousness. The more individual the emotional experience, that is, the more related the experience is to yourself, the more the experience is going to increase your self consciousness. That means that there isn't just self consciousness, but people can be conscious about the world around them and other people, and that there is an overlap between self consciousness and world consciousness.

That is, if you have an experience with another person, you then become more aware of that person as well as more aware of yourself. So you'd have more consciousness of that person, and more self consciousness. The same idea goes if you have an emotional experience with an object, or group of objects (in the case of a war it might be something like guns). Going to war might increase someone's consciousness of weapons or danger. Consciousness therefore means awareness in general, not just self awareness. If you are aware of something, then you are conscious of it.

Most dictionary definitions of consciousness just list it as being the things people are most aware of. There are things to be aware of that aren't major things, things which you aren't "most" aware of. Awareness just happens to center around the self. That is a selfish view of the world. Someone could be only most aware of wrongdoing, more aware of wrongdoing than they are of themselves, that is possible. If that were true for most people then consciousness would be defined as wrongdoing, not someone's interest, or awareness in themselves.

So the best definition of consciousness is therefore "everything that someone is aware of". People are aware of things in both the short term and the long term. A fly is probably only aware of things in the short term, since it has almost no memory compared to a human. A human's consciousness can change drastically, however. Their consciousness, or what it is that they are aware of (in total). Conscious just means, "are you aware in general", but consciousness means, "what are you aware of exactly".

The next question is, what are people usually most aware of? Most dictionary definitions have as definitions for consciousness things like awareness of ones surrounds, ones feelings, ones identity, things that people are usually most aware of. Those definitions are people's long term sense of consciousness. Over the long run, most of the things you are going to be aware of are going to be related to yourself somehow, therefore most of consciousness is based on the self. However, you can think about things that aren't related to yourself, and your thought changes drastically, so during periods of thought about things that aren't related to oneself that person is almost completely not focused on themselves. It is impossible to be completely not focused on oneself because you are experiencing physical sensations from your body all the time, not just mental ones.

So someone can have consciousness about something, the question "what is consciousness"

is like asking “what is awareness” it is when you focus on certain things and therefore think about them and/or have more feelings and emotions about them. In review consciousness means “awareness”, “everything that someone is aware of”, “everything that someone is aware of currently”, or “everything that someone is aware of currently or during a certain period of time (like say their life)”. So you could ask, “what was your consciousness over the last 5 years”. That would mean, over the last 5 years, what have you been aware of. The response could be “wrongdoing”, “myself”, or a large list of things. A more specific version of that would be to ask, “what are you aware of, and when are you aware of it”, or “over the last five years what were you aware of, and when were you aware of it”. If someone wants to know someone else’s life time consciousness they could ask, “what were you aware of throughout your life”. If someone wanted to know if someone was conscious about something (or what their consciousness was of something) they could ask, “what is your awareness of that thing”, or “what is your consciousness of that” (for example, “what is your consciousness of war”).

16 Curing Depression

Depression arises from any negative emotion. Therefore, to eliminate depression, negative emotions need to be eliminated.

Depression arises from wanting things that you can’t have. You basically need to be satisfied with your current state/condition. Even thinking that although things are bad now, but there is hope for them to get better means you’re satisfied with your current condition. If someone wants something that they can’t have, they get depressed. Therefore that is the logical cause of depression.

That works on the small scale too in addition to the large, if you are unhappy with yourself in general, that is probably going to result in a larger depression then if you can’t go to the store right away. If you want to go to the store right now, but can’t, then it might make you sad, but it isn’t as large an issue if you are dissatisfied with something like your personal life or who you are in general.

What if there is something that will make you happy but you don’t know about it? That is ok because thankfully there are only a few general causes of depression. The human condition can be studied and similar things that people want arise in each instance. Just go through everything that you might want but can’t have and say in each instance, it’s ok that I don’t have that, I don’t need everything.

Wouldn’t ignoring something that you want but can’t have be imposing blocks on yourself, that if you want something, you should let your emotions run free and let the desire go? Well if you do that, you’re going to be upset. You basically somehow need to justify that your current condition is the best thing.

The best way to do this is to realize that each person is an individual and unique, and that a difference should be viewed as an asset. That if you are different in some way, that that way is positive, not negative. That other people appreciate you for who you are. You need to have confidence that you are the best.

Isn’t thinking you’re better than everyone else arrogant? Yes it is arrogant, but it also means that you have everything that you want. If someone has everything that they want, they are going to be arrogant. That won’t be bad however, because people like people that are confident in themselves because they are easier to be around. Someone that is unstable and weird no one wants to hang out with. By weird I mean acting strangely.

Lower self confidence would cause someone to act strangely. That is because they are unsure that each thing they are going to do is going to be ok, so they are going to be hesitant and unsure, causing them to act weirder and stranger and more uncertain. Therefore confidence is the most important thing for someone to have in order to combat depression.

Confidence also eliminates fear. When you aren’t confident you are afraid that life is

failing you, you are afraid that there is something out there that you want but can't have. It is very important to not be afraid of anything. What if there is something you're afraid of but you don't know what it is? You need to go through everything that you might be afraid of, and eliminate that you are afraid of them.

What if you're afraid of running in front of a speeding car? Something like that would be a test of how fearful you are in general. Once you pull up the fear emotion by doing something fearful, if you are more afraid than you should be then something is wrong. That was just a test. You shouldn't have any fear in life for anything. You should have ultimate self confidence. So you shouldn't be afraid to run in front of a speeding car, you should, however, realize that it is probably going to cause you to die.

How is it possible to not be afraid of death? Surely everyone is afraid to die. Well it is perfectly possible. Think about the situation if you were not afraid of death. What would you be, and how would you be acting, if you weren't afraid to die. If you can imagine that, then you know that it is possible. If you can't imagine that then go up step by step. Take something you are just a little afraid of, and imagine doing that without fear. Then keep going up. Eventually you won't be afraid of anything, including death.

Fear isn't necessary. Logic is the understanding of facts. So if you logically understand that you are going to die, that is ok. If you get a weird feeling when you think about death (aka fear) then you should realize that you don't really need that feeling. The feeling of fear is almost completely unnecessary. You don't need strong feelings of fear to remind yourself that you are going to die if you run in front of a car, or to motivate you to run away. Maybe the emotion fear can't be eliminated completely, but the more that is eliminated, the more self-confidence you are going to have.

In fact, logically, eliminating any negative emotions is going to help eliminate depression. That is the definition of negative after all, bad and likely to cause sadness and therefore depression. Just go through the negative emotions of anger, fear, sadness, disgust and surprise. Try to go through anything that might cause those feelings and eliminate them. Also you can do the test like we did with the death test for fear. If you have a larger amount of that emotion than you should for an extreme example, (like death) then that is indicative that there is too much of that emotion in your system, that you are too afraid in general and need to reduce how much of the emotion fear is in your system.

Logically only positive emotions are good, and all negative emotions should be eliminated. They basically don't do any good. The only reason to have minor amounts of them in your system would be to cause a small, healthy amount of anxiety to keep you on edge, but the key word there is still small.

Wanting things that you can't have counts as a negative emotion, that is called dissatisfaction. Also a lack of self confidence is a negative emotion because that is more likely to cause fear. If you have 100% confidence when running in front of the speeding car you aren't going to be afraid.

17 Dreams Are Fun Because They Are Emotional Not Logical

During dreams, the logical part of the brain is shut off, this is for one reason: fun. The point of dreams is to relax and have fun, which is why they are directly tied in with your emotions, because emotion equals fun.

We need the escape of dreams from the logical, rational world in which we operate. There is a desire within humans to break everything down and tear everything apart. Why? Because breaking things is fun. No one wants to see everything continue as usual, why? Because things continuing as usual represents nothing out of the ordinary. Things that are out of the ordinary are going to be more emotional, and more stimulating. That's why humans intentionally engineer their dreams, to have something fun to escape into. Take this

dream “We’re in a hotel. We all have rooms, but we’re in Steve’s room. There are multiple beds that may be stacked. We are trying to make music. A boy starts playing guitar and it’s fantastic. Steve holds up my cell phone, it’s recording, he hands it to me. Steve asks me to play it back. There is a lot of music. One song my clarinet is so sharp. Steve says ‘if you can’t hear that. . .’ condescending. Steve leaves the room. We are competing for his attention, girls and boys. I am on a bed that is high. I know I’m the favorite and they’re asking me about it and I decide to leave. I slide off the bed, then reach up under the rail and grab a black candle (handmade) and a cigarette and something else.” It should be obvious that that is a fun event.

If you take all dreams and think about them, you will realize that they are fun, even nightmares are fun because they are emotional. It is fun for a person to have a deeply emotional experience because it is stimulating, people will do anything for stimulation even if that stimulation is a negative emotion. All dreams represent some sort of significant or large emotional event. The event doesn’t have to be real it just has to provoke a large emotional reaction in the person. As long as this emotional reaction doesn’t incur damage, then all emotional reactions are good. It is the saying, what doesn’t hurt you only makes you stronger, only it’s more like, what doesn’t hurt you only makes you stronger. So if it’s emotion, and it doesn’t hurt you, then it makes you stronger and you even like it.

People enjoy all their dreams while they are sleeping, because during sleep they are solely emotional beings. As solely an emotional being you aren’t engaging the logical part of your brain. So even if you dream about something like the death of your parent, you are still going to enjoy the dream because it is emotional and you’re not thinking about the consequences of that. That is why you dream, because dreaming is fun, even if it isn’t fun to think about when you wake up. If you were awake and thinking clearly you’d realize that you don’t want your parent to die, but during the dream you are solely and emotional being and just interested the thrill of the death of a loved one.

Why would the death of a loved one be thrilling? Because it would be a huge emotional experience, and your system is interested in the shock of that experience, that is why you are likely to dream about it. In fact, any nightmare is just really a system shock that causes a healthy amount of anxiety. The person dreaming also “knows” that it is a dream when it is taking place. You know this cause in dreams you don’t really worry about consequences, since they are just emotional to begin with. Logic means worrying and such, you can tell that if you had a dream of a death of a loved one, you wouldn’t worry about it in the dream, but you might worry about it while you are consciously awake. Let’s go back to the playing music in the hotel, if you are playing music in the hotel room, you aren’t going to worry about if there are other people near you in the dream that you might wake up (and you can tell that dreams are like that). But you are certainly going to think about it in reality. That’s cause in dreams the emotional content is emphasized, and the dreaming mind isn’t aware that the logical one is going to be upset that the dream doesn’t make any sense when it wakes up, or that the logical one is going to be upset you killed a relative for fun.

Just because something is emotional doesn’t mean you worry about it while you are awake. Dreams try to eliminate thinking, the less thinking, the more emotional it is going to be. So dreams might have a lot of sexual content in them as well. You dream about things you want to experience, but only things you want to experience in the dreaming state. The dreaming state is a state in which you don’t have control over your body, and you have a very childish control over your emotions. Your emotions run free in dreams, if you want it, it’s yours (in the dream). So dreams are a reflection of your worse desires and worst fears, because those two things are most emotional. However, in the dream you aren’t really afraid because you aren’t clear thinking. It’s like why people like scary movies, it is something scary that you aren’t directly involved in, so you can safely experience it. You aren’t directly involved with the dream because it is a dream, it is not reality, and your

mind responds to that by making dreams that are entertaining to watch, not to experience, so it is very similar to watching a movie, you're equally distanced from the event.

It would be more real to watch something like a murder in real life than to watch a murder taking place in a dream, in the dream situation the murder might even seem fun. That is also how people can like watching violence in cartoons like Tom and Jerry, where all the characters do is beat each other up, people even find it amusing. Watching something like that of course in real life wouldn't be amusing however (unless you're sadistic). Dreams are just like cartoons, you're not involved in it, it isn't real, and if you are involved in the dream then it isn't very physical since you can't feel your limbs. You can even feel it, imagine a cartoon character in pain, is that fun or sad? It is fun because it is just the right amount of stimulation (it might be sad intellectually, but emotionally, like how dreams are emotional, it is fun). It's the right amount of stimulation because your mind recognizes it as not real, you recognize logically that it is just a cartoon, or just a movie, and you don't feel as bad as you would if it were real. That's why in dreams we need more to properly stimulate us, because simply it isn't real. That's why dreams need to be more emotional and entertaining. If you had that much entertainment in real life (like if the dreams you had were actually real), you'd have way too much stimulation and you wouldn't like it at all. Dreams just reflect the proper amount of stimulation you need to keep you stimulated. That's probably why people dream at all, for the same reason people think all the time while they are awake, because boredom causes an incredible amount of anxiety. People simply need to think about something all of the time, even while they are asleep. But since it is a dream, they can think about things that aren't realistic and don't make sense so they can have fun during those dreams. Doing something like moving some stuff around might be entertaining in real life because you are physically doing it, but in a dream it just wouldn't suffice, you would need something spicy taking place like death, sex, fear, desire, emotion, or strong emotion.

18 Dreams Rarely Make Sense Because They Are Usually More Emotional Than Logical

Dreams are emotional, not logical, and therefore they don't directly reflect your thoughts and what you actually believe, but an emotional representation of those thoughts. This means that dreams don't always reflect what you're thinking, but more likely what you are feeling.

Dreams in general tend to be weird. This would suggest that whatever engine is engineering, or designing the dreams is a weird and/or stupid one. Things in dreams often don't make any sense in reality, but dreams are often incredibly sophisticated at the same time. This would suggest that dreams are emotional, not logical. Emotion is very complicated, but it often doesn't make any logical sense. Dreams convey feelings very well, they amplify feelings, they don't amplify logic.

For example, say you were thinking about a toothbrush that day, or had a lot of thoughts about brushing your teeth, or had some trouble with the dentist and it was bothering you. In your dream that night, you wouldn't think about the events of the day, or logically think about how you could fix your tooth problem. In fact the logical thing would probably never occur in your dream, that would be out of character since dreams are more emotional, you'd probably never dream thinking "ah I should brush my teeth more thoroughly". Instead you'd dream of a really big toothbrush or something immature, childish, and extremely emotional. Or maybe get a large sensation of your teeth being brushed. See how one is more emotional than the other?

Dreams are so emotional that there is little room for anything logical, it's as if all your brain power is being converted into it's emotional essence. This is easy to prove, think of

any dream you've ever had, or ever heard of, whatever it was, it didn't make complete sense. The fact that NO dream EVER makes complete sense must mean that the higher, logical part of your brain is shut off during sleep. That makes sense since if you were actually thinking, you'd want to experience real emotions and move your body around to get that experience, not just think about them.

This might make dreams more sexual or Freudian, but more importantly anything that is most strongly emotional to the person having the dream. Take this dream for example "I was at a type of arena-ish thing but it had balconies like a theater would." Notice first off that it doesn't make sense, arena's don't have balconies like a theater would. Clearly if the person was thinking clearly she/he wouldn't have been able to put theater balconies in an arena. Now there sometimes are balconies in an arena, but this person must have been referring to balconies that were pretty like they are in theaters with strong contrast to the arena, say like a stone arena with pretty wooden balconies in pink and stuff in them. That description I gave sounds like a typical dream because it doesn't make sense, and due to the contrast/mix of the arena and the theater, it is very emotional.

The mix of the two things makes it more emotional cause it is something which you wouldn't find anywhere in reality. Things that stand out tend to be more emotional, and anything that doesn't make sense, like doesn't make ANY sense, is going to be emotional cause it stands out from your everyday experience. Something like a giant gumball rolling over and over in your head, that doesn't make any sense, and its emotional. But why is it emotional? It is because you never find giant gumballs (that are chewed just standing around outside) so if you found one, you'd be in shock, and very emotional.

There are things that are emotional and can be found in real life of course. Take this dream "I was a warrior in a med-evil battle with Mel Gibson and we fought some kind of beasts with our golden swords lol Mel got his head chopped off and I awakened when I was being choked by a med-evil beast. ..." It would probably be more emotional for the dreamer to be doing something with Mel Gibson, since it's not likely he'll ever do something with Mel and therefore would find it rare when he did, so it's a not realistic, out of the ordinary, emotional experience. Furthermore they are using gold swords, how often are gold swords used? Gold is a more emotional color than steel as well. Color is emotional, so color, a dramatic color, or large color contrasts are often found in dreams to further amplify emotion.

Take this dream, see how emotional it is, emotional, not realistic, and amplified for dramatic content.

"I am the best student in a hard science class of some sort. Every day before class I hold study sessions. Everyone fails the first test but me. We are all milling about in the hall after class. The teacher and some other students express interest in the study sessions, but I say I don't really need them. They seem disappointed. Then I tell everyone "Hey, all those study sessions that I've been having... BY MYSELF... will still be there next week" inviting them. The professor asks anyone with a disease to hang around and see her in ten minutes, saying she has the shakes. She's very concerned with her health, which has been strange for some time. I think about staying, but I leave. I see Joe Horvath in the hall and hug him, but I see that he has a finger the looks like it was smashed and healed flattish and deformed. There are flecks of blue paint or nail polish or the nail is flecked blue. When I ask him about it he says he didn't even notice and doesn't know what happened, but it doesn't hurt."

The dreamer thinks he is the best in the class, not just any class, but a hard science class. He is so much better than anyone else, that he has "study sessions" by himself. Of course that doesn't make any sense, the people were asking him about a study session, implying that a study session would involve more than one person, like they usually do. But in his dream he forgets logic and all of a sudden he is the only person needed for a study session, in real life he wouldn't have said that cause it just wouldn't make sense. To make the dream

even more emotional another out of the ordinary event is occurring: the teacher is feeling sick, and her health has been “strange for some time” not bad for sometime, but strange for some time, the word strange would imply something really out of the ordinary going on, like an extraterrestrial disease or something weird, the weirdness and out of the ordinariness being added for extra emotional content, of course. Does this mean that the dreamer is afraid of a strange disease? No it just means he is trying to entertain himself in his sleep by adding extra dramatic content by using the word strange, instead of bad. (it’s extremely rare to use the word strange when describing that one is sick, so what I suggested about extraterrestrial implications makes more sense). When you say, “oh I’ve been feeling strange lately” you are implying that something really weird is going on with you (or in this case your health) which would bring up further rise for concern, or a further rise in emotional, dramatic content!

Take this dream “We’re in a hotel. We all have rooms, but we’re in Steve’s room. There are multiple beds that may be stacked. We are trying to make music. A boy starts playing guitar and it’s fantastic. Steve holds up my cell phone, it’s recording, he hands it to me. Steve asks me to play it back. There is a lot of music. One song my clarinet is so sharp. Steve says ‘if you can’t hear that. . .’ condescending. Steve leaves the room. We are competing for his attention, girls and boys. I am on a bed that is high. I know I’m the favorite and they’re asking me about it and I decide to leave. I slide off the bed, then reach up under the rail and grab a black candle (handmade) and a cigarette and something else.” That is also very out of the ordinary, in fact that would probably never actually happen in real life because everyone in the hotel would hear the music. The dreamer obviously wasn’t logically, clearly thinking. If she/he was then the dream would have ended with the people next door complaining about the noise, or there being somewhere in the dream something about checking to see if the hall was clear, but even then someone might walk down it. The point is it is very out of the ordinary, which, since it is rare, is probably more emotional solely because it’s a new and exciting experience that you furthermore can’t have in real life, so it also has that “I want it since I can’t have it” emotional feel. This is the real kicker, you can sense that the dream wouldn’t have made any sense if they actually checked to see if there were other people in the hall. It is only an ordinary, regular dream, if it doesn’t make sense. And you can sense that that is true.

Let’s see how out of the ordinary this dream is. (All this so far proves that dreams are out of the ordinary, probably just to add emotional content cause of the contrast with reality). “We are rehearsing. Instead of a lyrics sheet there is a flat piece of 3D art. It’s a series of concentric circles. One of the circles is made to look like a brick wall. That’s the verse I am supposed to sing. I get singled out and have to sing the verse alone. It’s about life going around and down forever. There’s an infinity symbol.”

For starters there is no such thing as a flat piece of 3D art, 3D is 3D, but you can see how that would be fun for the dreamer to think about, entertaining for him to think about how it could be 3D, yet not 3D at the same time. This emphasizes the emotional content, but it low on the logical content. Why is the emotional content emphasized? Because dreams are for entertainment, you’re trying to have fun in your dream. So he/she mixes the lyrics sheet, 3D art, and flat together. That’s a fun thing to do. Dreams in general are going to be more on the fun side, less on the logical, ah this makes sense side. Take the line “one of the circles is made to look like a brick wall”. That just doesn’t make any sense. Exactly, that’s what is fun about it, trying to imagine something that doesn’t make any sense. Trying to put together in reality, things that just can’t be put together. It’s like you’re trying and trying to do something that just can’t be done. That’s behavior typical of an immature child that just won’t give up. It’s fun to try and break reality and put things together that don’t belong together. That way you create something new and different, something you’d want to dream about. People don’t want to think clearly in dreams, they want to relax,

have fun, and do things that they never could in reality. See things they've never seen, and experience emotions that they aren't going to be able to experience in other places.

19 How Beauty Can Be Quantified

Lines in space each contribute to a different emotion. These lines can be added up along with the emotions they cause to get an entire picture of the emotions seeing things causes.

In order to quantify beauty we first need to come up with a scientific measure of attractiveness. Why are some things ugly and other things attractive? Attractive means appealing why do some things cause pleasure visually. Compare attractive objects and find the answer! Some pretty things have an organization to them, a structure to them like a messy room wouldn't be pretty cause there isn't any structure. With structure it's easier to separate the objects in your head so it's not confusing and it's easy and pleasurable to "think" about. Ok. What about a star versus a circle? The star is more complicated than the circle. That's why it is more beautiful. Because it is more to think about so it is more stimulating. Just think of your mind as a computer, the star would take more processing power to analyze. What about a circle versus a square? The circle is one line but the square is 4 lines that's why the circle is more appealing. It covers an enclosed area with only one line not unattractive angles so it's easier to process. A square looks flat and that's unattractive why? Because rough things are unattractive because when you touch them they feel bad. So your opinion is biased. Or a circle is easy to think about because you only have to think about one line. But the star has more lines than the square and it's more beautiful, maybe because a triangle is prettier than a square? Because it's less to think about, easier on the mind. But it's prettier than the circle because it's more complicated. So a square is too complicated a star is just complicated enough a triangle is a little less complicated than that and the circle is too simple. So in order of prettiness we have star, triangle, circle, then square. All beauty can be broken down in similar ways it's just a matter of what is most pleasing to think about, some things are too much and others too little. A triangle is beautiful because it is easy to think about because it only has three lines. A star is even more beautiful because it has lots of triangles, or lots of things that are easy to think about. Lots of stuff that's easy to think about is very pleasing. Two lines is too easy to think about. Four lines is too complicated to think about. Since everything can be broken down into lines, squares, and circles, that is all you need to quantitatively analyze the beauty of anything! Examples:

A dog is prettier than a circle cause it's more complicated than the circle, the circle is too easy to think about. But the star is more pretty than the dog because it's more complicated, the dog is like one line that moves around so your eye just follows one line, but with a triangle your eye has to stop at each corner before moving around so it takes longer to think about and therefore is more fulfilling. The star/triangles is harsher to look at with the sharp edges, a dog doesn't have any sharp edges. The sharp edges cause you to pause over them and think.

We need to take something that is obviously pretty to show how it's more pretty than something else, so it isn't questioned that one thing might not be prettier than the other. It's obvious that if you have wrinkles on your face that's ugly. Why is it ugly? Because all the lines are random, haphazard, and confusing to think about. Therefore you don't like thinking about it, so you call it ugly. What else is obviously ugly vs pretty or vice versa. Crystal is usually more pretty than glass, it is because it is shinier and brighter so it catches your eye, you don't have to try hard to focus on it, so it's easier to think about and therefore more beautiful. If you could only see in black and white you would probably think the world is uglier than it is with color because with color you can more easily separate objects because they are more different from each other with all the colors. You could also

compare it to seeing in just say green and blue. Black and white are also less bright than the rest of the colors, so it would be harder to see things cause they wouldn't stand out as much and it would be harder to see. Therefore it would be harder to think about the objects causing less pleasure and cause you to name them as uglier. That's probably why the color gold is usually prettier because it is very shiny and attractive, it draws the eye and is easy to notice (hence think about). So there are different factors in beauty one is color/brightness the other is it's structure and what shape the object takes and how big it is.

Start with what you have there (above) and try to come up with more examples to explore quantitatively figuring out beauty more.

Like when you look at a book, you see a flat plain on one side, and sharp edges. Looking at the edges doesn't cause pleasure because they are sharp, but because they are lines, it further causes pleasure because they are nice, straight, even lines. Looking at the face of the book, (the large flat area) causes a more peaceful type of pleasure that you get when looking at any wide open large flat area/plain, like a peaceful, calm lake. That's because there aren't any lines in the space to distract your mind, so it's peaceful.

Take that idea further, what feeling now do you get when you look at a line that curves? As your eye travels over it, you have to pause mentally to see it curve, your mind stops and pauses at the curve, which means you need to put more mental effort to see it, and since being active causes pleasure, this causes you more pleasure by causing more neurons to fire from the effort. You get that feeling when you look at a curving line too, not just one that curves suddenly, cause your mind can't just go from one point to the next, it has to slow down and follow the curve.

Now put everything I said about lines and curves together, and try to get the larger picture of how it all works together, so you can sense the feeling of how beautiful each thing is.

Anything in life is made up of lines and curves. Since you know how much pleasure each line gives you, just add up the pleasure from all the lines in a certain object, (like a person, or a box) and subtract all the annoyance trying to look at that object causes you (sometimes an object has too many lines, unlike a lake, and it would cause head pain if you look at it too closely), so subtract the negative feelings from the positive ones to get the total pleasure looking at the object causes you. Just add up each line, each curve, each time your mind pauses (unconsciously and consciously) how each one of those unconscious pauses causes pleasure or pain and how much pleasure or pain. I showed you what an unconscious pause was when I showed a sharp curve or an angle with two lines meeting at a point, it would be a bigger pause to stop at the point, and a slower pause to see a curve, and slower and slower of a pause until that curve becomes a line, which has no mental pauses (conscious or unconscious) because you just look at the line, your mind doesn't have to consciously or unconsciously follow it around corners or up or down along the curve, it just goes from one point to the next. So when you're stopped and looking at something for a long time, your eye follows it's lines, that's what happens when you look at it for a short time as well, only it happens mostly unconsciously and is what causes pleasure or pain to look at the object, and in differing amounts.

We need to relate this to our real experience of seeing things, and the real pleasure and real feelings we experience when we see them. Take looking at a lake. Isolate the pleasure and feelings you get when you look at the lake. If it's a large lake, you probably get a peaceful, calm feeling. Or even looking at nature scenes brings a sense peace and calmness to you, that's why they show pictures of prairies on a plain before it takes off, to calm down the passengers before the scary flight. What is beautiful about a lake or those nature scenes is that they are both large areas with all the lines connecting smoothly, moving about slowly and naturally in a way that is easy for your eye to follow. If something is easy for your

eye to follow then it causes some mental stimulation, which is pleasurable, in fact, it causes the right amount of mental stimulation per minute, not too much too fast, (like how sharp edges cause you to pause over them suddenly, which hurts your mind cause your eye has to stop (consciously or unconsciously) and go in another direction. That's why lake and nature scenes are pleasurable, because they give the right amount of stimulation per minute. Each line that is easy to look at is a smooth, flowing line that causes pleasure. So add up all the lines and you are just looking at a bunch of smooth, flowing lines that cause pleasure, yet fit in together so you don't have to repeat looking at each different one. Now analyze why you feel good when you look at a lake or a calming nature scene, it's for the reasons above. Those same principles of lines apply when you look at anything, just apply those principles to anything you look at.

To get the happy, peaceful feeling you get when you look at a lake, that feeling comes from all the lines in the lake. What are those lines? They are each wave or one wave, times one hundred, making up the entire lake, plus each blank space in between each wave. So just looking at one wave, or tiny wave that makes up lakes, I guess you could call them large ripples, won't cause pleasure by itself, but looking at all of them does. People are like lakes, they are made up lots of tiny lines added together. Try to add up all the lines and see what the feeling you get from all the lines added up is, not just one of the lines. To get the feeling a certain type of line causes, you can't just look at that one line to see what the feeling is, you have to take that one line and multiple it by a hundred or more, (like when looking at a lake) to see what the feeling the line causes. Then you can take each line and find out what its feeling is. Then when you have a bunch of different lines, you know the feeling for each little line, just add up the feelings of all the different little lines to get the feeling of the entire thing. People aren't just made up of curvy lines with blank spaces in between like lakes. To get the feeling of one curvy line with blank space around it (as in a lake) look at the entire lake and then divide by how much smaller one little wave is with blank area around it, and you then get the feeling for blank space with wave in it. You can look at that feeling (or feel that feeling) and then get the feeling for little, blank space, or little wave. You can then imagine what the feeling for large wave is (just multiply it by the little wave) or large blank space (just multiply it by the feeling of little small space). Since everything in life (including people) is made up of little wavy lines or little straight lines (straight lines from the book, wavy lines from the waves) or blank empty spaces in between (from looking at the spaces on the lake or the blank space in the center of the book cover). You can get the feeling for anything! Just add up all it's individual lines, waves, and spaces. Make sure to cover each spot, until you get the entire space that you are looking at. And you can compare each spot to a wave, line, or space, as that is what everything is made up of.

Also when things form together it results in a different impression as well. Say if you were looking at something jagged, well that's lots of individual things which may look pretty by themselves, but together they look ugly because they don't match with the other thing. Or your eye has to pause from one thing to the next (so it's like pausing over an angle or a sharp curve, your mind has to slow down or your eye has to slow down when it hits the bend or angle because it has to stop. So your mind might have to stop a lot when looking at something jagged, but when looking at a lake it can process all the pretty waves and go smoothly from one wave to the next, instead of being interrupted. So the wave gives the right amount of stimulation, say if each wave was the same as each other wave, it would be boring looking at the entire lake, but since each wave is different it's fun to look at the entire lake, your mind and eye doesn't have to stop suddenly anywhere, and everything is different, new, and interesting.

So it was easy to analyze how the lakes make you feel because it is just the combination of many similar lines or unit's of space. The way each line combines with the space around

it is the same for each wave. A person has many different types of lines interacting with each other, so you have to look at how each line combines with the space around it. Say how a circle would interact with a square, instead of (with the lake) a wave interacting with a large blank space around it, than more waves and more blank spaces. We showed in the beginning that a circle was peaceful to look at because your eye never gets interrupted, but it causes pain to look too closely at a square cause of the four sharp edges your eye has to stop at. So when you look at a circle that is in a square, or a square in a circle, you get the feeling of the square and the circle. Someone's face is made up of different angles as well, and things that look like squares and circles. Take each individual part, add them up, and you get the feeling for the entire face. Then do that to each arm, leg, major body part, and then see how each fits with each other, to get a look at the whole person, and how they appear.

If someone is skinny, but they think they look fat, then they just aren't looking closely enough at all the lines. When someone looks closely, they pause over each wave or sharp angle, they get a feeling of peace from the blank spaces, and things go as they look when they normally look at things. If you look normally at anything then you'll be at peace when you look at it, and you won't be projecting a false image of something else in your mind that you're imagining. Psychiatrists sometimes think that people project their feelings, and imagine a feeling that isn't actually there, this is the same, this is projection, only imposing a feeling over a sight, instead of a feeling over a person or something like how it is usually used. So look closely at the angles and lines of the person, and if the feeling matches up with the feeling you get when you look at most other objects, lines, and feelings like a lake or book (unless you are projecting for the lake and the book too) if those feeling match up, then you aren't projecting.

Flat out, if you're projecting, you just aren't looking closely enough at the lines and angles. You can actually enhance the feeling of anything you look at by looking at it more closely. If you find that you can't look at something more closely, then unconsciously you don't want to look at it cause you're projecting a false image of how that actually looks. So take the lake. If you just look at it for a second, you don't get a sense of peace and calmness, but if you pause and look at it thoughtfully, (thoughtfully is the key word there) then you realize that it brings a sense of peace and happiness. If you're projecting that sense will never be there. You need to be in a normal, non-psychotic state of mind to properly appreciate beauty. It requires deep thought (and a calm mind) to appreciate true beauty. Like if you rush looking over the sharp angle (in the book) you wouldn't pause over it and you wouldn't really even see the book at all.

If you look at yourself and feel like shit, that's because you aren't actually looking, you're just going right to the feeling. For some reason your mind wants to associate a certain feeling with the image you are looking at, instead of actually pausing to stop over and look at it, and get the feeling of each individual line, curve, angle, and how all those angles and stuff interact with other to produce a whole, or several wholes.

If you're just jumping from a sight to a feeling then you don't have a clear state of mind. Make sure your mind is clear when you look at things in order to get a sense of its true beauty. You won't be able to take any pleasure looking at something if you are associating it with something else, because the fact is you can take pleasure from looking at anything in life, since it is all visual stimulation. You must have a preconceived notion about how someone that looks like what you are looking at should look to get that false feeling. That false feeling could come from anything, some inner fear you have of the world manifesting itself. A lack of self confidence leading you to believe you are a failure and worthless. That would lead to you think you are ugly, if you think something, then when you look at it all you have to do is associate that thought with the object you are looking at.

So when you look at something and are appreciating it for its beauty, you should get

a sensation, not a feeling. That's because everything visual is a sensation, not a feeling you get that would result from something psychological, or something deeply psychological. You know what a sensation is compared to a feeling cause sensations are shallower things resulting from a different part of your brain. Sensations like touching, if you touch an object it might result in a feeling, like a feeling of a remembrance of a memory of when you were near that object before, but you can focus on the feeling from the physical sensation of touching it, or the physical sensation of seeing it, not thought or feelings that come up from deep inside your own mind which don't relate to how the thing actually appears or looks. And the feelings those looks or touching it or whatever causes you.

So when you look in the mirror and you feel like shit, that must mean that you aren't actually looking, you're just feeling. Obviously. When you look at something you should appreciate it for it's beauty, or for what it looks like. You should get a sensation, not a feeling when you look at something. Most of the time anyway. Only if you have an exceptionally strong feeling associated with the object would the feeling override the sensation. It's logical to feel a sensation when looking at something cause that is what you're doing, looking. You're not thinking about something that might cause a different feeling or any feeling at all, looking at things simply shouldn't result in feelings, just sensations. Looking and touching and smelling aren't deep emotions or feelings at all. Well the sensation of looking might cause a feeling of the sensation, but not a feeling of a thought in your head (say that you are ugly). There shouldn't be any thoughts when you look at something, just your natural, unhindered appreciation of how it looks. I say appreciation because it takes work to look at anything, and that work makes your mind contented by relieving it from boredom.

So it's clear that if the connection between an image and the sensation of that image is broken, you have a problem. Every image should have a sensation, because that's what seeing is, it's a sensation not an emotion. That sensation is just a sensation, and nothing more. The only reason it might be connected (the image) might be connected to an emotion is if the sensation you get when looking at something you have thoughts about, ah that sensation is an ugly sensation, or that sensation is a good sensation, therefore the object must be pretty. You just need to relate the image to a sensation, then the sensation to an emotion or feeling, not the image directly to an emotion. Your intellectual mind is overriding your natural feelings. It is very hard to explain why that is happening.

Why would someone's intellectual mind override their natural feelings about something? There must be some strong fear of the natural feeling. You would know if you have a fear about something if when you pause to think about it, you feel a slight (or large) sense of fear. Even a slight sense of fear about something might cause you to avoid the real feeling, because at a glance that slight fear is tiny, but if you paused over the fear it would become very large. So then it wouldn't be a tiny fear, but a large one. So that person simply isn't confronting their fear over the issue. To avoid the slight amount of fear they get over looking at something, they simply replace it with a larger emotion (something like, I'm ugly) which is worse then the actual sensation of just the feeling! They need to let that natural pause take place when the slight fear comes in, allowing them to experience the full fear. Then they can logically analyze it and see if that fear is actually rational.

So, basically, you need to confront your fear in order to figure out if you are blocking any sensations. Or simply confront your fear each time you want to experience the sensation. Maybe if someone didn't know if they were ugly or pretty, they'd just give into their fear and "accept" that they are thin. It could be that you don't know if that sensation causes pleasure or pain in you, and you are just worried about if other people think you are fat or beautiful. In any event, at least don't associate a wrong sensation or emotion to what you actually look like.

We can further analyze how things look and therefore how they make us feel. So we figured out that flat surfaces make us feel good because they are peaceful, like the lake. If

you pause and stare intently at any flat surface you get a sense of peace and happiness. The size of the flat surface changes how happy or sad or the emotions you are experiencing as well, if it was a very very large flat surface, like a plain outside in the wilderness, you would get a sense of awe because your eye can wander in any direction and you wouldn't have to stop your eye, and that would be even more peaceful in a way. Or something like a soda can has a small flat surface that is easy to look at because it is small so it isn't a lot to process, so its fun to look at because it causes pleasure but doesn't overwhelm your eye by being too much to see. Something like the flat surface of a desk causes a little more pleasure (cause of the larger flat surface) but it isn't as fun cause your eye doesn't get to jump around as much due to the larger space, it would jump around more slowly. Now you are starting to get an idea of how you can take anything in your environment, or everything in your environment, put it all together, and get a general sense of how vision effects your emotions and how you are feeling at any given time.

So when you're in an office with mostly a desk you feel at peace cause of the large flat surface of the desk which is separated by the floor by a large distance that makes the flat surface stand out so you notice it more and get more pleasure by looking at it. A flat surface on a wall causes some pleasure but not as much as the desk cause it doesn't stand out as much. The floor of the room causes some pleasure, less than the desk and more than the walls, cause there is probably some pattern on it or it has a more appealing color/shininess than the walls. Like a stone, wood, or carpeted floor would have more shine to it than the ordinarily dull walls, that shine naturally draws in our eye which makes it easier to see, and, therefore, more pleasurable. Objects on the floor also stand out a lot because they are in three dimensions and very much unlike the walls and floor, and even the desk because the objects are small and stick out a lot like little towers. The desk your eye can't isolate because it is too big, and it doesn't have a pattern on it. The carpet on the floor would be more pleasing to look at than the desk because it has a pattern on it. The desk just isn't as much detail, but on the other hand the desk is probably more peaceful, the fact that it stands out more than the wall (because it is more 3d) makes you pay more attention to that flat, peaceful surface so it's a flat, peaceful surface that you are drawn into. The fact that you are drawn into it makes it more pleasing cause you don't have to put as much effort into trying to analyze it as deeply. So now we have all the major aspects of the room analyzed and quantified for beauty.

Something like the sun causes peace and wonder because it is a large ball surrounded by a huge emptiness, the sky. The sky causes wonder and is a little daunting because it is so big and intimidating, it seems to even have a depth to it so your eye can wander through it at any level and you'd be wondering what is in there.

Looking at grass is like looking at a pincushion, there are multiple sharp points which your eye clearly focuses on, so it's like jumping around from one thing to another very fast, almost being traumatic to look at that takes so much effort to do. A mirror would be more pleasurable to look at because of its flat surface than a closed curtain, which is very wavy. That flat surface causes peace because your eye can stop and pause, but with the curvy surface you can't pause.

You can take any object around you and figure out how much pleasure looking at it causes, or all the objects in your environment together at once.