

# The Difference Between... Feelings and Emotions

## Emotional Reactions

1. Come from misconceptions reactions to 100/100 (illusion) life or death reactions
2. Have to do with thoughts coming from images (wrong thinking).  
Guide: "unthought thoughts"
3. Are from the past: are history, transference reactions
4. Are charged, stuck; even when expressed, don't change.  
Come back, again and again
5. Have unhealthy desire within them (to get rid of one side of duality)
6. Are not based on reality, subjective
7. Are destructive
8. Are personal
9. When in emotional reaction we are defended
10. Need to be experienced and expressed but not to others (acting out)
11. Rage at somebody
12. Are pleasure or unpleasure
13. We think emotional reactions are about others (blame)
14. Creates hard pain
15. Are superficial conditions in soul
16. Are distorted

## Feelings

1. Are in reality 50/50  
accepting human condition
2. Are not about thoughts:  
they are spontaneous experiences  
# 158 "feelings are soul movements"
3. Relate to the present  
are in the immediate now
4. Are flowing, relaxed. Pass through us, change from one moment to the next
5. Come from healthy desire to accept 50/50 responses to the human condition  
(50/50 plus memory of perfection)
6. Are based on reality, objective  
healthy detachment
7. Are constructive
8. Are impersonal  
When in real feelings we are undefended
9. When in real feelings we are undefended
10. Are real responses to life and need to be experienced and expressed
11. Rage at the Human Condition
12. Are pleasure and unpleasure
13. We are our own real responses to life, to both the negative and positive  
PC10 Law of personal responsibility.
14. Allow soft pain
15. Are permanent in essence  
from real self --part of eternal spirit
16. Are in truth