



BOOK SUMMARY

The Path of Emotions

By Dr. Synthia Andrews

The *Path of Emotions* offers new insights into emotions: what they are, how they function and how to use them to create meaningful change. The premise is that emotions are translations of subtle energy and the interface between our personal consciousness and larger reality. They provide both information and the energy to act on it.

The book is presented in three parts. Part One, The Elegant Dance of Emotions establishes the energy-emotion matrix, explaining that subtle energy provides the scaffolding for matter and forms the substrate of reality. Interacting with subtle energy is natural, innate and continual. It is the basis for our ability to make decisions and live creatively. Emotions are the means for understanding and directing the energy that flows into through and around us. Research into the neurochemical basis of emotions is discussed in relation to the impact emotions have on the body and how the body expresses or represses emotions, directly affecting attitudes, beliefs and creating subconscious conditioning.

Part Two, The Language of our Core, provides means and methods for accessing emotional information. It illuminates the connection between emotions and consciousness, explaining the difference between everyday emotions and transcendent emotions. This section describes the tools for emotional mastery- mindfulness, meditation, visualization and intention- and provides exercises to develop them. Additionally the components of the body mind that process emotions are explored with exercises that help balance the system. Part Two finishes with a one-of-a-kind emotional compendium that explains the meaning and function of twenty-five emotions along with descriptions of how they interact with subtle energy.

Part Three, Engaging Emotional Mastery, develops processes to translate the information of our emotions and direct the energy into heart-centered action. It assists the clearing of past trauma and outmoded beliefs. Consciously engaging emotions is internally unifying and creates congruence between our internal state and external conditions. It is a must read for any seeking greater self-knowledge and creative expression. Now you have a chance to travel into that night sky, to go beyond wondering and experience for yourself the reality and spirituality of life beyond our world.