

# Emotional Intensity

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My emotional intelligence requires more awareness than whether I feel positive or negative.

Rating the intensity of my emotional polarity on a scale of 1-10 is useful but not highly intuitive.

When my emotional energy is negatively below 5, I may not have enough power to actually do the exercise

Intelligently naming the emotional intensity of personal energy has been the study of psychology for many years, in a quest to make people less miserable.

My ability to be a miser is graded on an emotional scale of intensity from the powerful emotions of bliss, wonder, inspiration, beauty, enthusiasm, eagerness, excitement, passion & optimism; to the powerless emotions of pessimism, boredom, frustration, intolerance, anger, grief, depression & despair.

Emotional intensity is the product of both the gender & polarity of my emotional state of being.

When I study only the polarity, the positive or negative state, of my emotions; I have insufficient information with which to choose a better, more balanced, intensity.

With the emotional intelligence of knowing how my energy is divided by both gender & polarity, I can successfully balance the intensity of my emotional state of being by choosing a more pure vibration of my emotional energy.

## Emotional Polarity

My emotional state of being is polarised in either a positive or a negative direction, determined by my perspective.

My perspective is driven by my beliefs that determine the reality of my experience.

A negative experience is every much as real as a positive experience from my own personal perspective.

My beliefs determine both the polarity of my thought and the polarity of my emotion on which my thought is conveyed.

It is not the intensity of my thoughts and my emotions that is polarised but the gender of the wavelength of my emotion that supports the frequency of a guiding thought.

A neutral polarity of emotion is required to successfully intuit the current gender of my energy in order to balance its wavelength.

An intense frequency of thought creates an intense wavelength of emotion, which disallows the ability to adjust the gender of my emotional energy into balance with the polarity of my thinking.

## **Emotional Gender**

Understanding the gender of my emotional energy is as important as knowing its polarity.

I feel the intensity of the emotion of my thought, but I need to know the gender & the polarity before I am able to see with the emotional intelligence of my intuition.

All emotional wavelengths of energy have the potential to be divided by male & female gender.

An awareness of the masculine or feminine character of my emotion and the male & female personality of my emotion is the essence of bringing my inner harmony into balance.

The more my yin is divided from my yang, the greater the gender gap in my inner world.

Only when my male perspective aligns with my female perception is the war between my sexes decided on my inner sub-conscious battleground.

When my sin becomes a virtue and I see all my virtues as a sin, I am able to atone for my inner conflict and become at one with my emotional intelligence.

With the emotional intelligence to balance both the polarity & the gender of my emotional energy, I will find the ideal intensity to live my ideal life in every present moment of my reality.

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