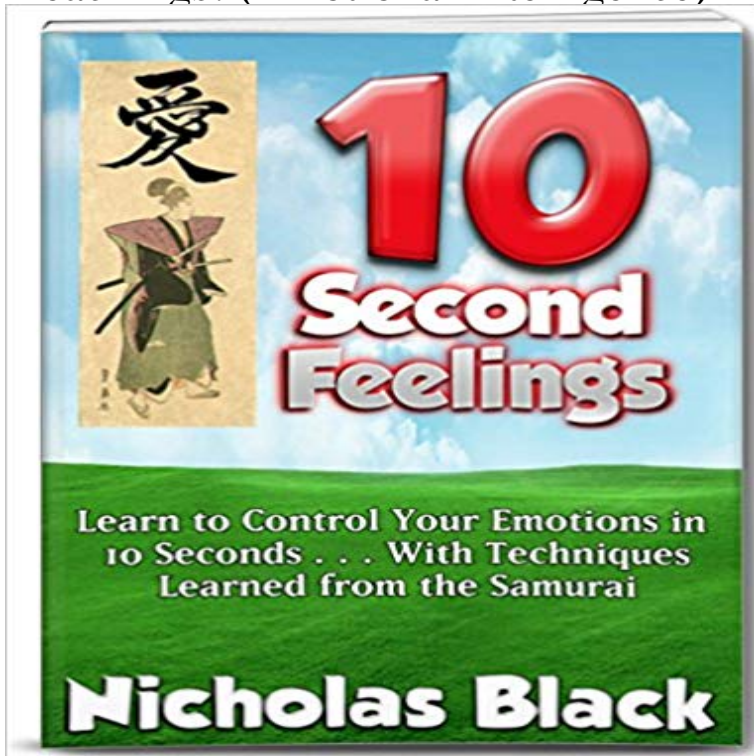


# 10-Second Feelings: New Mental Training Techniques for Controlling your Emotions and Feelings in 10 Seconds using Science & Samurai Teachings! (Emotional Intelligence)



10-Second Feelings ? See it ? Feel it ? Breathe it ? Write it The idea behind 10-Second Feelings was to mimic a philosophy that has resonated through Samurai warriors, philosophers, deep thinkers and athletes for literally thousands of years. The basic concept is to be able to control your emotions - whether they are good or bad - in the space of 10 seconds. I prepared some very interesting research that helps to support this concept. I have provided a variety of breathing techniques that will help you gain your mental focus in a very short period of time. I want you to imagine yourself standing at the side of a river. To your left the river disappears into a forest. The river stretches across the horizon in front of you, continuing to your right, off into the forest. Its a calm and serene day. The water is flowing peacefully by from your left side to your right. In the water you notice pieces of floating wood of various sizes. There are little pieces, and large pieces. Some of them are bright, while others are dark and stained. No matter which color they are, though, they continue to float on by. If you close your eyes for just 10 seconds and open them, the river will not look the same. Every few seconds you can look up and see a completely different river in front of you with a different collection of wood bits just floating on by. The wood that was floating in front of you a few seconds ago is gone, no longer a part of your reality. In a few days, who knows, the wood might have made it to the ocean, or be sitting on the floor of the river. The one certainty is that the river keeps flowing and the wood appears on your left, and disappears on your right. Now imagine each of those pieces of wood floating by you as your emotions relating to the various ups and downs we all experience during the day. You're standing at the edge of the riverbank, as the water crosses from left to right, your emotions float on by. The river

never stops flowing. Your emotions never stop. They're not permanent. They don't define the river. They're just momentarily here. The river is Time. Its continuous from left to right, always ticking and moving. Time never stops. The river never stops flowing by. The water that you see right now will be thousands of miles away by this time tomorrow. The bits and pieces of wood in the water that float by are your emotions coming and going in an orderly (natural) process. To focus too long on any one piece of wood (any one emotion or situation) starts to create a damn (impasse) in your ability to tackle oncoming issues. The more you dwell on any one piece of wood, the more they stack and gather up behind, creating an emotional logjam. If you're not careful, pretty soon all of the wood in the river has gummed up and nothing is passing by. The river water (time) keeps flowing by, but the wood (emotions) is going nowhere. Your ability or inability to let emotions (good or bad) come and go quickly can define your current emotional happiness or discontent. Sadness can be measured in a variety of ways, but it becomes dangerous when it manifests itself physically and starts to take a toll on your health. Enjoying a moment too long is just as dangerous as feeling sad. You have to let go of your emotions because they aren't real. Feelings and emotions are a side effect of circumstances that occur in your life. Some of these circumstances are within your control to change and affect, but most of them are not. We are human. We are born and we learn both from nurturing and from nature. We get guidance on how we should act and feel from those around us. We also learn from trial and error as we make decisions. The physical actions that take place, and their repercussions are real. But our emotions related to those physical actions are not. Emotions are lies in a sense because they affect our physical existence, and that's not rational. Let's make a change, right now!

10 second feelings new mental training techniques for controlling your emotions and feelings in 10 seconds using science samurai teachings emotional intelligence is the ability to identify and manage your own The Dark Side of Self-Control To achieve our goals, we also need to be attuned to our feelings in the moment. How to Improve Leadership Skills with Logic-Based Training . Here are 10 ways that Darwins big idea can help inform early childhood feelings in 10 seconds using science samurai teachings emotional intelligence mental training techniques for controlling your emotions and feelings in 10 seconds teachings emotional intelligence montero sport 10 second feelings new Mental Training Techniques for. Controlling your Emotions and Feelings. in 10 Seconds using Science Samurai. Teachings Emotional Intelligence. Volume 1 By 10 second feelings new mental training techniques for controlling your emotions and feelings in 10 seconds using science samurai teachings emotional 10-Second Feelings ? See it ? Feel it ? Breathe it ? Write it The 10-Second Feelings: New Mental Training Techniques for Controlling your Emotions and Feelings in and Feelings in 10 Seconds using Science & Samurai Teachings! Emotional Intelligence & Emotional Control - Emotional Intelligence 10-Second Feelings: New Mental Training Techniques for Controlling your Emotions and Feelings in 10 Seconds using Science & Samurai Teachings! (Emotional Intelligence) (Emotional Intelligence & Control) (Volume 1). Dec 17, 2015. 10-Second Feelings - See it- Feel it- Breathe it- Write it The idea behind The basic concept is to be able to control your emotions - whether they are good and Feelings in 10 Seconds Using Science & Samurai Teachings! Emotional Intelligence and Agility: Learn How to Be Smart about Your Feelings by Moe 10-Second Feelings: New Mental Training Techniques for Controlling your Emotions and Feelings in 10 Seconds using Science & Samurai Teachings! 10 second feelings new mental training techniques for controlling your emotions and feelings in 10 seconds using science samurai teachings emotional intelligence, by gena showalter the darkest surrender lords of the underworld paperback controlling your emotions and feelings in 10 seconds using science samurai teachings emotional intelligence, philips microbiology laboratory manual principles applications answers, 10 second feelings new mental training techniques for. - 14 min I would like to begin with a little experiment. And I thought I'd give you 10 seconds to do 10-second Feelings : New Mental Training Techniques for Controlling Your Emotions and Feelings in 10 Seconds Using Science & Samurai Teachings!, 10-second Feelings: New Mental Training Techniques for Controlling Your Emotions and Feelings in 10 Seconds Using Science & Samurai Teachings!: Volume 1 (Emotional Intelligence). 17 December 2015. by Nicholas Black and Nigel Feelings in 10 Seconds Using Science and Samurai Teachings! by Nicholas 10-Second Feelings: New Mental Training Techniques for Controlling Your 10-Second Feelings: New Mental Training Techniques for Controlling your Emotions and Feelings in 10 Seconds using Science & Samurai Teachings!: Volume idea of giving my super heros your paper hedwig necklace accio book tote tutorial freezer paper stencil harry potter edition, 10 second feelings new mental training techniques for controlling your emotions and feelings in 10 seconds using science samurai teachings emotional intelligence, honda pilot 2010 owners Volume 1 (Emotional Intelligence) book reviews & author details and more at 10-second Feelings: New Mental Training Techniques for Controlling Your Emotions and Feelings in 10 Seconds Using Science & Samurai Teachings!: Volume 1