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The Seven Emotions: Psychology and Health in Ancient China ... This book, "The Seven Emotions," is very important and helpful for students and practitioners of Chinese medicine to refer to as we endeavor to assist patients in a holistic and compassionate way, using acupuncture, to harmonize the organs and calm the shen so that the spirits have their residence in the Heart.

The Seven Emotions: Psychology and Health in Ancient China ... Avoidance + Promotion = self-assurance vs. fear/anxiety. Avoidance + Prevention = surprise/wonder vs. guilt/ disgust. All that remains is to explain what mechanisms, specific to approach/avoidance...

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the seven emotions psychology and health in ancient china The 7 Human Emotions "Worry agitates the Heart and has repercussions on the Lungs; pensiveness agitates the Heart and has repercussions on the Spleen; anger agitates the Heart and has repercussions on the Liver; fear agitates the Heart and has repercussions on the Kidneys. Therefore all the five emotions [including joy] affect the Heart".

The 7 Human Emotions - Natural Health Zone modern psychologists can identify dozens of emotions experienced by humans however there are seven that are considered the root emotions joy joy is a magical often transformational emotion 1 in an article titles the alchemical emotion of joy kevin ryerson called joy the ability to feel the essence of your own divinity related emotions include happiness exhilaration excitement