

The Extremes of Emotion

Laughing so hard you cry or blind rage, and love that warms your heart or hate that chills your blood are Extremes of Emotion.

“1. DISTURBANCE, EXCITEMENT 2. the affective aspect of consciousness; FEELING”, Webster’s dictionary.

I replace DISTURBANCE and EXCITEMENT with “reaction”, they are caused by some action, FEELING works for me.

Emotion is the reaction to a feeling. Love or hate can be produced from the same action, depending on how the individual categorizes their feelings.

Emotion labels give credibility to acting on a feeling, if you love or hate, people can commune with you and rationalize irrational behavior.

The Extremes are positive and negative. The positive is love, commonly confused with Love the all encompassing flowing force, and is a given excuse for doing all kinds of stupid shit. The extreme negative, hate and rage, I wish we could stop at calling stupid.

Emotions are labels for acting in a specific situation where positive and negative feelings are at play, the Feeling is the root of those feelings. We break it down with positives and negatives and use the power personally.

Illustrating that it is the same equal force in all occasions, love and rage can produce equally Extreme reactions. Is it rage or love that would be the driving force if a dog was to attack your child in front of you? Neither! It’s the pure stuff, 100% Feeling.

There is no need for the Extremes, they are excuses. They are the “direction” of Society’s tool for breaking apart the pure Feeling of the perfect balance.

The action of a hero who performs amazing physical feats is done with 100% stuff. The miraculous healing that happens in a timeless moment is done with 100% stuff. The Extremes are limited by “direction”; the reactions are restricted to physical parameters. Physical reaction in the guise of love can be as horrible as any rage, but it is purely physical action given excuse. The miracle and the hero have no excuse, they’re pure stuff.

So enjoy your emotions, but know, when they start to go Extreme you’re going away from the good stuff.

Cumming your brains out is not an Extreme of Emotion, it is the physical connection of your body center to the Feeling. Lesser events just aren’t that well connected.