

Transcription of Vol. 1.9: Picking a Sound to Match Your Mood –

The First Step in HEP

[Slide: 1] “Holistic Emotive Practices Vol. 1 Part 9: Picking a Sound to Match Your Mood – The First Step in HEP”

Hello and welcome to Volume 1, Part 9 of the series on Holistic Emotive Processes, or HEP for short. Determining your mood using the three physiological dimensions of emotions is the first step in HEP. In this talk I will present a logical sequence of steps that you can use to help you in this process. Having a thorough and accurate method that allows you to arrive at your mood can play an important role in helping you reap benefits from HEP.

[Slide: 2] “To determine the starting sound for the most appropriate HEP word you must determine your mood through self-examination. The following sequence of checks can prove useful for arriving at an initial sound. With experience the sequence may not be needed.”

Determining your mood is a matter of self evaluation. I cannot devise anything that will take the place of honest evaluation on your part. What I can do is provide a series of checks that you can use to insure that you don’t miss something in your self-evaluation. Once you become adept at HEP you may not need to follow such a sequence. Once you have gone through the process enough times, you may simply gain the ability to accurately categorize your mood without proceeding through a list of checks.

[Slide: 3] “First Check for Feelings of Lack of Control

Mood	Sound
Frustrated, trying to hold on to control	/gh/
Frustrated, but resigned to lack of control	/kh/
Unable to obtain a desirable goal	/mu/

You should first check for feelings of lack of control in your mood. Such feelings should take priority over other moods. If they are not dealt with first, the frustration stemming from them may have a negative impact on any HEP words you might choose.

I have identified three kinds of feelings of lack of control. One involves an effort to hold on to or take control of a situation. Typically such a mood involves frustration due to a disagreement of some sort with another person in which you are trying to prevail, but it might also just be a battle between you and something physical, like trying to fit parts of a machine or tool together. The sound that matches this mood is the guttural /gh/.

Another type of frustration occurs in similar personal interactions involving conflict with a person or thing. The difference in this compared to the first is that you are not trying to hold on to control, but instead simply recognize and accept your lack of control. The guttural /kh/ corresponds to this sound.

The final type of feeling of lack of control stems from feelings generated by the inability to obtain a desired goal. The /mu/ sound combination fits such a mood. This feeling happens in an inward, less arousing manner than the previous two.

[Slide: 4] “Next Check for Too Much Excitement

Excitement with	Sound(s)
Lots of energy, and action advisable	/r/
Lots of energy, but action not advisable	/râ/
Inability to relax, agitation	/'a/
Inability to relax, tiredness	/ <u>h</u> / or /h/

If you do not harbor feelings of lack of control, the next thing to check is arousal level. A high arousal level doesn't necessarily mean you have lots of energy. Sometimes that is the case. Then your HEP word should start with an “r” sound. If you have a lot of energy but feel that you should not act then follow the “r” with a relaxing /â/.

When energy is not abundant but arousal is high you will want to relax, but find it difficult. If your mood is focused on the inability to relax then an ayin followed by an /a/ sound should begin your HEP word. If you mood better characterized as tired, then beginning with an “h” sound works better.

[Slide: 5] “Not Enough Arousal?

Relaxed Mood Typified By	Sound(s)
Lack of energy	/â/
Empty, unpleasant feeling	/aw/
Empty, tired feeling	/ah/
Dominating unpleasantness	/wâ/

”

The check of arousal level may show too little arousal. A feeling of not enough arousal can present a problem. A mood typified by a lack of energy can use a HEP word beginning with an /w/ to address this problem. If the relaxed mood is empty and unpleasant then choose a word beginning with /aw/, a short “a” followed by a “w.” You match the unpleasant aspect of the mood with the /w/ sound rather than an /u/ or /u/. The /w/ releases the unpleasant feeling.

Similarly if the lack of arousal is dominated by an unpleasant feeling then begin the word with a “w” followed by an /u/. The HEP word releases the unpleasantness. An unpleasant mood is the only mood in which you do not have to use a sound that expresses the mood, the /u/ sound, to start your HEP word. Instead you can use the “w,” since the physiology for the “w” matches that of the /u/.

[Slide: 6] “Undergoing an Unpleasant Mood?”

Aspect of Negative Mood	Sound(s)
Feel down with no energy	/wâ/
Feel down but have energy	/wa/
Have uneasy control	/q/
Unattained goal sours mood	/mu/

If your arousal level does not present a problem then next check your pleasure level. If you feel blue with no energy then a word beginning with /wâ/ can help. If you just feel low but have energy a /wa/ word will work.

Sometimes we can still be in control of a situation and feel bad. We don’t always like what we do even though we might have a firm grip on a task. Words beginning with a “q” can address such instances.

Finally, I mention the /mu/ combination again. An unattained goal may not register as lack of control, but rather as an unpleasant feeling.

[Slide: 7] "Pleasurable Feeling Dominates

Aspect of Positive Mood	Sound(s)
Gentle enjoyment, no craving	/ma/
Strong enjoyment, no craving	/mâ/
Comfortable desire to retain feeling	/ba/
Strong desire to retain feeling	/bâ/

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HEP words do not necessarily have to address a problem. Sometime I use HEP words for positive moods. A pleasurable mood of gentle or strong enjoyment with no craving of desire to hold onto the feeling can use words beginning with an /ma/ or /mâ/.

A desire to hold to a pleasant feeling can be problematic or it can be a natural healthy feeling. Comfortable desires to hold a pleasant feeling can utilize HEP words beginning with /ba/. Strong cravings of a pleasant feeling should use words that start with a /bâ/.

[Slide: 8] "Other Issues of Pleasure

Mood Characterized by	Sound(s)
Contentment, satisfaction	/f/
Tender physical pleasure	/v/

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Two other pleasant moods can be identified. One is a mood of contentment that uses words with an initial "f" sound. The other is a tenderer mood associated with physical pleasure that requires words that start with a "v" sound.

[Slide: 9] “Focused Control with a Physical Aspect

Mood Characterized by	Sound(s)
Self-aware desire for physical control	/j/
Self-aware ambivalence toward control	/ch/
Desire for physical control	/g/
Ambivalence toward physical control	/k/, /q/
Confidence about physical control	/ng/

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There are three categories of moods associated with the control dimension of emotion. The first to consider concerns focused or confident control with a physical or arousing element. If the control also contains a mental component that yields self-awareness then pick a word beginning with “j,” or “ch,” if the mood is somewhat subdued. Focused arousing or physical control without a mental element corresponds to either a “g,” “k,” or “q” sound, a /g/, /k/, or /q/. If you have a strong desire to keep the control then choose a word starting with a “g” sound. If you are reluctant about the control use the “q” for the initial sound. If you detect no desire or reluctance about the physical control then a word beginning with a “k” will be appropriate.

[Slide: 10] “Focused or Confident Mental Control

Mood Characterized by	Sound(s)
Desiring focused control	/d/
Ambivalent focused control	/t/
Confident control	/n/

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The second category dealing with control concerns issues of focused or confident mental control. A desire to hold on to focused mental control will need a HEP word starting with a “d” sound.

Focused mental control that you do not hold fast to works with words beginning with a “t.”

When your mood is of confident mental control, then choose a word beginning with “n.”

[Slide: 11] “In Control Through Stream of Consciousness or Flowing Moods

Stream Characterized by	Sound(s)
Contemplation of general ideas	/s/, /z/
Considering something arousing	/sh/, / <u>sh</u> /
Refined musing, arousal removed	/th/, / <u>th</u> /
Desire to let things flow	/l/
Working for more physical control	/y/

”

The final check on mood examines unfocused or flowing stream of consciousness. In our normal everyday existence when going about daily acts that do not require our focused attention we stay in control through a stream of consciousness. The nature of that stream varies depending on what we engage within the environment. When working with general ideas, a normal background type of stream occurs. HEP words matching this mood should start with an “s” or “z” when the mood is toned down.

When our awareness turns to our physical environment, our consciousness can remain in a stream and not focused. Words for such moods should begin with an /sh/ or /sh/, if the mood is subdued.

When we find ourselves in a situation when we wish to remove coarseness and engage in a refined manner we can use words beginning with a “th” sound. The voiced “th”, or /th/ as in they, is the laid back version of this mood.

One category of moods involving control similar to stream of consciousness I call flowing moods. One I call “easy flowing” corresponds to the “l” feeling. This feeling is not focused like the “t” or “d” and it does not involve a stream of consciousness, but lies somewhere in between. It’s the feeling that we are in control as we let things flow along naturally. The other flowing mood is associated with the “y” sound. It is not an easy going flow, but more like a viscous flow, as something flowing along with difficulty. It feels like a difficult situation that we are working to make flow better.

So when things feel like they are flowing along pick words beginning with an “l.” For things in which you perceive a difficult flow that you want to facilitate your word choice should start with a “y” sound.

[Slide: 12] “Photos by Brian McPherson”

That concludes the discussion about mood identification. In the next talk I will discuss HEP interpretations of some religious mantras. Until then, thanks for watching.