

# TRACKING WHERE EMOTION COMES FROM ~ Shinzen Young

00:00:00 Remind me that I had some other ideas of, well I can actually just tell you.

00:00:13 Just tell me now and then I can always replay it and go, remember you didn't do it.

00:00:17 So the other thing is that, okay, one missing piece was, well the two flavors have to simultaneously flow and through each other.

00:00:27 Another possible missing piece is that you're getting significant interaction with subliminal thinking.

00:00:38 And you might want to look in that direction.

00:00:42 And the way you look in that direction, what I was going to have you work with is a special exercise that,

00:00:49 with all the years we've done, I'm not sure we've ever done this one, but I'll ask you.

00:00:55 Have we ever done noting feel sources?

00:00:59 What that means is, I have you note if there's no fear, you say no fear.

00:01:04 If there is fear but it's not triggered by anything you're aware of, you say just fear.

00:01:10 And then you specify if the fear has been triggered by fear from image, fear from talk, fear from sound, fear from sight, or fear from touch.

00:01:20 No, we haven't done that.

00:01:22 Noted fear, I call that noting feel sources.

00:01:26 And feel can be generic or specific.

00:01:29 That was the next thing I had in the hopper to try after this.

00:01:34 Because what may be happening is that you're getting significant triggering from other senses that are activating the fear in real time.

00:01:45 And usually what, you know how I always say, okay, what is science in a nutshell?

00:01:51 It's a bunch of what, when, and where, interacting in what ways, and changing at what rates.

00:01:56 Typically I emphasize the what, the where, and the rates of change.

00:02:06 But some of the special techniques are designed to elucidate the interactions,

00:02:12 specifically what's triggering what.

00:02:15 And I find that when people are going through significant intractable fear experiences,

00:02:21 or emotion in general, but especially fear,

00:02:26 literally a few minutes of noting what is triggering that fear in terms of

the broad sensory categories.

00:02:36 So we can now detect no fear, fear but not triggered by anything, okay, no fear, fear,

00:02:43 fear from image, fear from talk, and especially subtle image and subtle talk, the subliminal stuff.

00:02:50 The way you know that's happening is you get a tug towards image space or a tug towards talk space,

00:02:57 no content awareness at all, but the next instant there's a spike in the fear in the body.

00:03:03 Now you know that the subconscious mind...

00:03:05 I'm quite aware of having that.

00:03:07 Well it turns out if you ask yourself, if you constrain yourself in real time to note,

00:03:13 did it come from image, talk, sight, sound, or the physicality of the body,

00:03:18 because it's got to be one of those five,

00:03:21 that keeping track of the whole system, somehow that vastly reduces the overwhelm.