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EXPLORES MY OWN VIEWS AND CONVICTIONS ABOUT
EMOTIONS READING PAUL EKMAN ON BASIC EMOTIONS**

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I won't be interested in this note on promoting any authoritative views. I might do that in the future, but today, I will simply attempt to explore my own opinions and views about emotions. It is helpful for me sometimes to go through some issues without the *responsibility* to be authoritative, but to clarify and bring out my own convictions and opinions. Some of these could turn out to be wrong, but I am extremely comfortable with my ability to see the right answer when the issues are about truth of Nature.

I am reading Paul Ekman's article on Basic Emotions. Let begin with what is very clear to me, and that is not clear to many people including Paul Ekman. What is clear to me is that Emotions, and the instruments of emotions in mammals, systems that Jaak Panksepp has detailed in *Affective Neuroscience*, have existed for all 251-201 million years that mammals have existed on Earth. This is very clear. It is also clear to me, without any doubts that kittens and cats and mice and rabbits *have emotions* and that those emotions are familiar to human beings because we have the same seven subcortical systems with some variations that all mammals do.

These things are without any controversy for me. I read them from Panksepp and my thoughts were, "Oh, that's right." What I did not realise is the immortal genius of Jaak Panksepp then. I was most amused to find that he was the *pioneer* of this view and even Joseph LeDoux had reservations. I say unto you, my beloved people, the human race, *do not doubt that all mammals have emotions as you do and all your brothers and sisters in the human race have*. There is not doubt about this in my mind as it is obviously true, and those who doubt this and make great noise to attempt to find experiments to disprove this will surely find that they are serving those whose eyes are clear and sharp about the truth. Science progresses when these foolish skeptics do enormous amounts of work only to serve those who have eyes to see truth so clearly as myself.

There is no question in my mind that emotions have existed in mammals and the seven subcortical systems express *natural emotions* for all mammals and for human beings as well. If there is any confusion about this, it will be resolved eventually.

Furthermore, I will boldly continue and suggest that not only are those emotions from the seven subcortical systems *comparable* from one human being to another, but that their signal intensities are extremely close to each other. Bob from London and Alice from Shanghai will literally have close signal points when Bob flies off the handle because a pigeon pooped on his brand new Volkswagon Beetle and Alice, who is Han Chinese, flies off the handle because the stupid internet vendor sent her

the totally wrong size shoes and she was going to show them off to a party to her friends in Shanghai. They were both angry and the measurement of their RAGE subcortical system will be quite precisely close to each other.

You see this is as clear as day to me. I am not one of these people who read all sorts of *Being and Time* of Heidegger in a cafe and then feel that all of life is absurd and contemplate the meaninglessness and unknowability of it all and declare that all sorts of emotions are socially constructed. If emotions were socially constructed, they were constructed socially for 251-201 million years between small rodents and various sorts of quite frighteningly agile wild cats. That sort of social construction has another name, i.e. natural evolution.

Certainly there is no chance at all that emotions are socially constructed. I will be proposing a very different theory of non-basic emotions, and that *habituation* leads to regulation of primary-process or basic emotions. That is from Aristotle's *Nicomachean Ethics*, his virtue theory, but it was known to Confucius and many people in the East before Aristotle, so don't get cocky. I'm from Asia originally, and Egyptians had Virtue Ethics in 1300 BC. I am just amazed at the habits of Western people to take things from my Asian Ancestors, eliminate their memory and usurp our great original genius. But anyway, let me keep focus here.

My story is that emotions evolved in mammals for 250 million years based on evolutionary pressures that I will not go into. But in the past 8 million years, the evolution of emotions for human beings specifically are easy to understand. They were not so much driven by anything other than, roughly, fine tuning of habits of regulation of primary emotions that led to people not beating you to a pulp and killing you or no woman wanting to bear your child. You see it's not complicated. I am a heterosexual man, and I can assure you that no woman will want you as a mate if you do not know how to regulate your emotions. The top mating criteria for fifty years by David Buss is *emotional stability*. There is no *mystery* to this drive for both adaptations by coupling and habituation to be socially accepted. I do not think that you can actually get away with arbitrary anti-social affects. Bill Gates is *the exception that proves the rule*. He is malevolent, savage, barbaric, destructive, lawless, disgusting scumbag and American Society is deceived about how radically yucky disgusting and entitled-to-totally-cunt behaviour he actually possesses but that's not actually normal. Normal human males have all sorts of affect regulation as part of their coming-of-age in all societies.

1. BILL GATES IS A LOSER CHARLATAN WITHOUT COLLEGE EDUCATION

Bill Gates is a Loser Charlatan without college education. Who gives a damn what he buys and what he doesn't buy?

2. UNDERSTANDING HUMAN EMOTIONS IS NECESSARY FOR ALL SOCIETIES

Human Emotions are universal. Societies will produce unending strife and costs will mount in healthcare, lost productivity, crimes, and degeneration of every type if various laws and policies, various organisations base their operations without care for what *certain knowledge regarding human emotions*. For example, if laws and protocols are decided by *arbitrary whim of a tyrant* then societies will suffer all manner of disintegration in strife, crimes, riots, and other issues that will make societies fail.

Today we are still in a *primitive age* where Human Emotions are still quite mysterious. My Habituation Hypothesis for non-basic emotions will have global positive impact as clear knowledge of human emotions will allow all lawmakers, all organisations, all professions, all societies adjust to *conformity with knowledge of human emotions*.

I will repeat the major new insight that I want to be confirmed with experiment. All human emotions from all people on Earth can be modeled as

$$x = x_{basic} + x_{habituation}$$

where basic emotions are signals generated from seven subcortical systems of the brain and the only other effect is from habituation to management of the basic emotions. I am responsible for the origination of the primary habituation hypothesis for all human emotions. Habituation is a concept that was known *for Virtues* by Aristotle, and my work on Aristotle's Virtue theory gave the first empirical evidence that the Virtue-Eudaimonia theory is true for moral values that are not directly related to romance.

My hypothesis is a single factor explanation that is culture-independent. This is a fundamental scientific hypothesis that will give one of the first powerful universal models for all human affect and my claim is universal for all human beings past, living, and future.

I will speculate that with habituation as second factor, the variation explained will exceed 70-80% of all human emotions.

3. MAMMALIAN EMOTIONS REFERENCE

I am most annoyed that there is so much controversy still regarding mammalian emotions. "Virtually all mammals possess at least the four primary emotions ..." [1], p. 81. Jaak Panksepp had strongly supported the theory of mammalian emotions as well in *Affective Neuroscience. This is right. I will strongly support that mammals have had emotions for 251-201 million years*.

I know this is right as I have life experiences with having strong emotional bond with my kitten Rulfo 1995-1997. Whoever has any doubts about it just stop your rubbish and give up and accept the truth. You're not going anywhere with bullshit. I know cats have emotions. Just stop. Natural emotion theory for basic emotions by seven subcortical systems is right, so just accept that.

What I am talking about is something new-the major new factor of habituation to explain all non-basic emotions. And that's the full story at this level of universality.

4. RECOMMENDATION TO STANFORD UNIVERSITY

Stanford University, first, give me tenure and funding immediately. That's first.

The second is why don't you collaborate with Harvard and Gallup and Pew for a study of 150,000 people around the world to test my habituation hypothesis for a full model for all human emotions right away? The model is World Values Survey which is really good.

5. EXPECTATION OF UNIVERSAL INTENSITY LEVELS FOR EMOTION SIGNALS

I am reading Paul Ekman [2]. He has some thoughts about issues of signals. I am much more specific in my own views. I believe that the seven subcortical systems produce empirically measurable signals and we can consider all emotions

that any human being can experience as points in a latent state space $E = \mathbf{R}^7$. With this assumption, I expect that signal for recognisable emotions will have quantitative values that are close to each other across all human beings on Earth. In other words, I am in a different place in my opinion than Paul Ekman. I am confident that this expectation is true about Nature. This has not been confirmed yet experimentally but there is very little doubt in my mind that if, for example, you take 'extreme joy' and measure it over a million randomly chosen people across the world by measurement of signal (properly interpreted) from the seven subcortical emotion systems, that the covariance matrix will be quite small. I expect this to be one of the most basic results to be confirmed in the future very strongly.

In other words, I do not have any doubts about universality of human emotions for basic emotions even to detail of signal level, and even for all other emotions, there ought to be quantitative control.

So I propose that these signal intensity measurements be done and normalised. Human emotions are not just universal but regular, and all emotions that are non-basic will only have a smaller effect to the main one from the seven systems and the main factor explaining them is habituation.

This is a call, therefore, to all psychologists to do these experiments globally right away, and confirm my theory, and produce a solid quantitative science for human emotion that will stand the test of time and will be able to transform the world for the better by its influence and application to every facet of life on Earth for human beings.

6. WHETHER HARVARD OR STANFORD IS RACIALLY BIASED IS SMALL POTATO

Bill Gates and some of his wealthy white backers have plotted White Racial Dominance World Order, and Bill Gates has personally assaulted me, destroyed my Finance career, obstructed \$620 million in legitimate earnings, and used huge amounts of US Industrial Power and US War Power and German War Power and European Black Magic forbidden from thirteenth century in my Deep Interior all of which are prohibited by American Law, Christian Law, International War Crimes Law, etc. He has been plotting Genocide for non-white people in America.

I want Stanford to email me with a tenure offer right away rather than wait to fix meta issues. I need money now, and I am stranded in Allen Texas while this disgusting charlatan, vile, savage, destructive, ugly, wretched, miserable, genocidal monster Bill Gates is still not destroyed by the United States Government.

7. CORNGOLD ON ISSUES OF MOODS IN NIETZSCHE

I feel quite confident now that with habituation as the second factor, universal human emotions can be uniformised beyond the primary emotions that we human beings share with all mammals.

I think a global sampling with a Psychological Questionnaire will be sufficient to validate my theory of human emotions. I am not particularly worried that my theory will not fit empirical data extremely well.

Let me then assume that the theory is established strongly. It will be. Assuming so, I immediately must turn to issues of emotions in literature. Stanley Corngold's Complex Pleasure: Forms Of Feeling In German Literature is before me [3]. Now you may not know Stanley Corngold, but he is an extremely erudite and brilliant

scholar of Franz Kafka and truly marvelous in his incisive studies of German Literature. I took a class with him on Aestheticism in my younger years at Princeton, 1991-1995, and I did not do well in the course. My mind was not at the time developed enough on certain matters. Now I am much more interested in these issues of moods in German Literature.

Chapter 4 is on Nietzsche's moods in 1861 having been strongly influenced by Friedrich Hölderlin. I am a great devotee of Percy Bysshe Shelley myself, and so there is some understanding of this situation.

You see there are various perspectives on human emotions, and the perspective that produces a universal scientific model of human emotions, is fundamental for science. As I said before, the habituation factor will uniformize emotions at the fundamental level for every person on Earth.

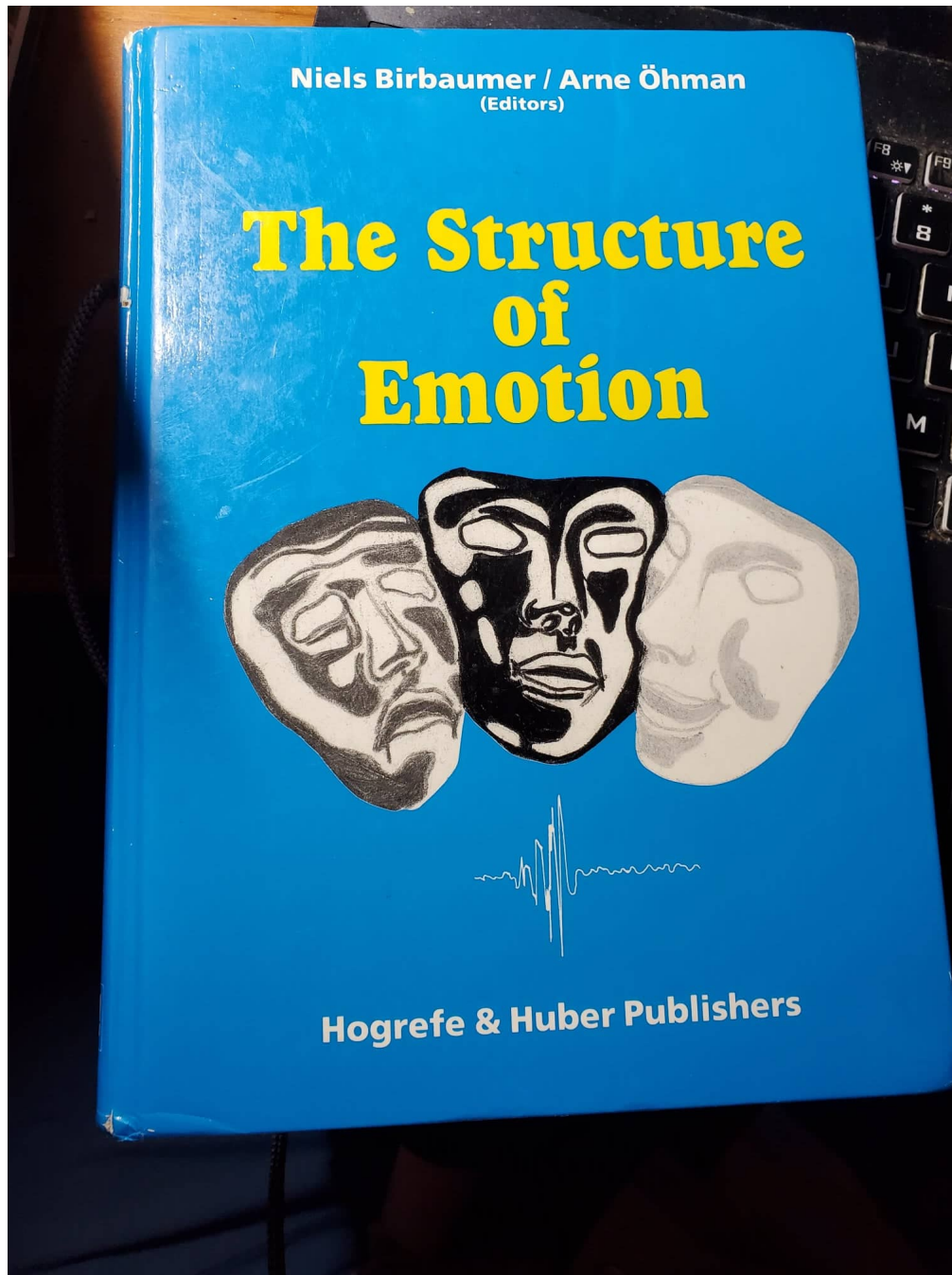
Moods, not formally but roughly, intuitively, are the sorts of things that are habituated for emotions. They are not very basic of course; other methods people employ for habituation to affect regulation. Those other methods are usually moral education from parents, teachers, and religious leaders. These are ubiquitous. Now habituation is for individuals, of course, and is not automatically true for any individuals based on their demographic statistics – which is crucial for why this factor will be correct for non-basic emotions.

But moods, well they are quite refined issues, not just in Europe but also in all parts of the world. These are much more delicate issues and ones that are quite tantalising.

Why don't I propose that beyond universal two factors of basic emotions and then habituation, another layer for understanding the role of emotions is moods and their ability to habituate individual emotions.

8. EXAMINING A VOLUME DEDICATED TO PETER J. LANG

I will roam as I examine some issues. I found in my messy stacks this book.



The book is a set of contributed papers to honour Peter J. Lang. It's from 1993. I like it but I will point out something that I see quite common in the definition of emotions. Arne Ohman and Niels Birbaumer have an introductory article on emotions.

Here let me point out some of the things they are proposing, and I will re-affirm why my definition of emotions is the correct definition for the entire field of psychology and indeed for Science generally.

"It is argued that emotional phenomena involve behavioural responses, physiological activity, and verbal reports of affective evaluation of the eliciting stimulus context." (Ohman-Birbaumer)

First of all this is true, that these are some of the issues associated with emotions. Unfortunately, these sorts of things are very bad for a definition of emotions because they are inherently confusing when you put results together in an scientific theory.

Contrast this with my definition. There are seven subcortical systems that are labeled that produce signals that can be measured in principle. At any given time a human being has a latent variable with state space $E = \mathbf{R}^7$. Then emotions are the latent state. And then all these other things, behavioural responses, physiological activity, and verbal reports of affective evaluation of the eliciting stimulus context are then various related things to the emotion. This is not simply a semantic issue. You have to define emotion itself separately from the various effects. Then each potential effect is part of your scientific theory regarding the emotion.

This was simply missing from the entire field, and thanks to the great work of Jaak Pankepp we know that my definition is a good and robust canonical definition of emotions for all fields of Science as well. This totally resolves the elusiveness of definition of emotions. It seems a bit abstract at first, till you realise that it's just a simple latent variable picture of emotions and reduces misunderstandings and disputes in all fields in a simple way.

Of course, ordinary language does not care about latent variables. When someone loves or hates, they will call it passion and feeling. That's good for natural language because everyone understands what they mean. It's not good for a solid science because natural languages are notorious for not making all that much logical sense when pushed.

These gentlemen are Swedish. You see, I am rather nice now as I had a Danish lover for some years who broke my heart and left me to marry another Dane. I am not bitter about this. I am happy for her. So I don't always just post.



That's the Swedish chef. Danes and Swedes are not always like him. They are nice warm people and I like them. They were respectful and nice when I visited Copenhagen and they are not murderous Master Race Nazi types like Bill Gates.

9. AN ANALOGY TO MATHEMATICS

Mathematics is a good field for examination for psychology, even more valuable for them than physics. You see Mathematicians didn't know what the foundations of their field were even after Augustin Louis Cauchy's 1823 Course On Analysis apparently gave firm grounding for mathematical analysis. They worked with intuitive notions between 1823-1870 roughly and had some progress. But then the entire field was totally obsessed with foundations 1870-1940 and by the end you had frightening insane technical virtuosos like Jon Von Neumann who defined all manner of outrageous topologies on linear spaces that yours truly kept away from most of his life with all sorts of various seminorms come to trouble my peace and serenity like dark clouds from Himavant when the jungle hunched and crouched. Anyway, I won't go into my personal phobias and traumatic disorders here. What I want to point out is that Mathematicians have definitions and axioms whose only purpose is precision and firm logical language. Then they have theorems and lemmas and propositions and other things that state some things that require justification and mathematical proof. It's not science and so there is no uncertainties about whether Nature was mysteries and whether the laughter of the gods erupted at any of the theorems. Those things happen in Science and not Mathematics.

What psychologists ought to do is realise that this scheme have value especially for psychology because one is dealing with complex natural phenomena, so that mixing up definitions and non-trivial claims about nature will inevitably lead to anarchy. That is why psychology of emotions feels under-developed. Here the decoupling has been very anemic, and every psychologist defines all sorts of things all by his own sheer will to dominate all of psychology and then there is no consensus on what has been learned because people don't want to learn the whole psyche. You don't believe me huh? You think this is an exaggeration. Have you read the tomes of Carl Jung? You don't have to read him but he has a world of his own.

My definition of emotions will stand the test of time because it is unambiguous and does not make nontrivial claims about Nature besides accepting Jaak Panksepp's seven subcortical systems for basic primary emotions. His theory is good, and so my definition will be canonical. Just adopt it.

10. AVICENNA WAS THE FATHER OF MEDICINE NOT ANYONE IN MEDIEVAL OR RENAISSANCE WEST

I am just astounded by this arrogant and ignorant attitude of many scholars in the West who believe, obnoxiously, that anyone other than Avicenna has any remote right to be considered the father of medicine. West had lost all knowledge of Ancient Greeks basically. Avicenna, Muslim Persian, 980-1037, was the father of modern medicine. Stop stealing credit for works of Asian people, West.

11. RUMINATIONS ON NON-BASIC EMOTIONS

I think Panksepp-Watts is strong in their division of emotions into three layers with primary-process emotions produced by signals from seven subcortical systems,

the basic emotions, and then other emotions have various cognitive interactions. This scheme is right, and so should just be accepted as foundational in my view.

From my viewpoint, the entire universe of emotions are totally covered with the factor habituation. So let me tell you what this means. I believe that there is nothing going on with ethnicity and culture and race and religion at all. These are irrelevant. You take a baby from any background you like, and then give the baby 20 years to habituate to particular cognitive-emotional habituation, and you will be dealing with almost exactly same spectrum of non-basic emotions. This is a serious scientific hypothesis and not just frivolous. You see the genetic code in common G_c is 99.9% of every human being's genetic code, so my claim here is the most obvious parsimonious expectation.

Scientists who think they will discover the strange case of hick charlatan deceivers from podunk Seattle having special 'ruler emotions from Hammurabi's Master Race' will be sorely misguided from doing any serious Science.

My model of universal human race will fully explain all emotions possible by all human beings without trouble.

Now of course we are naturally interested in highly refined emotions. We want to know the sorts of emotions felt by Rainer Maria Rilke whose Duino Elegies is exceptionally refined in emotional sensitivity. Those require habituation to a poetic life without distraction. You cannot be committing petty crimes, robbery, arson, burglary, maintaining a harem of prostitutes by day and then have the refined elevation of Rainer Maria Rilke by night. Your consciousness is not habituated to the latter if you don't habituate over a long period of time with commitment to highly refined sentiments.

12. PREVIOUS NEURAL CIRCUITRY TO DEFINE EMOTIONS

Arne Öhman and Niels Birbaumer tell us that there is a precedence for definitions of emotions by neural circuitry. They refer to [4]. My definition of emotions is obviously going to be compatible with Panksepp's for he is the great man responsible for detailed study of the seven subcortical systems generating the signals for primary emotions. But as definition, mine is superior. I will tell you why. You see my definition does not actually care about the details of the neurocircuitry and only uses a schematic latent mathematical state space $E = \mathbf{R}^7$ where only a real-valued signal from each of the seven circuits is assumed.

Is it not better to use more 'information' in the definition? The answer is that it is not. In all scientific theories of emotions, various sorts of issues that are important questions of psychology or sociology are not illuminated by the details of neural circuitry. Abstracting them to a simple mathematical state produces cleaner theories more amenable to analysis as latent variable quantitative theories.

That the credit for the substance of this theory obviously belongs to Panksepp and not myself. But Panksepp's nitty gritty analysis of neurobiology disallowed him to easily see that it will be habituation that is the major factor that affects non-basic emotions. My perspective here has a tremendous advantage over Panksepp's concepts. And that is that one of the most valuable ways to appreciate how to 'observe better' in psychology and social sciences, in stark contrast to physics and chemistry, is not to focus more on smaller scale but instead to sample larger population. Panksepp's theory will not produce a better psychological science because in this

science, statistics of large populations is more valuable than attempting to deduce scientific consequences from nitty gritty of neurocircuitry.

Now you may say, "Well, Zulf, that's just your opinion." Well my opinion is right, as you will see as the years pass in psychology. My definition simplifies Panksepp's theory and allows easier access to large sample theories.

It may be that Panksepp's insights with nitty gritty are correct; but large sample measurement is the 'direct measurement' in psychology so it's better to keep the definition simpler.

13. FINANCE AND HARVARD AND STANFORD ARE ALL MORONS WITH THEIR PROCESSES

Bill Gates will not be the only person who will disrupt all your processes if you can't tenure people just by email and ordinary methods and rely on all sorts of meta this and meta that. Finance organisations are in the same boat. You're all total morons. Why can't you just ordinary email and telephone and that sort of thing. You are now obstructed by a college dropout without any talent in any field at all because you can't offer tenure without his approval and can't operate. What sort of intelligence is so great here? Why would you use a system that can be botched so easily by a criminal cunt who plays around in meta all day?

14. QUESTIONNAIRE BASED MEASURES OF HABITUATION AFFECTING EMOTIONS

This is a rough idea at the moment. In the theory of human emotions, non-basic emotions, I believe will be explained by habituation. I have shown with empirical results from World Values Survey that Aristotle's Virtue-Eudaimonia theory is true and Life Satisfaction is positively correlated with high moral values. Habituation is a serious empirical phenomena for moral values and I will hold the broad hypothesis that habituation is the major mechanism for transformation of complex affect that includes cognitive intervention.

There are fairly simple questionnaires that could be designed to measure habituation that affect complex emotions that are culture-language independent. Admittedly this is a nontrivial task but my major hypothesis, that habituation is the major factor to explain broad difference in non-basic emotions across the human race is consistent with classical views of Character and Virtues as well which I believe have a far stronger validity than their dismissal from psychology in the twentieth century would suggest.

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