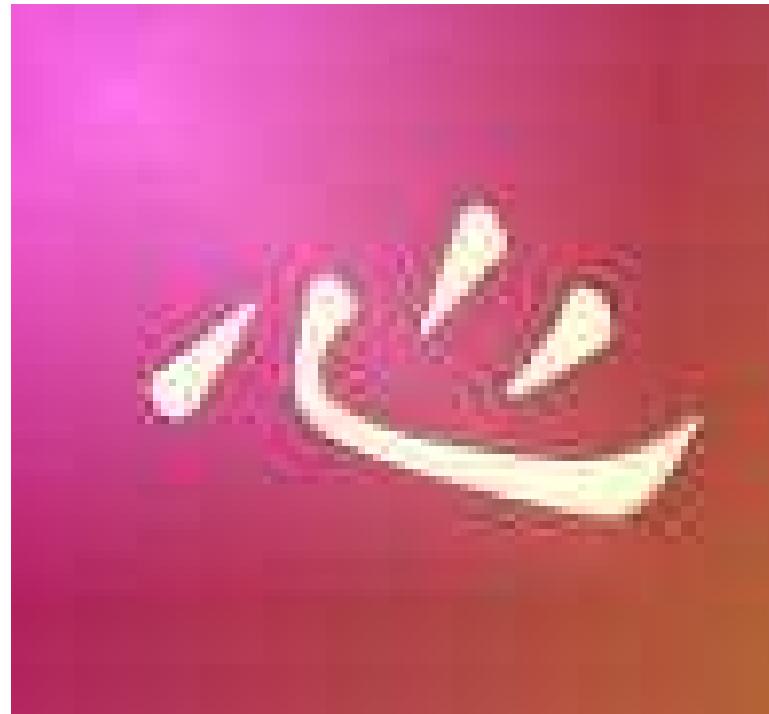
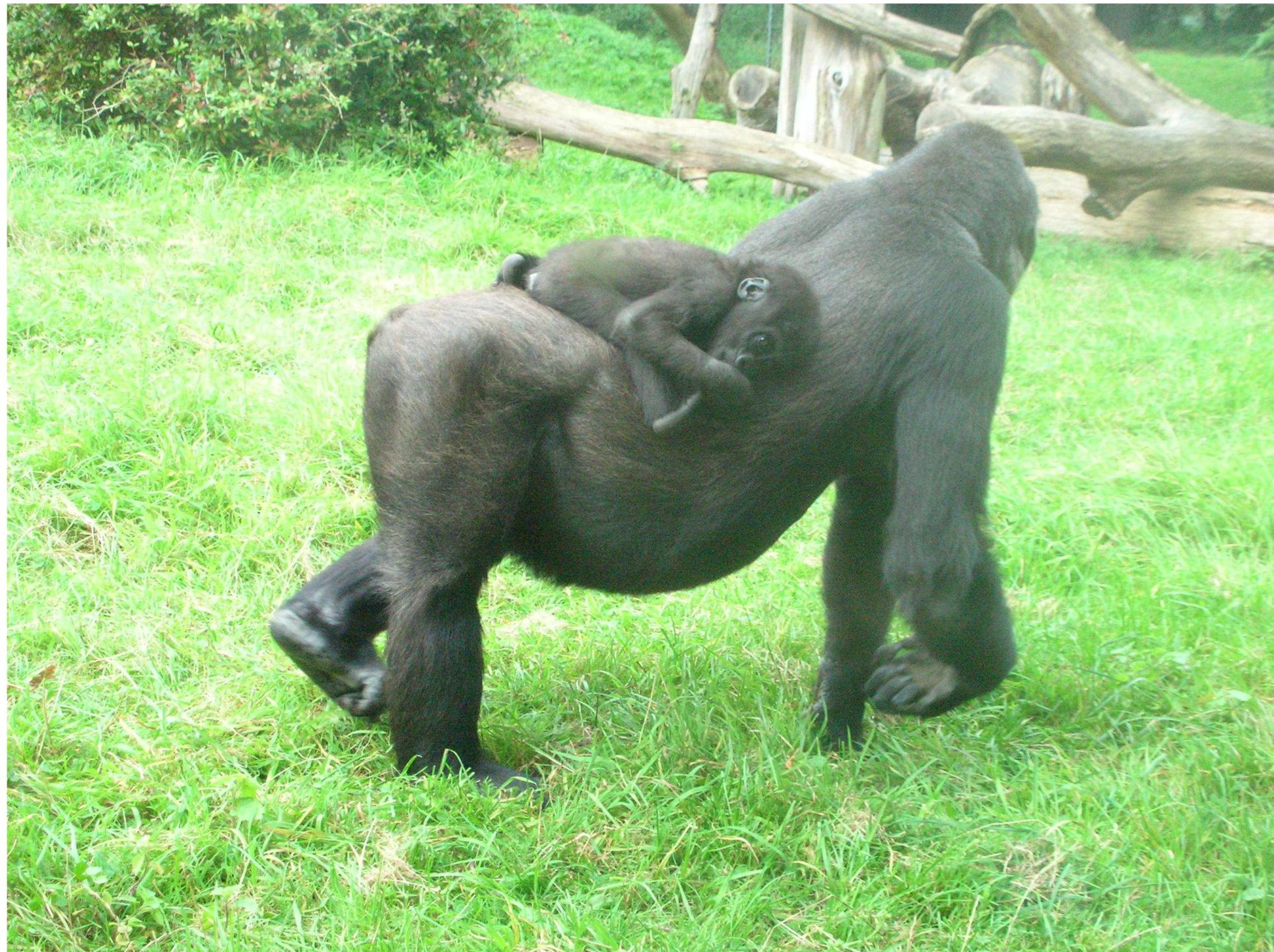


het hart als dirigent  
drs Kees L Blase,  
medisch fysicus, acupuncturist



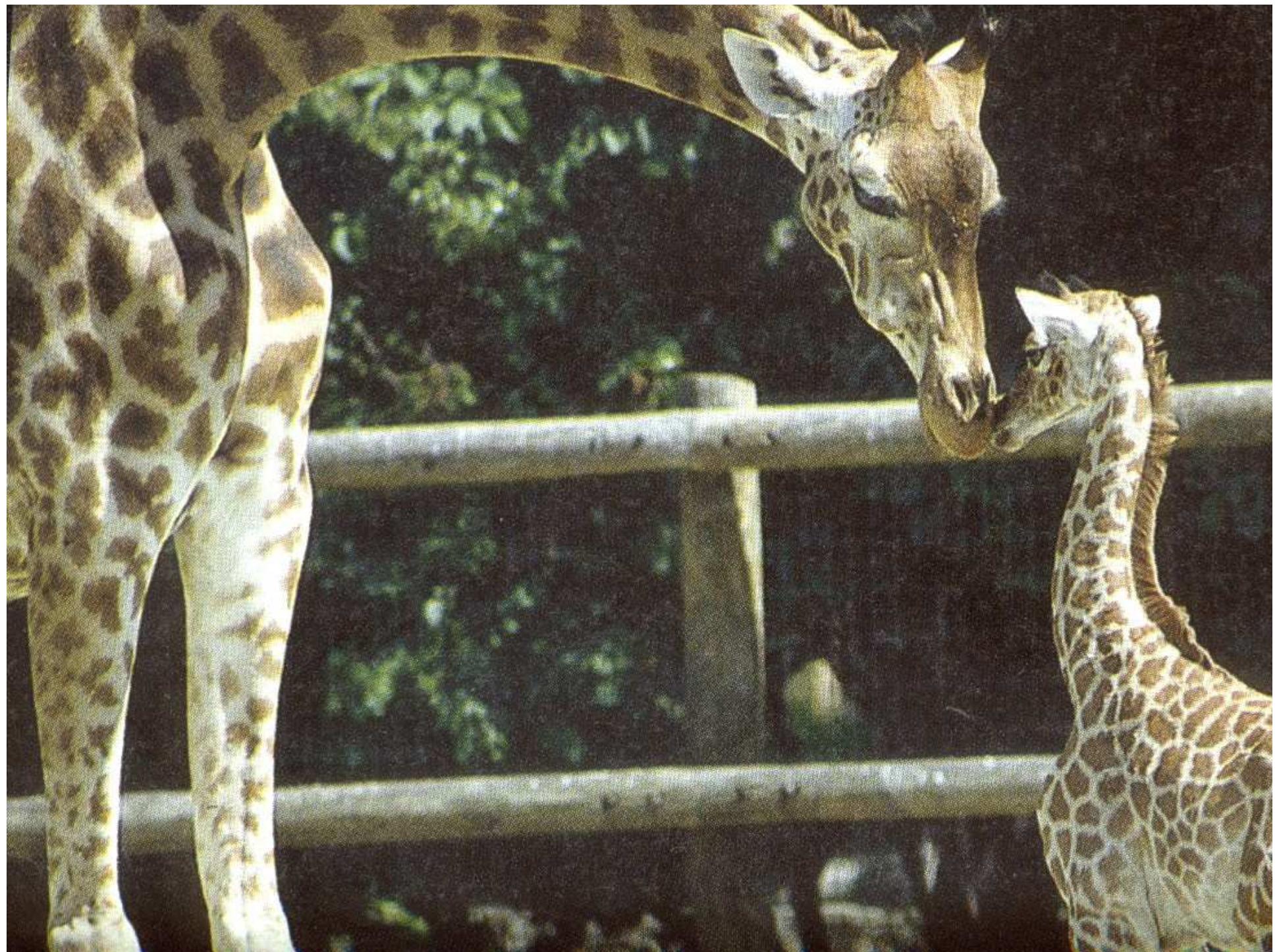
heart-mind-center-feeling-intention

















Aki Parviainen tuli ja pelasti





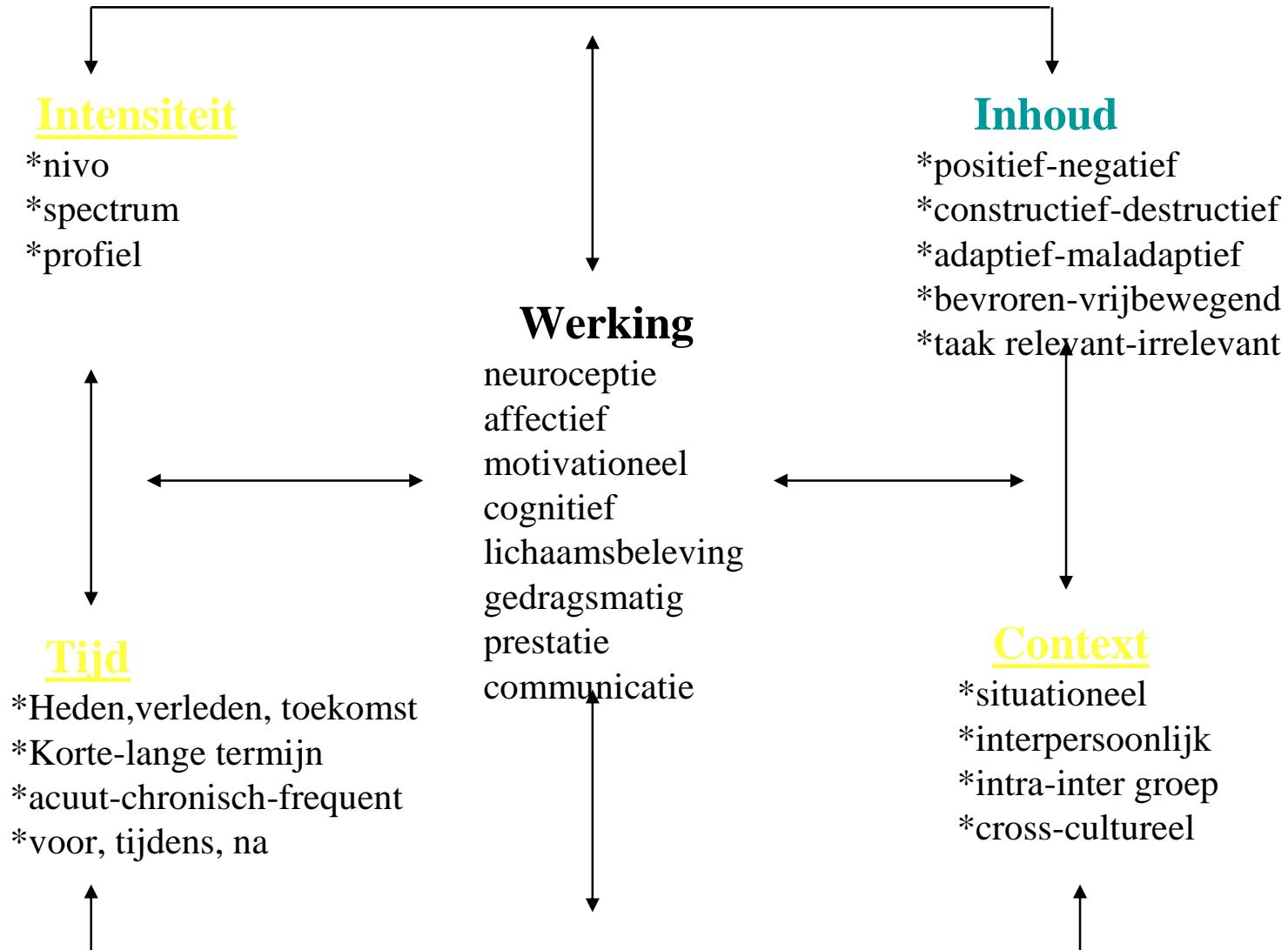
# Functie emoties

- Signalen van en voor het lichaam
- Bepalen mee de keuze in welke stand het zenuwstelsel het beste kan gaan staan
- Helpen het geheugen bij de opslag

# Definitie emoties

- Van ex-movere = naar buiten bewegen
- Een zichtbare verandering van toestand
- Komt op (in het lichaam) en verdwijnt in korte tijd

# EMOTIES



# Basic emotion labels (N=47, m=21)

- fear
- anger
- sadness
- disgust
- joy
- happiness
- interest
- surprise
- love
- pleasure
- satisfaction
- shyness
- distress
- shame
- guilt
- sorrow

- anxiety
- curiosity
- elation
- enjoyment
- expectancy
- loneliness
- rage
- contempt
- appetite
- grief
- acceptance
- amazement
- anticipation
- boredom
- despair
- quiet

- pain
- panic
- pity
- pride
- resignation
- sleepiness
- sensuous comfort
- sex-lust
- shock
- subjection
- succorance
- tender
- tension
- want
- wonder

# Positively-toned discrete emotions

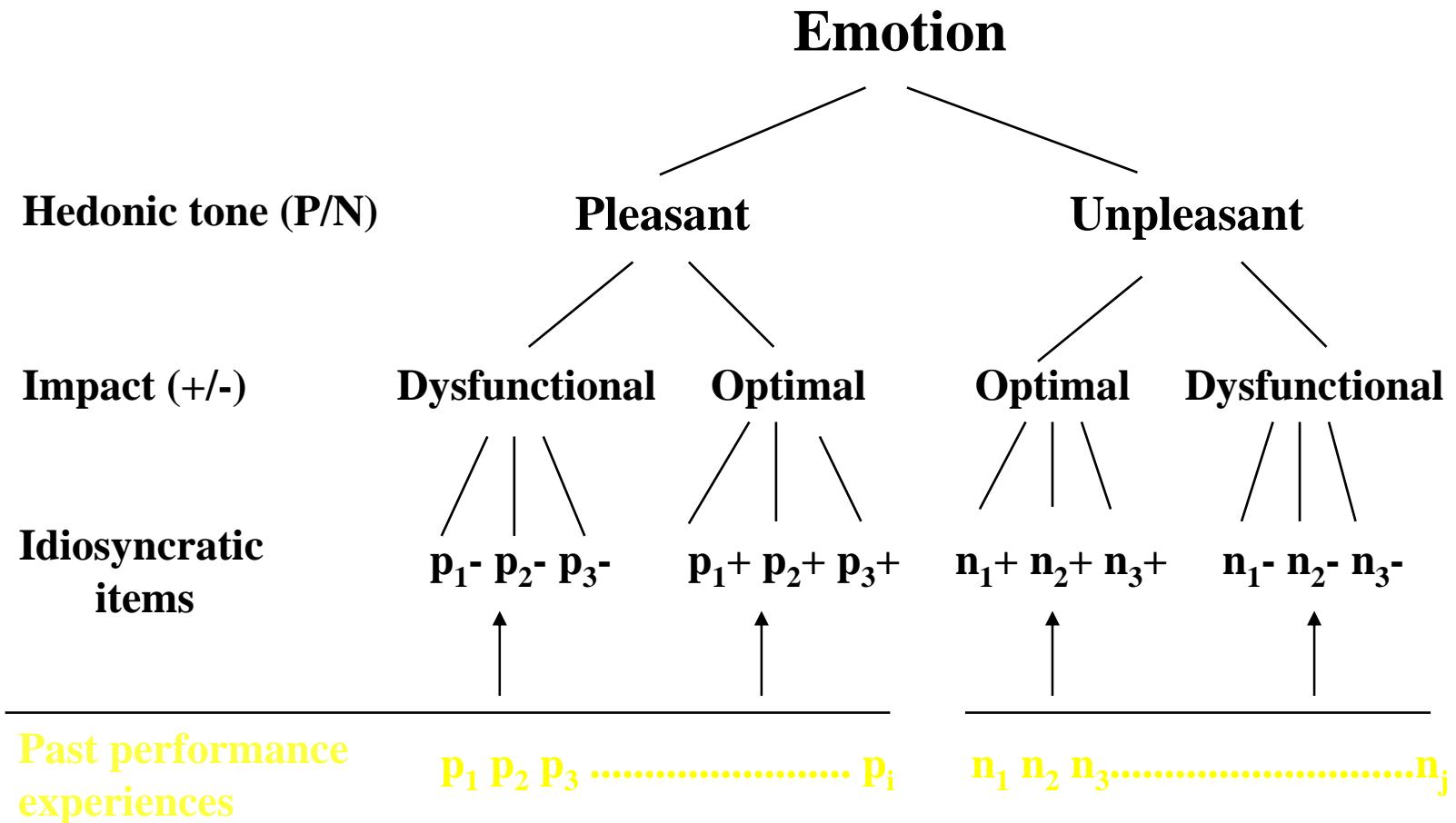
(Lazarus, 1991, 2000)

- **Happiness** - making progress toward the realization of a goal
- **Pride** - enhancement of one's ego-identity by taking credit
- **Relief** - a distressing goal-incongruent condition changed for the better
- **Hope** - fearing the worst but yearning for better
- **Love** - desiring or participating in affection, not necessarily reciprocated
- **Gratitude** - appreciation for an altruistic gift (personal benefit)
- **Compassion** - moved by another's suffering and wanting to help.

## Negatively-toned discrete emotions (Lazarus, 2000)

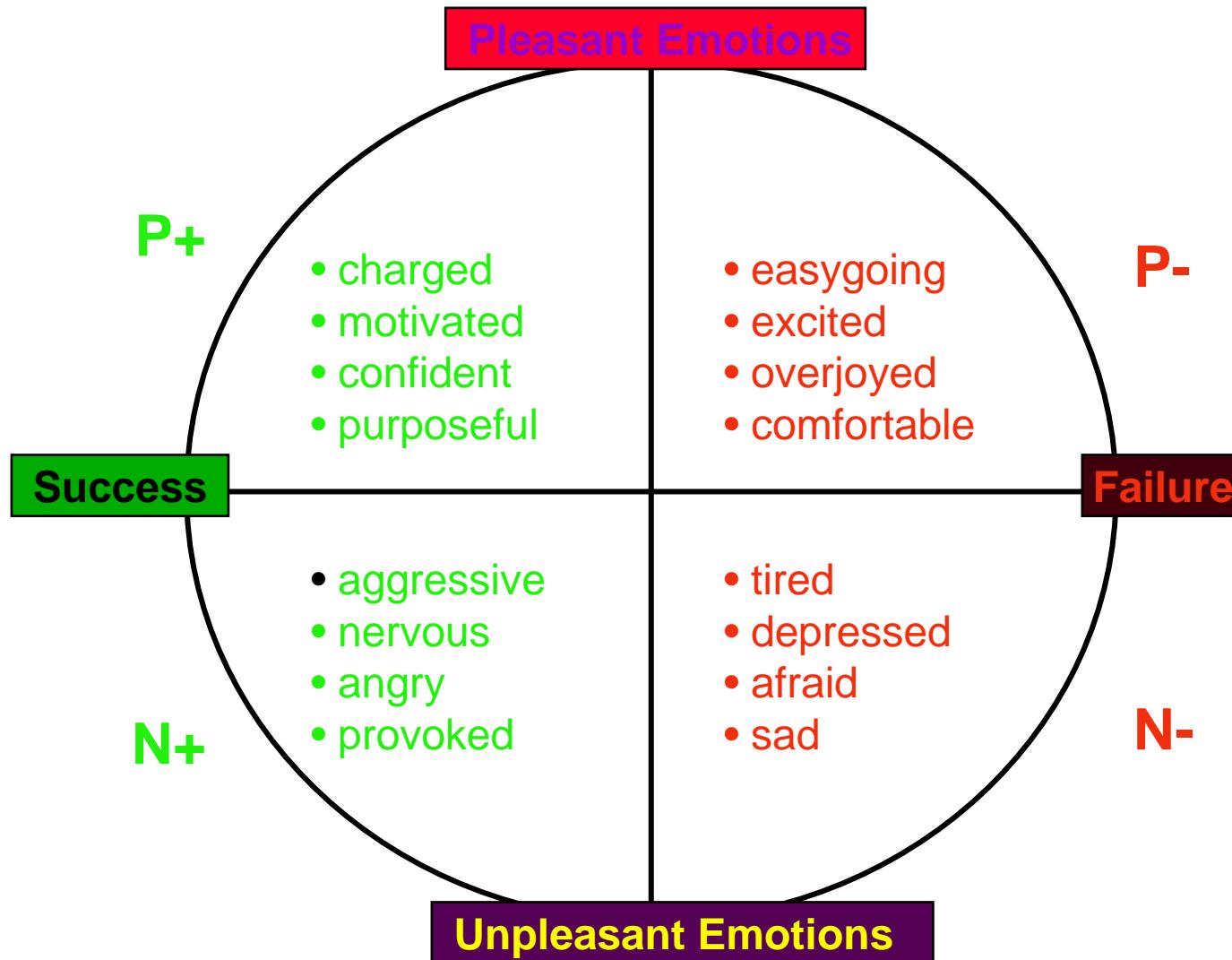
- **Anger** - demeaning offence against me and mine
- **Anxiety** - facing uncertain, existential threat
- **Fright** - an immediate & overwhelming physical danger
- **Guilt** - having transgressed a moral imperative
- **Shame** - failing to live up to an ego-ideal
- **Sadness** - having experienced an irrevocable loss
- **Envy** - feeling deprived of what someone else has
- **Jealousy** - resenting someone for loss another's affection

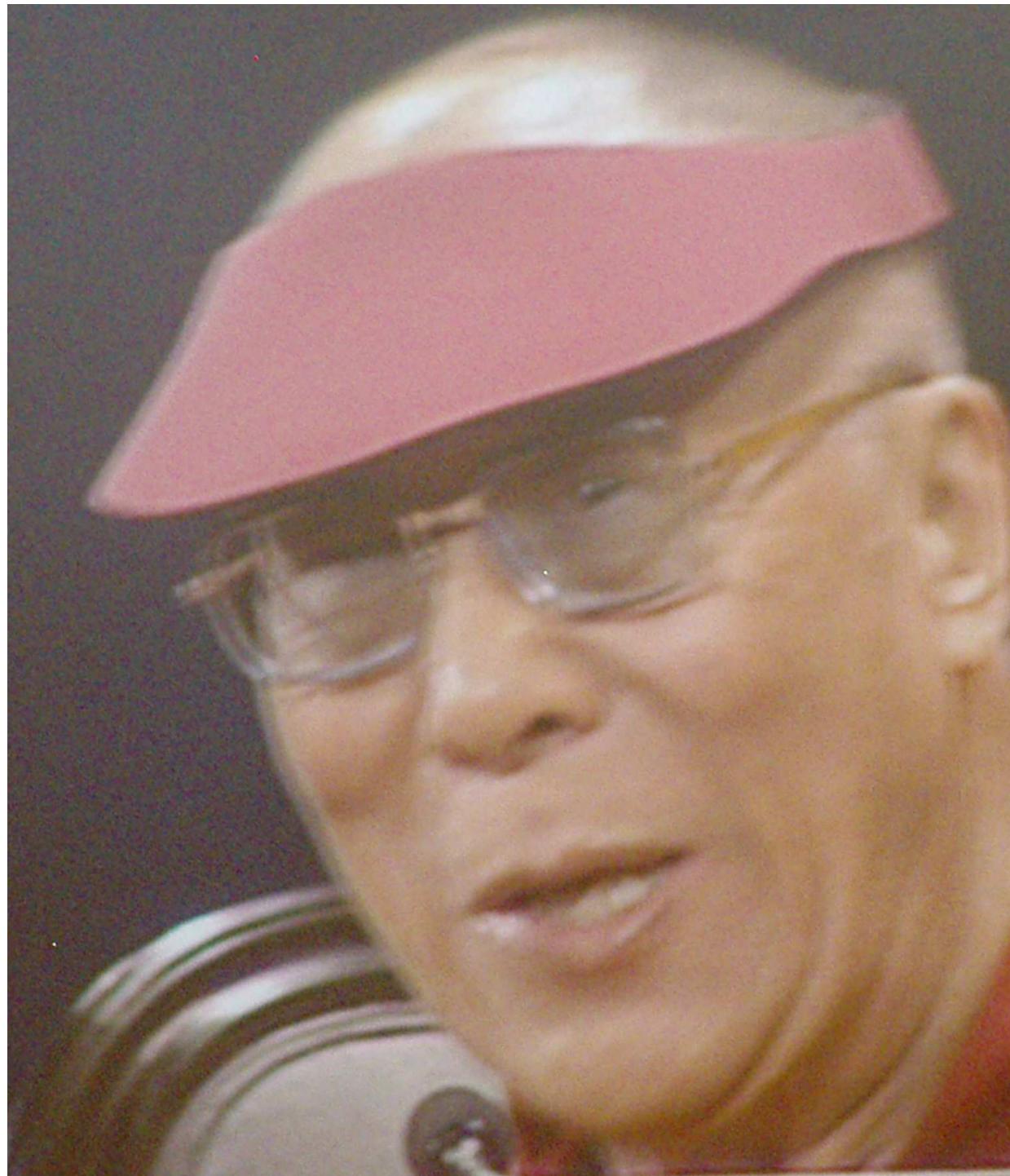
# Emotion content: IZOF-based conceptualisation



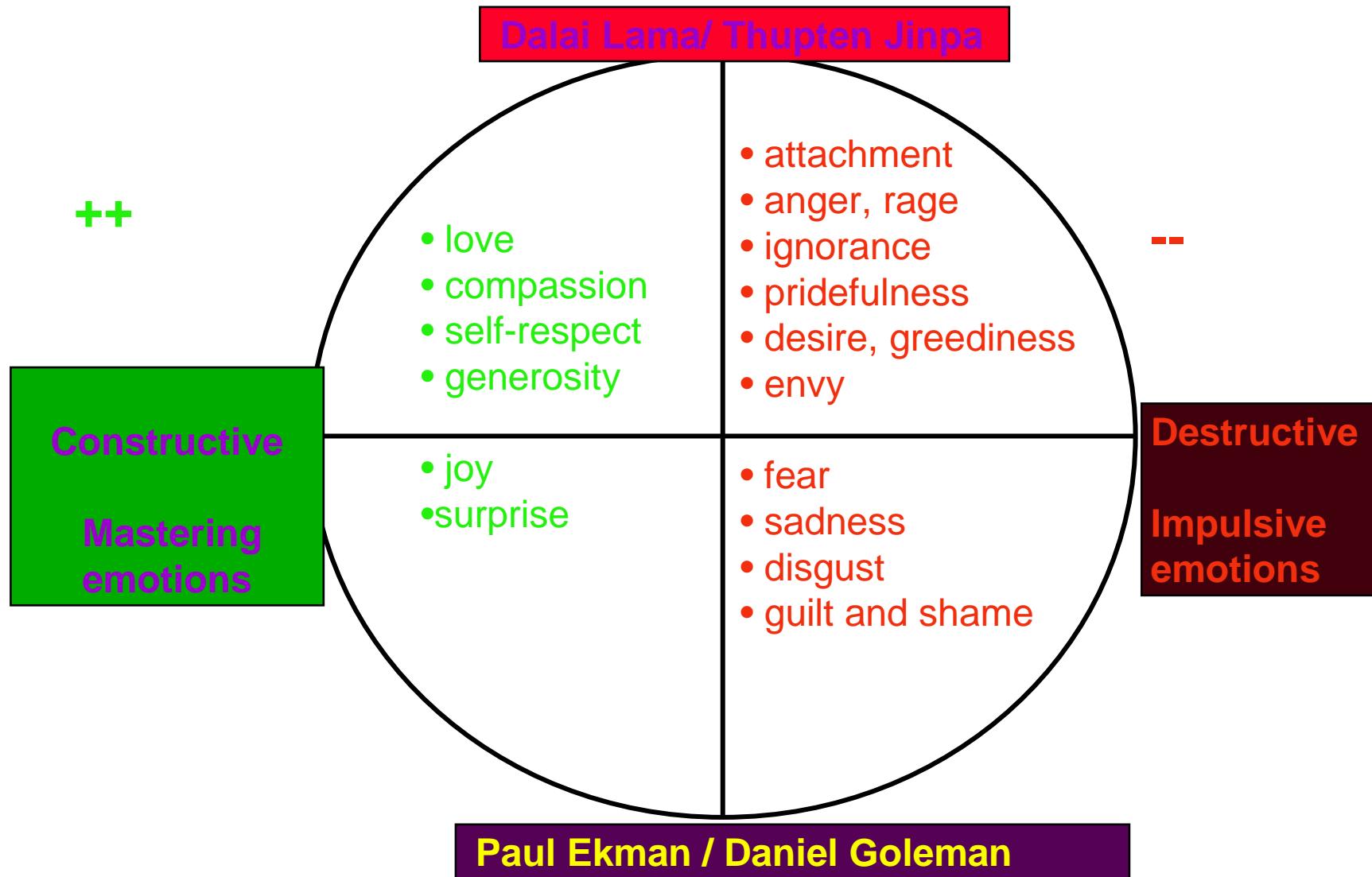
\* Hanin, 1997

# Yuri Hanin, Emotions in Sport



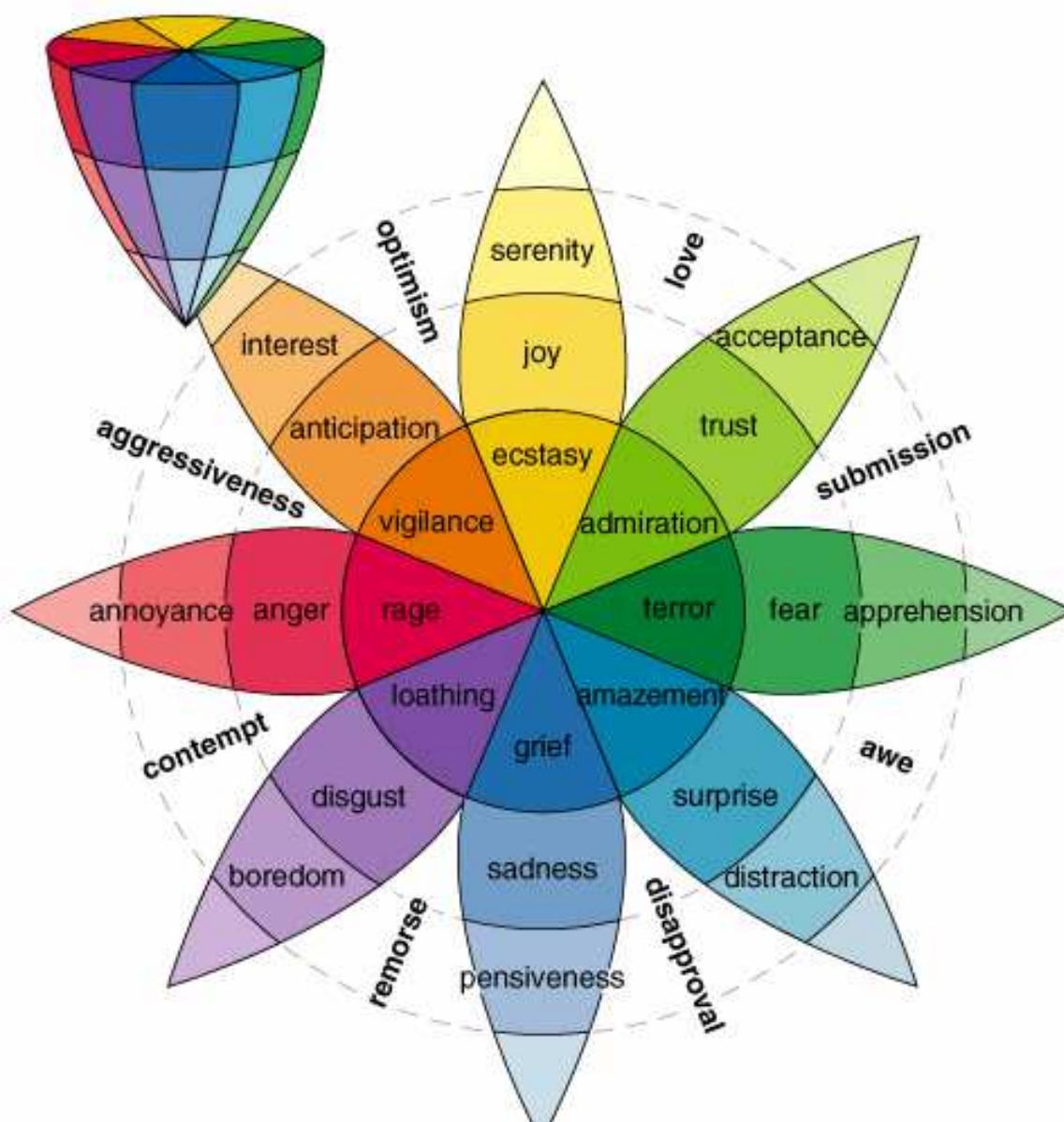


# Dalai Lama/ Daniel Goleman constructive and destructive emotions

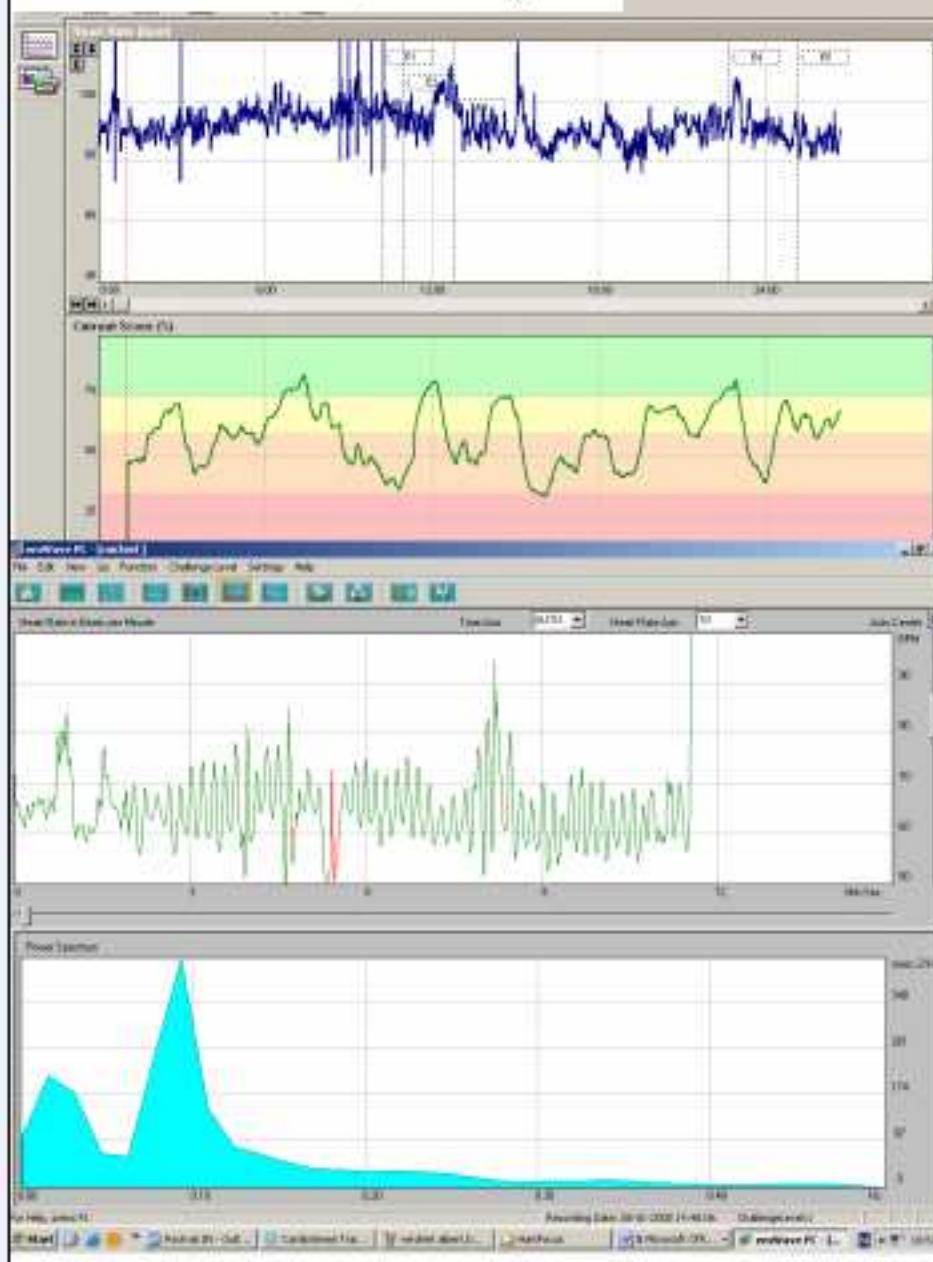


# The Nature of Emotions

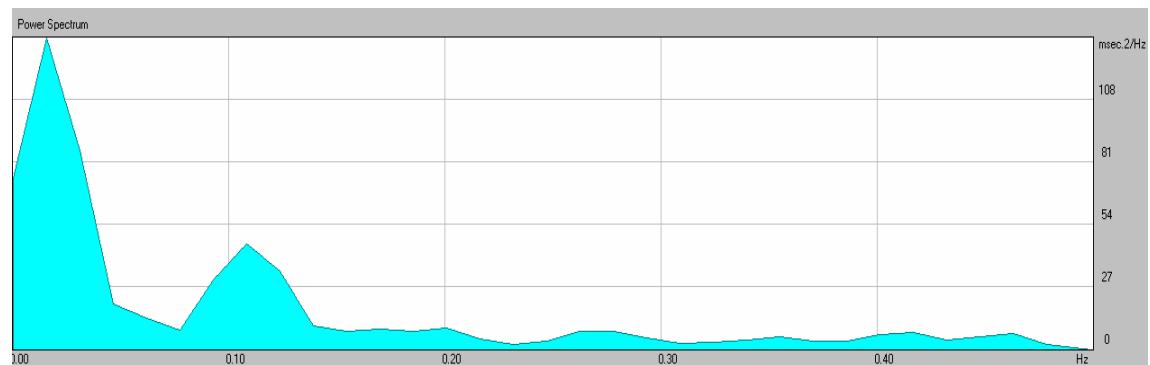
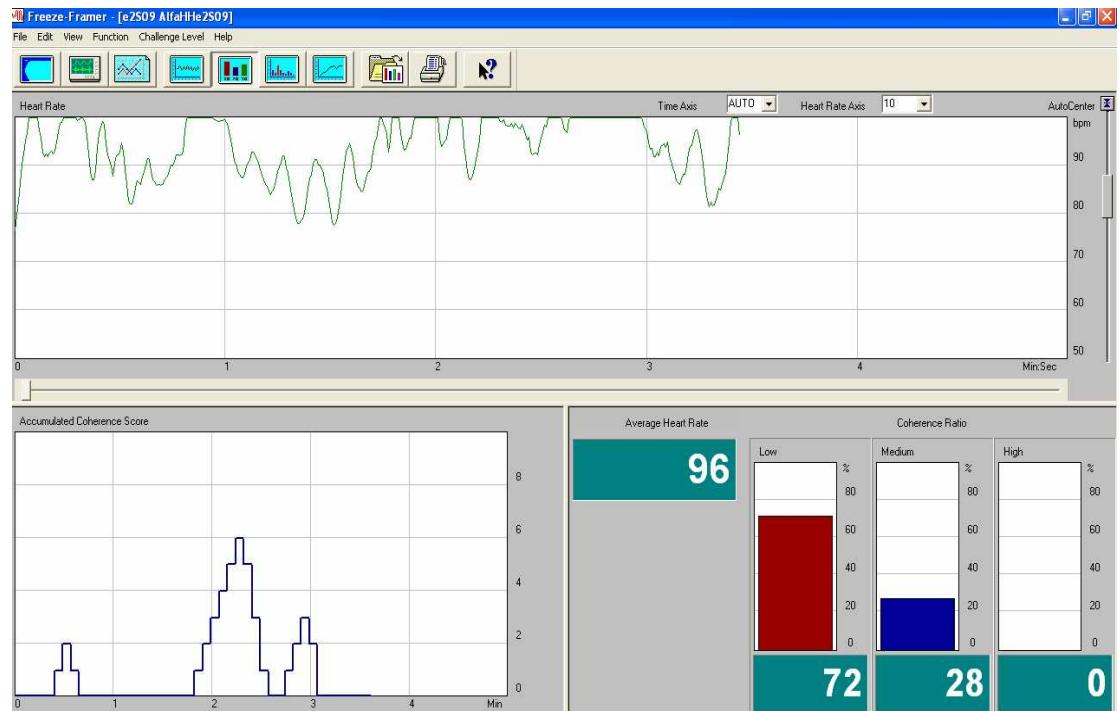
by Plutchik



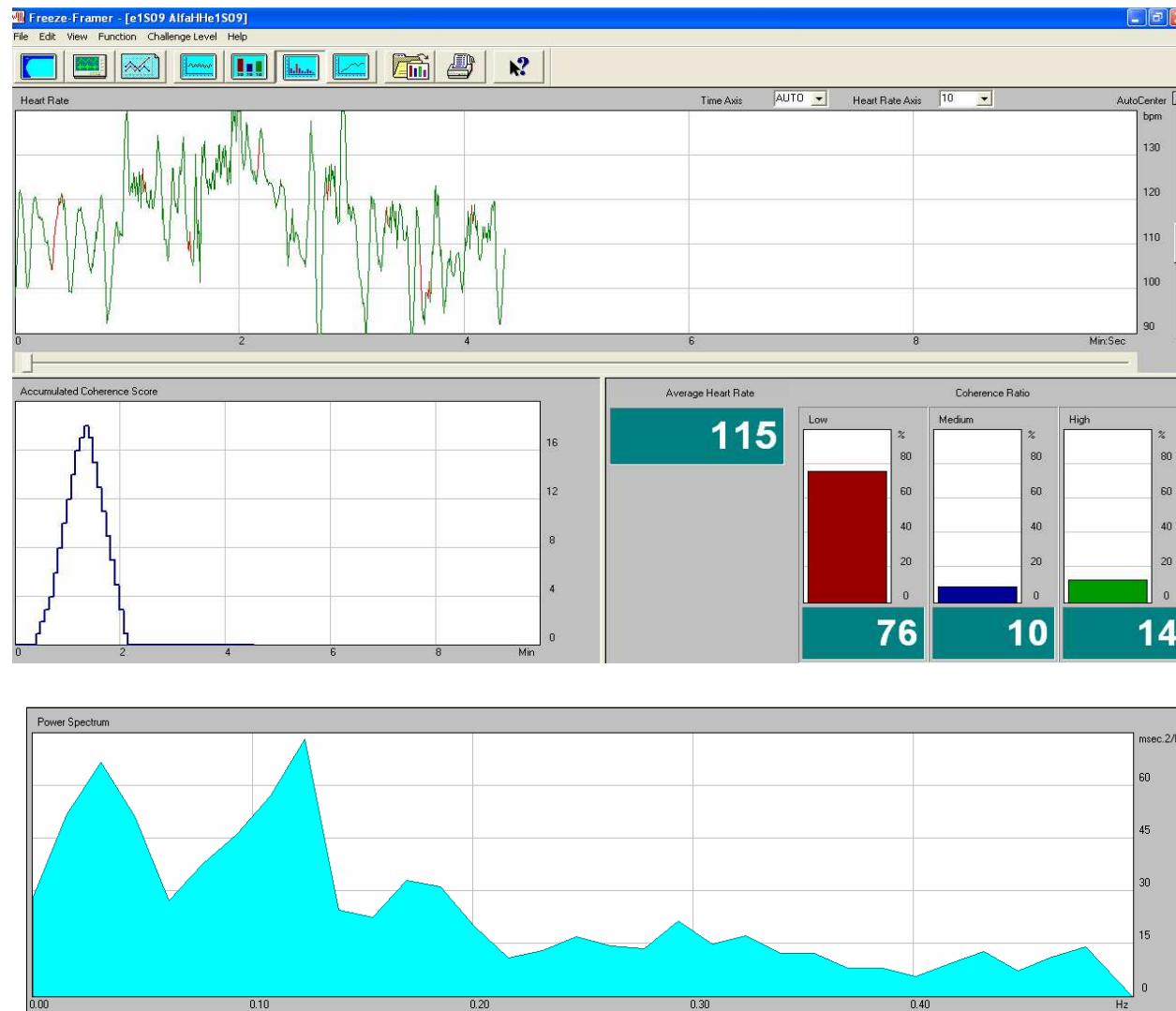
# cathartic sadness , man 65 year



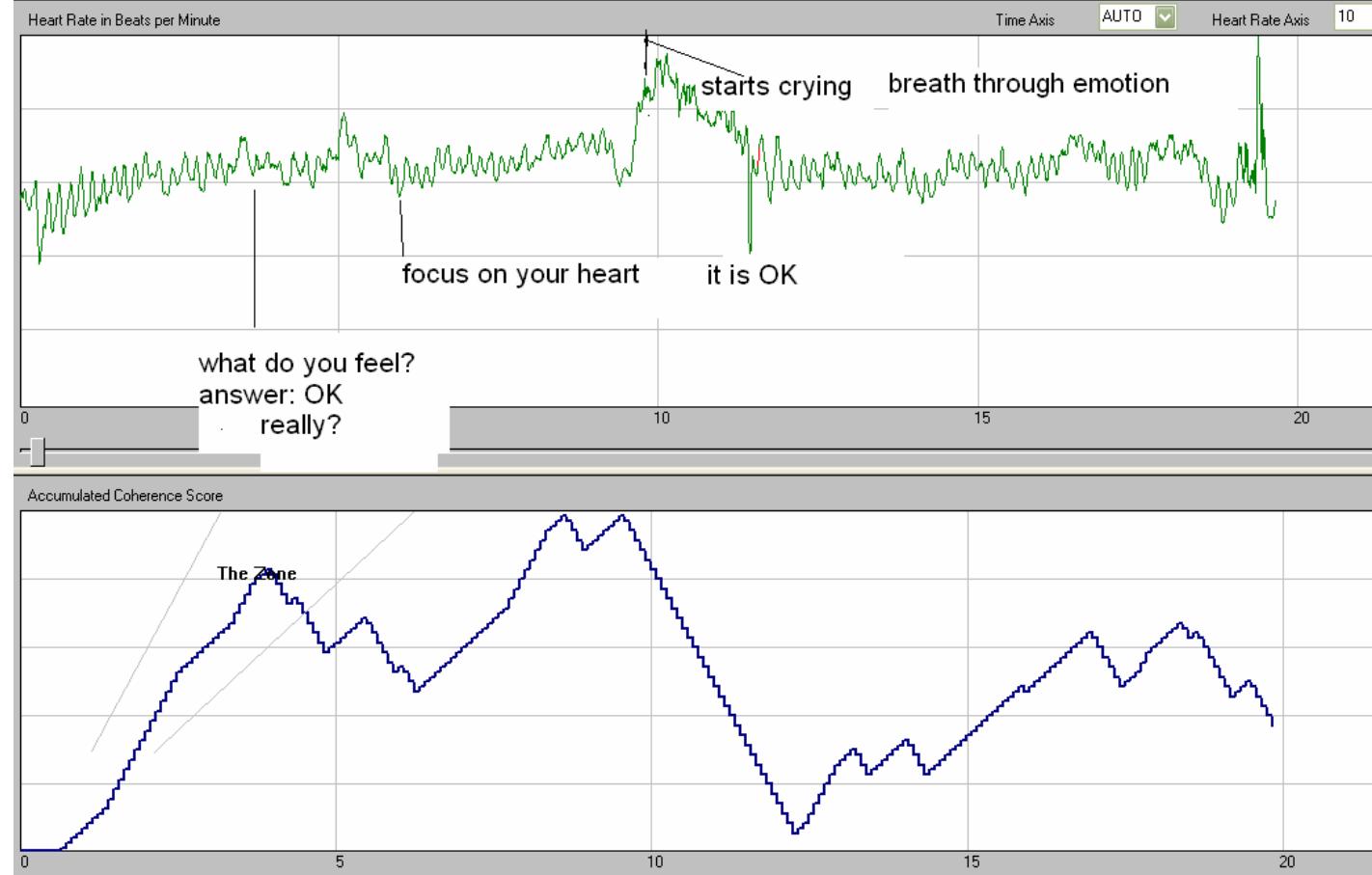
# Bevroren boosheid



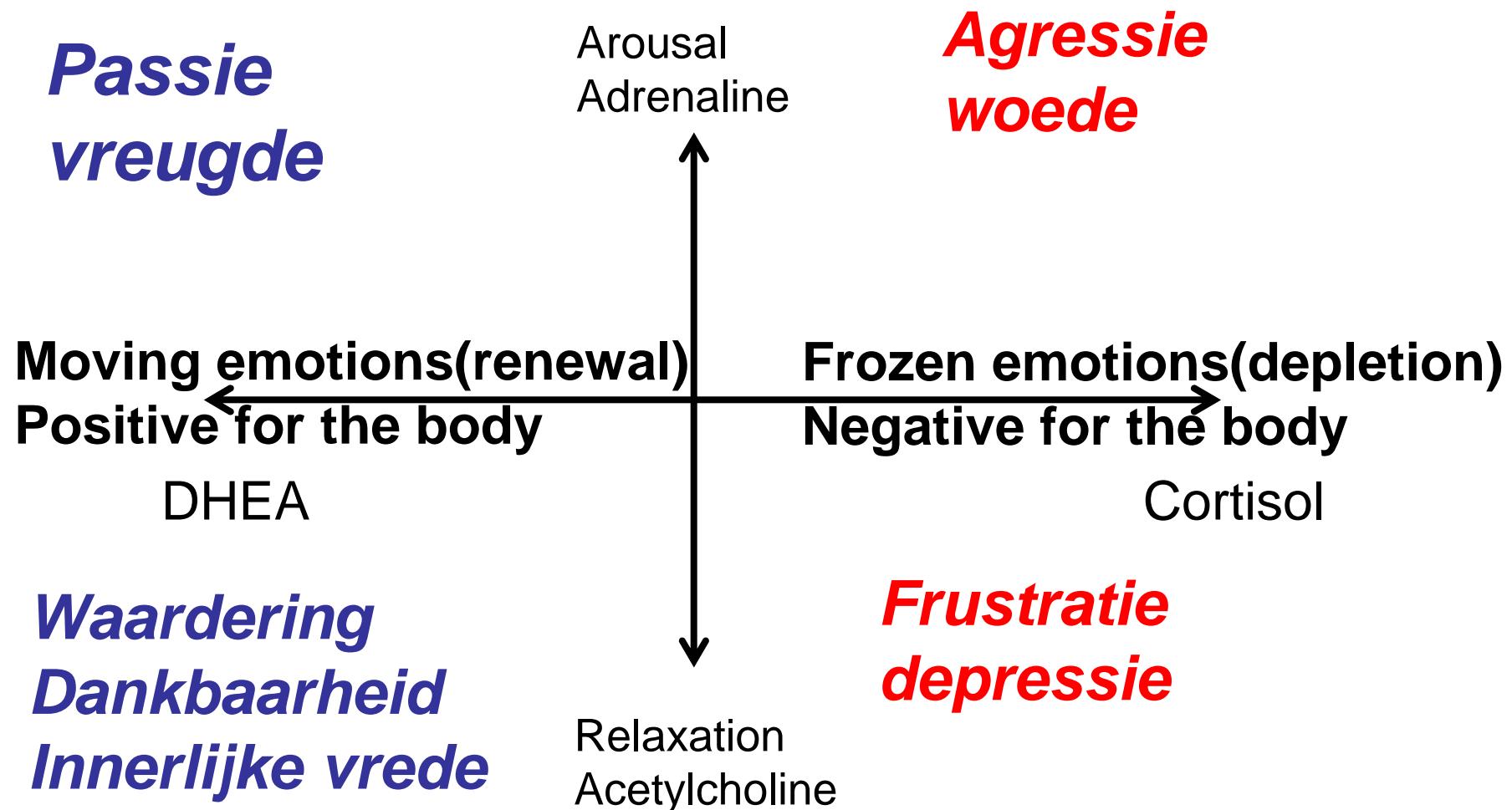
# Bevroren verdriet



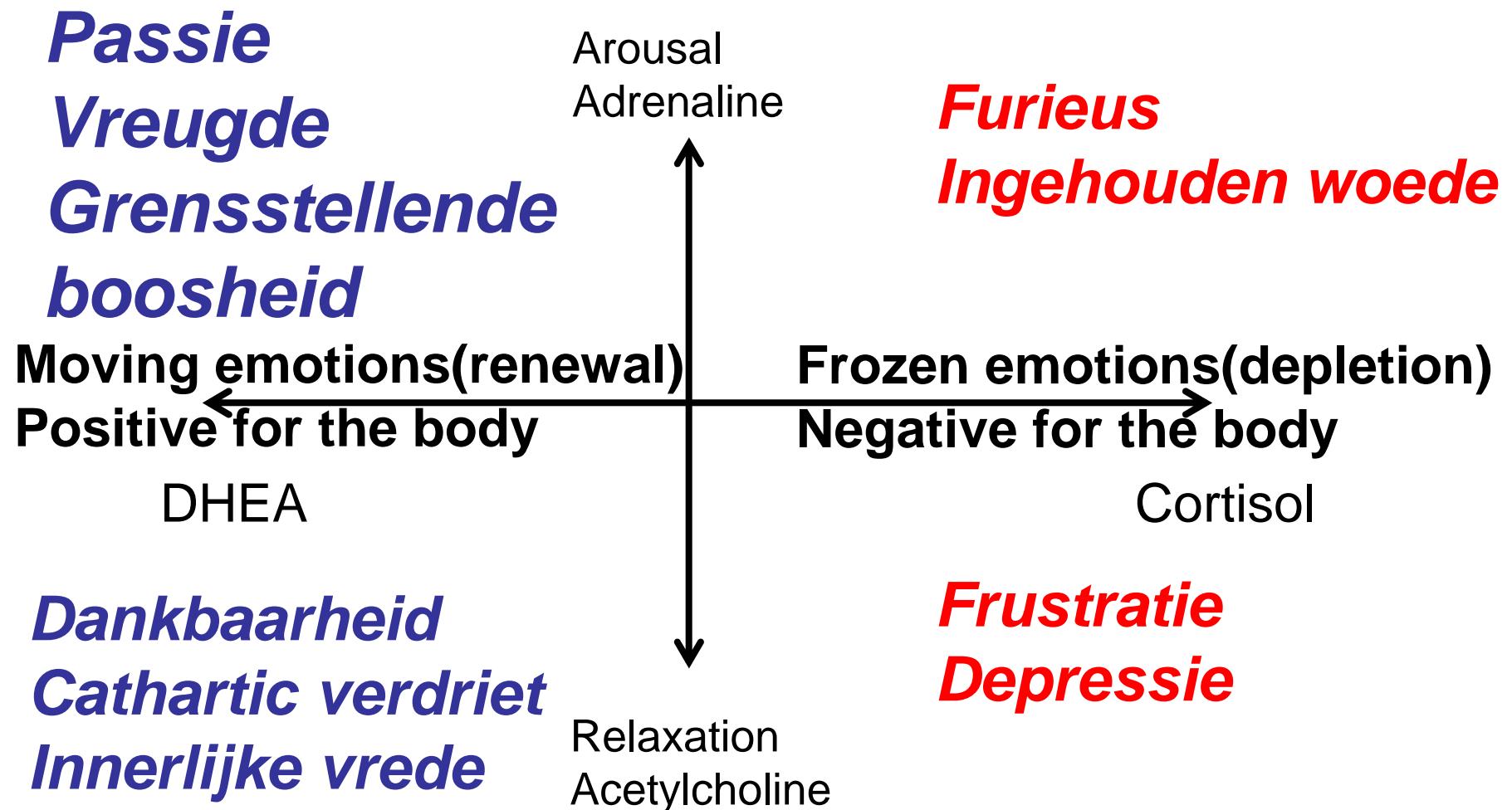
60 years old woman depression



- Emotie Landschap



- Emotie Landschap



# Heart: conductor of the orchestra



heart-mind-center-feeling-intention

# Ling Shu, chapter 8 about 2000 year ago

“That which takes charge of the being is the heart. Take charge of beings is to be able to assume the burden of all elements of life”

The heart mediates between the information from the environment and the physiological state of the body.

The heart is like a conductor of an orchestra, conscious if each vibration fits in the harmony of the orchestra.

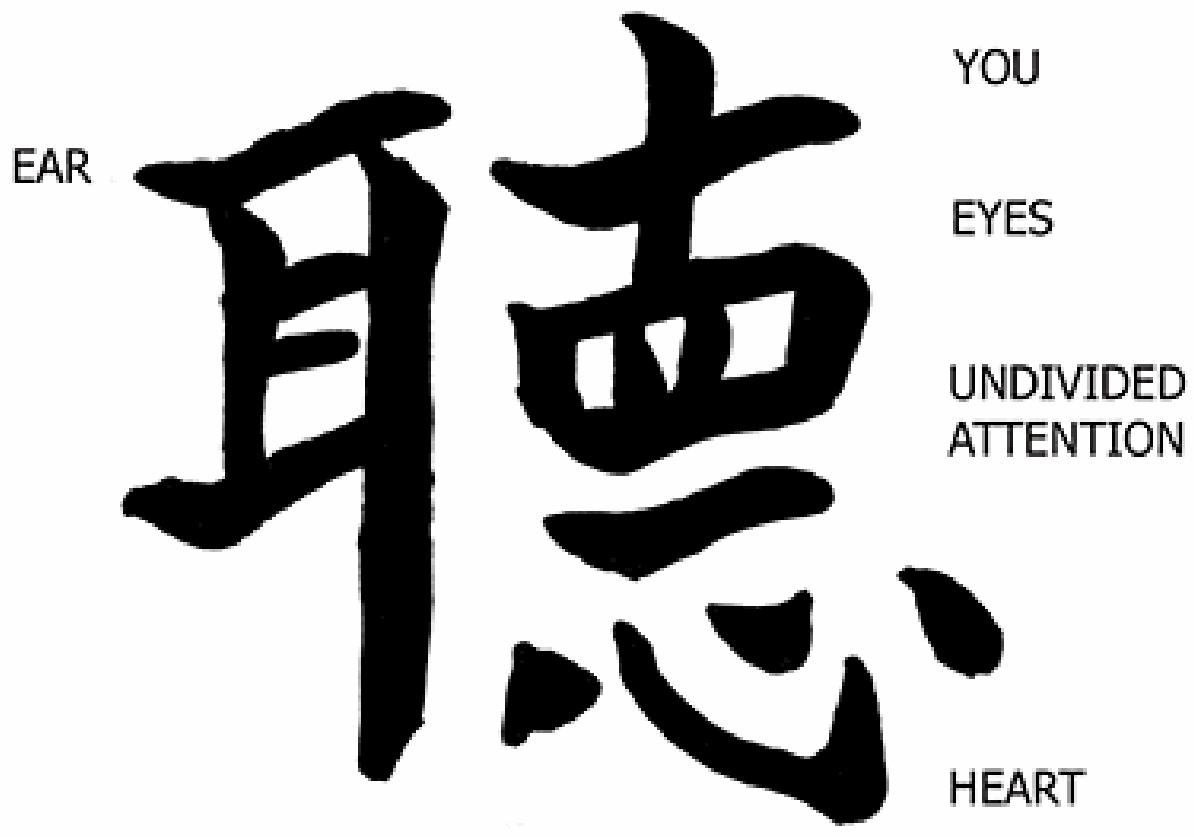
Double role of the conductor:

- attunement to harmonize vibrations (EEG,ECG, hormones, baroreflex)
- represent the composer (personal history, memories stored in the body)





Elisabeth Rochat de la Vallee



Chinese sign for the verb 'to listen'

KONG  
FEAR

恐

BEI  
SADNESS

悲

NU  
ANGER

怒



## YOU: OPPRESSION

**the head on top**

**the heart in the middle**

**dragging legs**

**excessive drives: fear,  
rage, grief, melancholy**



**XI: ELATION**  
elation by music  
rhythm of the drum  
singing mouth

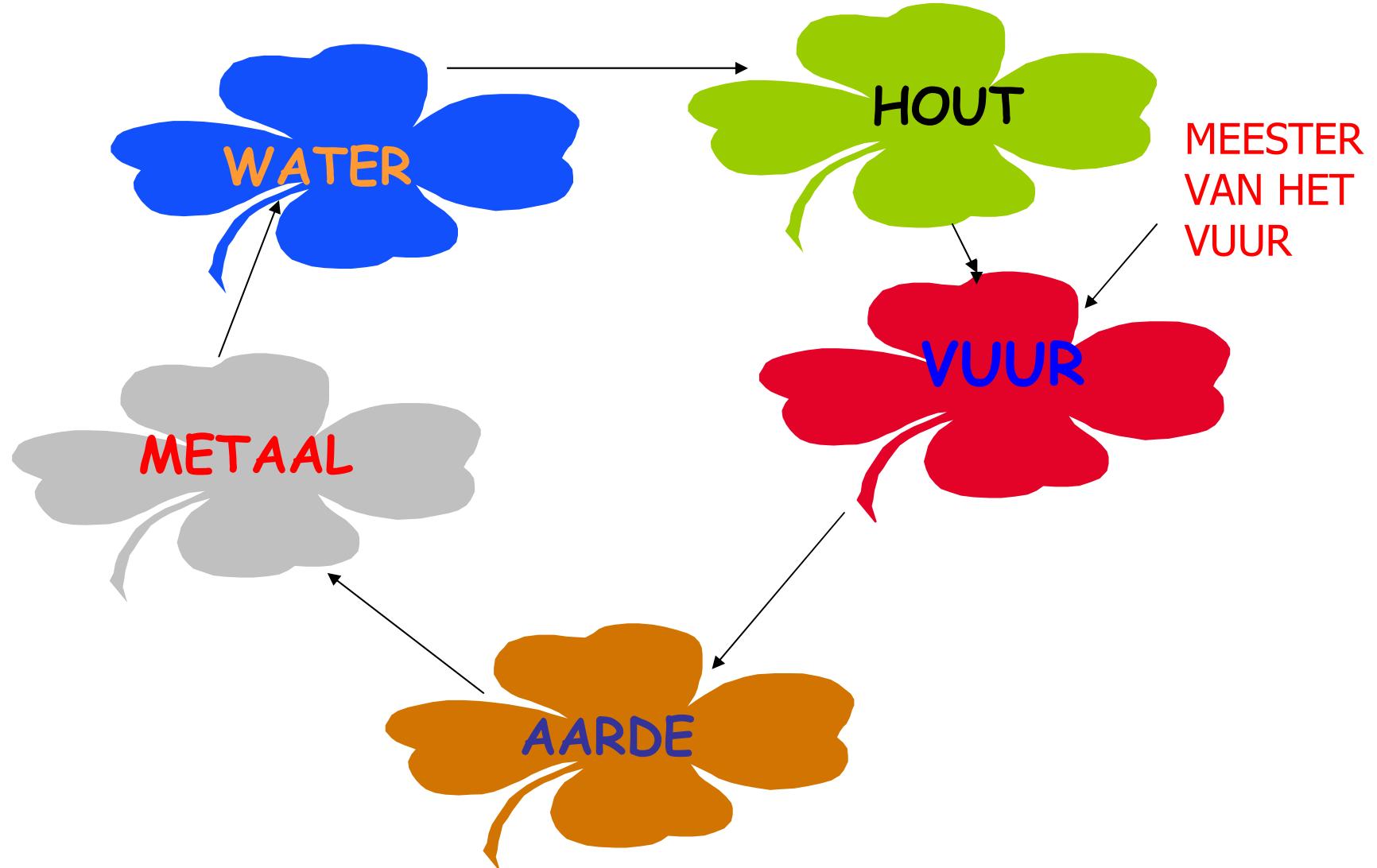


**LE: JOY**  
drum with bells  
symphonic orchestra  
harmony, feeling of unity

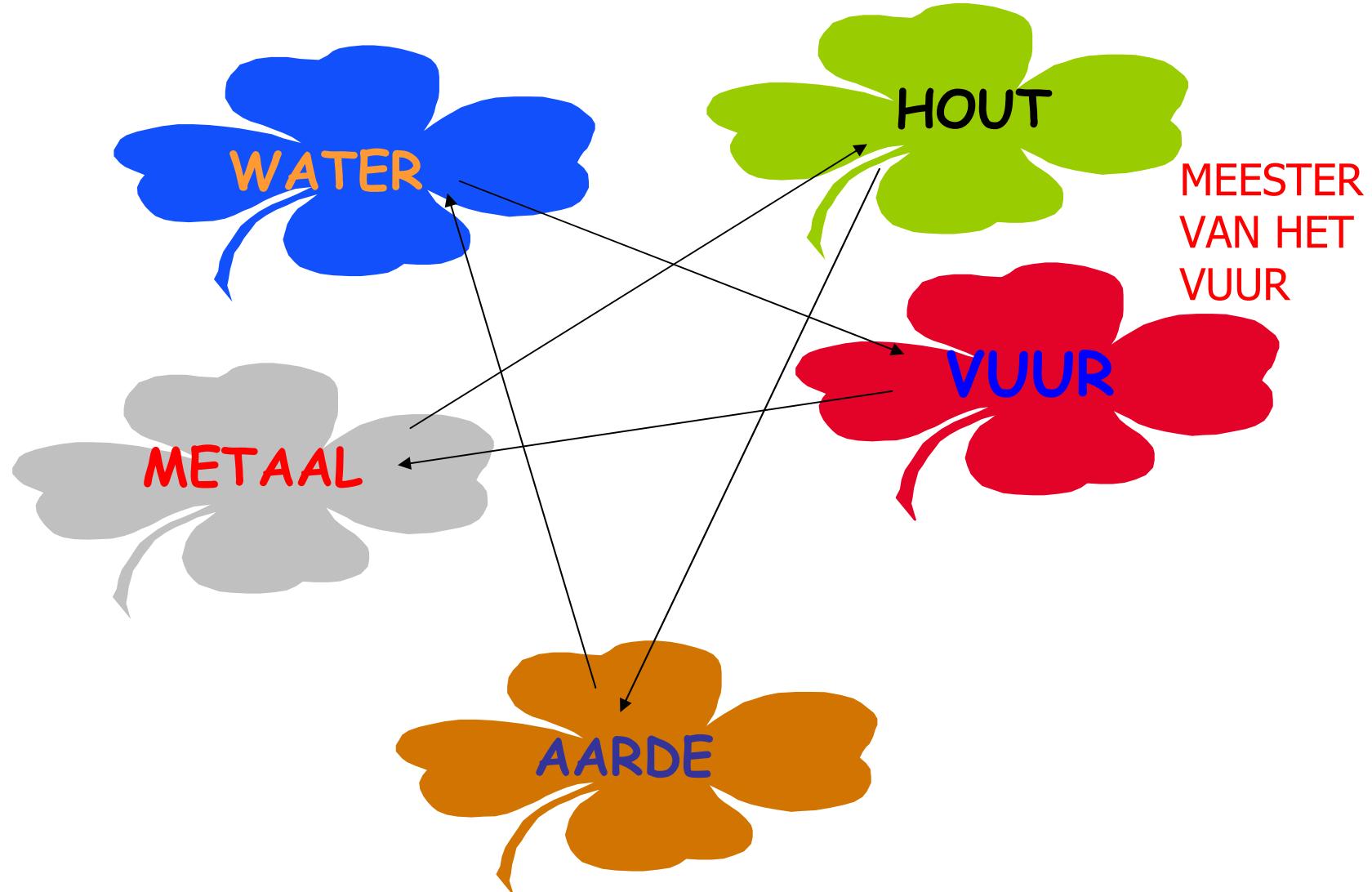
# 5 ZANG

- 5 elementen
- 5 orgaanfuncties
- 5 energieën
- 5 bewegingen
- Ling Shu, hoofdstuk 36:
- Het hart is de meester van de 5 Zang en de 6 Fu

# CHENG CYCLUS: MOEDER-KIND, CREATIECYCLUS



## KO-CYCLUS: OPPOSITIEREGEL/REMMENDE INVLOED



## 5 BEWEGINGEN/EMOTIES





**furieus**

**woedend**

**agressief**

**boos**

**potentie laten zien**

**LEVENSDRIFT**

**erkend voelen**

niet erkend voelen

onderkoelde boosheid

depressief

**WAAKZAAMHEID**

**ZUIVERING**

**IN HARMONIE MET JE  
AUTHENTIEKE NATUUR**

**LOYALITEIT**



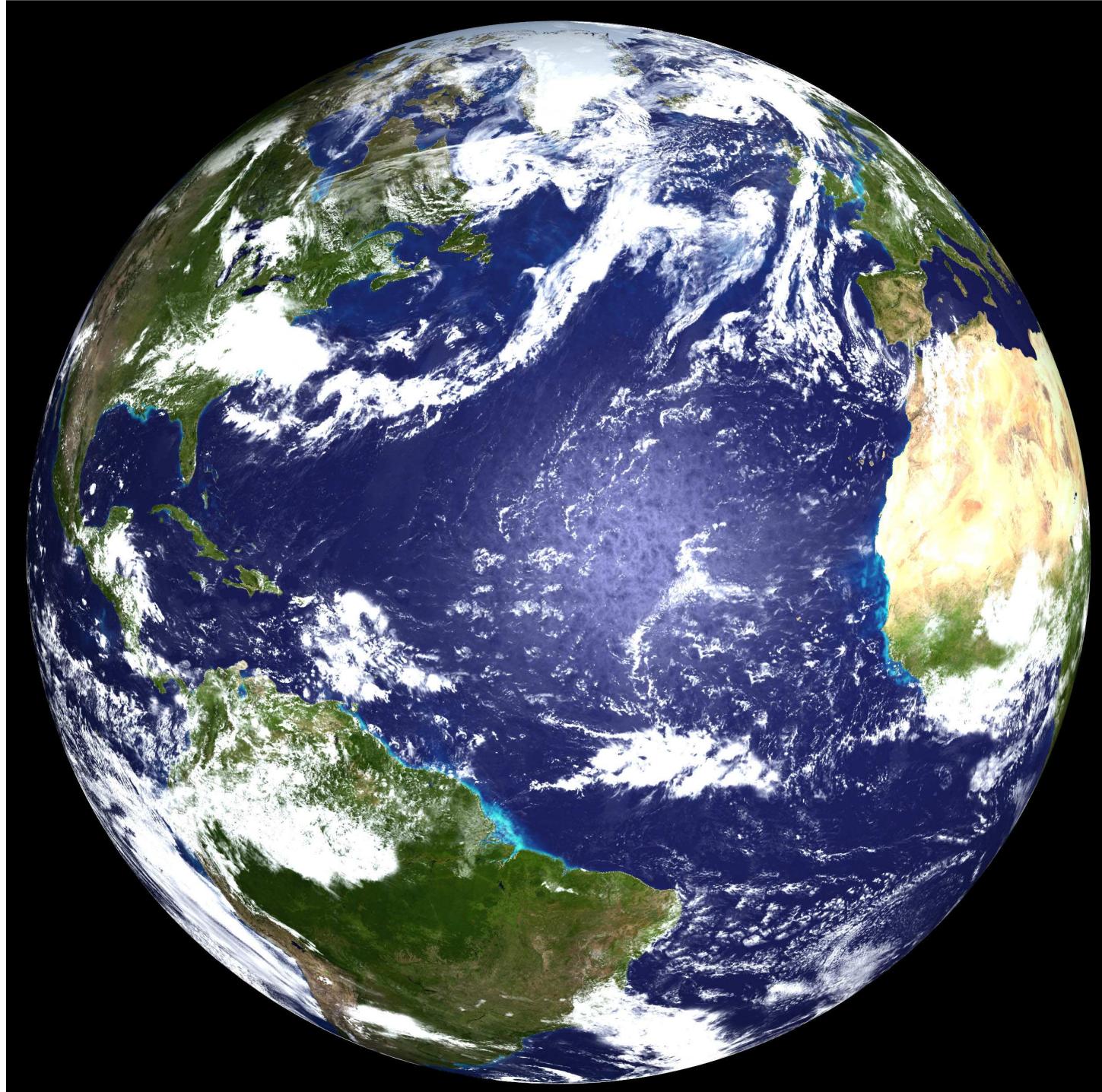


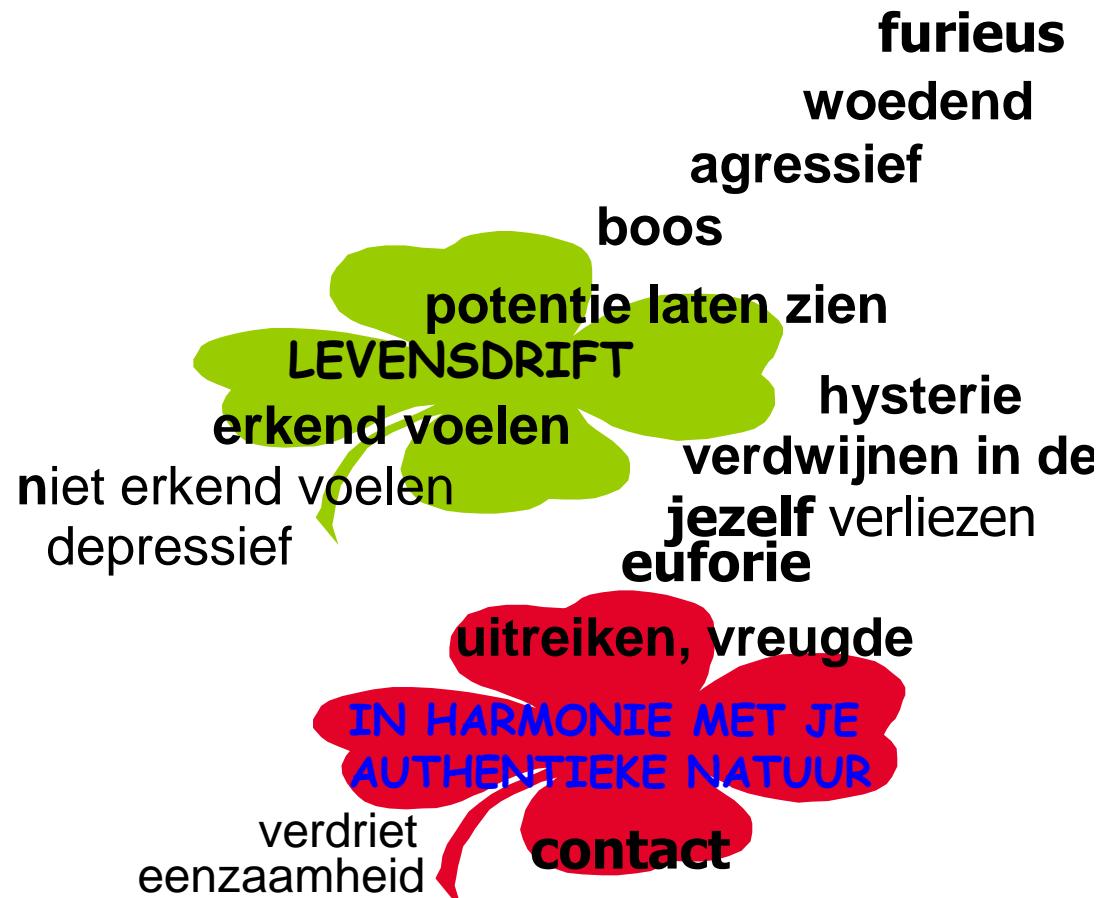
niet erkend voelen  
depressief



contact verliezen  
verdriet  
eenzaamheid

furieus  
woedend  
agressief  
boos  
potentie laten zien  
hysterie  
verdwijnen in de  
jezelf verliezen  
euforie











## compulsieve stoornis

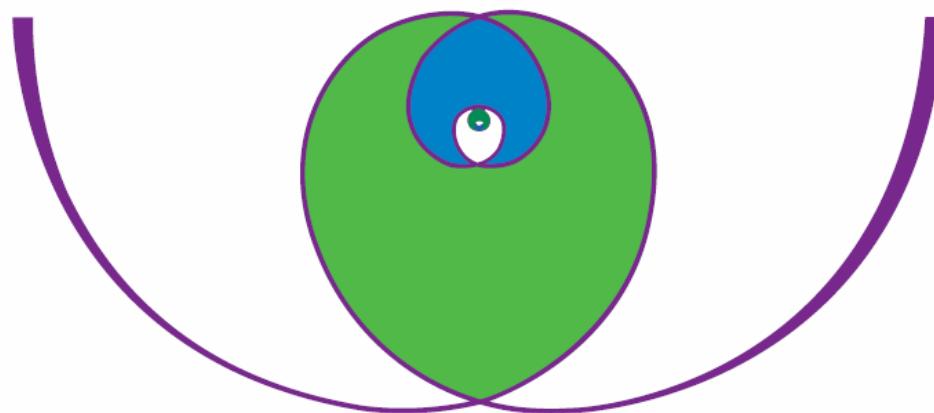
wil zonder hart





CANON PACHELBEL AMATORE

# HartFocus



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