

Life has its up and downs. You feel emotions from the moment you wake up early in the morning to the moment you lay your head down on the soft and silky pillow that ushers the sweet bliss of relaxation. At times, emotions can aid one's life by pulling you from a melancholic path. Sometimes, however, emotions are merely scientific.

EMOTION: DEFINITION

The main idea of emotion: it is a complex psycho physiological experience of an individual's state of mind as interacting with biochemical (internal) and environmental (external) influences. In humans, emotion fundamentally involves "physiological arousal, expressive behaviors, and conscious experience. Emotion is associated with mood, temperament, personality, disposition, and motivation. Motivations direct and energize behavior, while emotions provide the affective component to motivation, positive or negative.

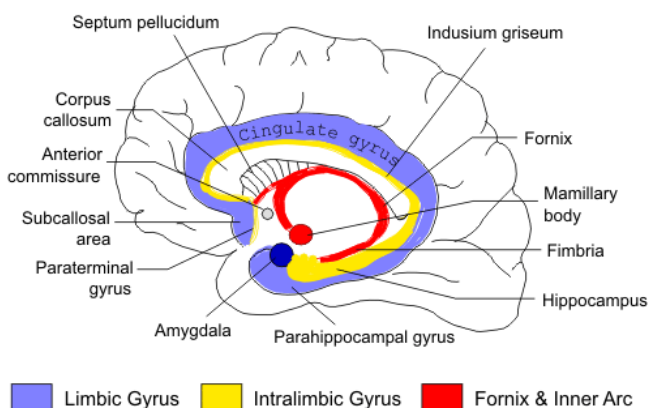
Emotion can be that kindled flame of passion that burns like an orchid amber blossom, fueling you towards an unthinkable task! Hope, inspiration, determination, energy, power, are all factors in making that emotion burn bright. Life is constantly changing your actions to form the path you choose to live and follow. There are many factors that shape ones life, like the environment and health that define one's life, but the main factor is the decisions one makes. Actions are usually caused by emotion.

Emotions run our daily life and aid us in staying alive. States like hunger, thirst, and sleep are all done instinctively with the effect of emotion. The only way to better understand emotion is through investigation. After researching, I found that emotion is complex and abundant in meaning.

INSTINCT AND EMOTION

No one has to teach you to feel happy and smile when you taste something tasty. Your emotions are connected with your senses. The limbic system is the area of the brain that regulates emotion and memory. It directly connects the lower and higher brain functions. It influences emotions, mood, and sensations of pain and pleasure. The deep limbic system is comprised of the following parts: Thalamus, Hypothalamus, Cingulate Gyrus, Amygdala, and Basal Ganglia.

The Limbic System



The associations across stimulus are mostly connected with the limbic system, the part of the system called the amygdala. The amygdala is important for making associations across stimulus modalities. (A certain fragrance, for example, often elicits an associated visual image). The amygdala is the center of emotions. The functions of the amygdala are to form and store memories associated with emotional events.

EMOTIONAL INTELLIGENCE

This type of intelligence is still being studied to this day. The basis of emotional intelligence must combine two of the three states of mind: cognitive and affect, or intelligence and emotion. Scientists Mayer and Salovey define emotional intelligence as follows: “Emotional intelligence is the ability to perceive emotion, to access and generate emotions so as to assist through, to understand emotion and emotional knowledge, and to reflectively regulate emotions so as to promote emotional and intellectual growth. The connection between environment, our emotions, and our body is so fascinating.

Emotional intelligence consists of four core abilities:

- Self-awareness – The ability to recognize one’s own emotions and how they affect thoughts and behavior; to know one’s strengths and weaknesses, and have self-confidence.
- Self-management – The ability to control impulsive feelings and behaviors; to manage emotions in healthy ways—take initiative, follow through on commitments, and adapt to changing circumstances.
- Social awareness – The ability to understand the emotions, needs, and concerns of other people, pick up on emotional cues, feel comfortable socially, and recognize the power dynamics in a group or organization.
- Relationship management – The ability to develop and maintain good relationships, communicate clearly, inspire and influence others, work well in a team, and manage conflict.

MY EMOTIONAL BEING

So what are my emotions? This draws me back to my web of my experienced emotions. In total, I have experienced around 32 to 40 of the total 69 emotions we can experience. I have narrowed my focus to the emotions I have a deeper connection with. These are the emotions that shape me:

- Love
- Frustration
- Sadness
- Nostalgia

These four emotions shape me differently. Love shapes my ability to define a goal to look forward to each day. Frustration shapes me in changing my environment or myself to survive.

Sadness shapes me to look at the negative aspects of life and to be grateful of my position. Nostalgia shapes me towards the recollection of the life I have experienced for a source of energy. These emotions are key factors in my art. That's why they are the strongest emotions in my life. They shape my whole perspective on the ideas I put into my work. The emotion I pour into my art is a representation of my emotions. Another reason these emotions are the most powerful in my life is because I experience them almost every day. I can always look for love, frustration, sadness, and nostalgia. Emotions run the gears in the brain. Many people have different emotions and feel these emotions differently.

EMOTIONAL FOOTPRINT

We leave emotional footprints. I have a theory that we leave emotions in specific things. As an artist, I have witnessed the value we put into specific items or objects. I believe that if we truly have a connection with something, the emotion can be born. With me, my art is the fruit of my labor: I enjoy seeing that emotional enthusiasm from my audience. That moment is as good as biting into a ripe mango. We leave emotional footprints everywhere we go by adding meaning to something. In the art world the simplest way to describe this footprint is "graffiti art." This style is looked down by society and is illegal. However, graffiti art leaves a message and sense of purpose that the artist wants to express. It leaves behind the emotion of the artist.

LOVE

"Love is an ancient delirium, a desire older than civilization. Love is an emotion of strong affection and personal attachment towards something. Many say that love is also a virtue. That it's a human's personal trait to be spread across the world for survival." Diane Ackerman's book, *The Natural History of Love*, explores aspects of love. Ackerman's points of view on things are narrow to the love we once experienced. She describes the love of the Egyptians and Romans.

Love can also lead to violence. If love overcomes a person's mental state, it can lead to disorder. This can lead to hate and superiority. Not all love is wrong. For example, the virtue of love can represent all of human kindness, compassion, and affection—the unselfish loyalty and benevolent concern for the good of another. Love can also be described as actions towards others or oneself based on compassion, or as actions towards others based on affection. Love is a huge part of our lives. It's a survival instinct that we need to connect with. The reason for love being so important is human survival. We need love to survive life. There is no actual definition for love; love can mean almost nothing or absolutely everything. It's frustrating how the word is thrown out so carelessly. If the word were used carelessly, that would explain the disconnection to its true meaning.

"Love has been so censored in our society. As a society we are embarrassed by love. It's been subdued into submission to become quiet and restrained from expressing its emotion. According to Ackerman, we treat love as an obscenity. Love can be defined in two ways:

- Impersonal love
- Interpersonal love

IMPERSONAL LOVE

Impersonal is one of the two branches of love. The definition of impersonal love is: In impersonal love a person can be said to love an object, principle, or goal if they value it greatly and are deeply committed to it.

This definition means that impersonal love is an emotional connection with something or someone. The main point of interpersonal love is that there has to be a deep connection between two things.

INTERPERSONAL LOVE

Interpersonal love is mostly described as: love between human beings. It is a more potent sentiment than a simple *liking* for another. Interpersonal love is most closely associated with interpersonal relationships. Interpersonal love is experienced as a connection, an intimate love towards a person. The deeper and physical connection towards someone you love.

FRUSTRATION

Who doesn't experience frustration? It can't be avoided in the systematic world we live in now a day. With problems being announced in many environments it's inevitable to avoid the news. My frustration grows from the indifferences in my art I find from others. The frustration is caused by the action on how things are not as I plan or want them to be. It's a deep and personal cause that ignites that fuse into a volatile experience. The definition of frustration is: In psychology, frustration is a common emotional response to opposition. Related to anger and disappointment, it arises from the perceived resistance to the fulfillment of individual will. The greater the obstruction, and the greater the will, the more the frustration is likely to be. Causes of frustration may be internal or external. In people, internal frustration may arise from challenges in fulfilling personal goals and desires, instinctual drives and needs, or dealing with perceived deficiencies, such as a lack of confidence or fear of social situations. Conflict can also be an internal source of frustration; when one has competing goals that interfere with one another, it can create cognitive dissonance. External causes of frustration involve conditions outside an individual, such as a blocked road or a difficult task. While coping with frustration, some individuals may engage in passive-aggressive behavior, making it difficult to identify the original cause(s) of their frustration, as the responses are indirect. A more direct, and common response is a propensity towards aggression. This definition means that frustration is brought up from anger and disappointment. The anger and disappointment is brought up by emptiness or absence.

SADNESS

No one likes to wake up to an empty home. To never feel the warmth of the sun kiss your skin, the heartbeat of your loved one, and the embrace of people. My sadness grows from the environments and the past I explore at the moment. It's in my deep limbic system that conjures all these emotional experiences. I use this emotional state at times to enhance my art. It just comes down to how I use my emotions to form art.

DEFINITION OF SADNESS

Sadness is emotional pain associated with, or characterized by feelings of disadvantage, loss, despair, helplessness, sorrow, and rage. These feelings of certain things are usually negative. Crying is an indication of sadness. Sadness is a connection with the environments and your emotional tolerance. The emotional tolerance of the individual determines the reaction of the emotion.

NOSTALGIA

Nostalgia is another term that is still being studied to this day. But the main idea is: *nostalgia* describes a yearning for the past, often in idealized form. “The magic of remembering the past shows proof that you experienced that event. It’s a sad yet cheerful emotion.”

EMOTION, ART, AND MY RELASHIONSHIP

My spectrum of emotion is sprawling. Emotion is a constant spectrum of chain reactions. The emotion I have in my art can be viewed as events. The events I use in my art are emotionally charged segments of my life. The reactions are about a happy or sad time in my life. My creativity synthesizes with my emotions in my art.

CONCLUSION

Emotion is abundant in meaning. The spread of ideas and meanings form our environments. Emotion has formed me into an individual with distinctive characteristics. The characteristics are the factors that shape me as a person. The effect that emotion has had on me is also abundant. The reason I make art is always focused around emotion. Emotion will always be a part of my life to keep the growth constant. As I grow I will keep looking for the emotion in my life to use as an instrument in my art. One thing I wonder is whether or not emotion will ever die off, as one grows old. Will emotion stay fresh and abundant in meaning? Can you not express emotion?

The blocking of expression or action by a factor or group can be called “internalized oppression.” In my daily life, I am in a constant battle between my expressions of emotion. This internalized oppression deals heavily with my emotion and mind. The areas of emotion are blocked by a part in my mind that deals with decisions. It’s similar to a cancelation. No one gains anything. In my world I want to break free from the ropes of oppression and transcend the logos of my emotional mind. The only way to make this happen is through practice of constant discipline. To never fall into temptation and let things get in your way. It’s to thrust down the iron fist towards a new beginning. The explosion and struggle between my emotions and oppression. I want to express this oppression to the world. I wonder how the world would be without the embarrassment of oppression in our minds. Would life be simpler, or would it be chaos?