



The Secret of Emotions: The Spiritual Roots of Our Hidden Motivations

Justice Saint Rain

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If following your heart has repeatedly gotten you into trouble, but to follow your head feels like a kind of soul-death, then *The Secret of Emotions* will open up a whole new world of possibilities for you. It will teach your head how to understand the language of your heart, and teach your heart how to speak the language of God. This book explains that our emotional sensations tell us about the virtues we are experiencing, and that these virtues are reflections of the qualities of God in the world. Making the connection between emotions and virtues gives us a whole new vocabulary for understanding our feelings. Since most people make their life-choices based on their feelings rather than reason, understanding the meaning of our emotions is the SECOND-most important lesson we can learn in this life. The MOST important lesson is that virtues are our path to the Transcendent. Whether you call it God, Higher Power, Creative Spirit, or just your better self, we are all born with a longing to become more than we are right now - to demonstrate that we are, indeed, created in the image of the Divine.

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