



How to choose and use the best emotions



The Emotion Encyclopedia - Vol. 1 (Extract)
How to choose and use the best emotions

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Introduction

I sincerely welcome you to the beginning of this amazing journey of personal and global transformation.

This would be especially useful for you if you are the kind of person who feels himself/herself as a victim, you filter all that happens to you through the lens of “drama” events and you find plenty of evidence to support that viewpoint about yourself!

The orientation you adopt about your life is so important because it works as a powerful influence on the direction that you take.

The book that you are about to read opens up a doorway to a new reality. It also offers a cutting-edge approach to understanding health and disease, drawing upon the work of leading scientific researches.

Since the New Biology shows that the mind controls our biology, and even our genes, healing our inner selves can also prevent or even heal physical disease.

As I understand it, the vast majority of diseases come from resistance, or incoherent energy – that is, holdings our thoughts back that are not aligned with our higher self.

Physical symptoms can be seen as helpful mirrors of what has become ‘frozen in time’ in our psyche and

needs to be brought into the light and warmth of consciousness.

When the body is already weakened by our emotional stress, bad diet and environmental toxins can affect our health, and viruses or bacteria can lead to symptoms.

The molecular biologist and former Stanford University biology lecturer Bruce Lipton points out that 95 per cent of illnesses come from stress - and 100 per cent of stress comes from faulty beliefs.

This book: **“HOW TO CHOOSE AND USE THE BEST EMOTIONS FOR YOU”**, points out that every single one of these ‘faulty beliefs’ can be healed.

I want to commend you, the reader, for having the courage to start your new journey to wellness by purchasing this book and jumping into it so you can get the most out of yourself and of your life.

It is my deepest wish that when you finish this book you put in its place the missing piece of the puzzle which has kept you trapped in discomfort situations, so that you will no longer allow it to hold you back.

This book contains the knowledge that will catapult you to great heights where you have never been before.

With this book we go further than this simple sentence: “You are what you think”, “You become what you usually think about”, “You can create the type of life you would like to have by simply thinking the best thoughts”.

That’s not enough! “Why?”, you may say. Because the emotions you have attached or assigned to your thou-

ghts will make you decide what to do, and not simply knowing what is right or wrong for you.

But, what exactly does this really mean? Does it mean that just wishing occasionally about how fancy you want your life to be, you will get the right motivations and strength to become a better person on every aspect?

If you want to attract and achieve success, then, you have to think and feel success.

“ Physical symptoms can be seen as helpful mirrors of what has become ‘frozen in time’ in our psyche and needs to be brought into the light and warmth of consciousness. ”

Anyway, this success does not necessarily have to be material things; it can be physical health, happiness, relationships, and in many facets of our life which, unfortunately, many of us find hard to succeed at.

If you are looking for the right solution to any of your personal and professional struggles which limit you to get to your goals, this is what you need because it will definitely transform you into a powerful, confident, courageous, and self-assured person who is not afraid of taking some risks.

It aims to help you unlock and realize your true and full potential, and it fills you with the motivation and confidence you need to work so to get your deserved goals.

If all what you will learn is used in the right way and with conviction, these ‘elixirs’ can positively change your whole life. Conscious of the fact that success is relative and personal, this book will provide you exactly with what you need to grow globally.

Before starting the consideration of the eight main points covered in this book I would like to explain the way in which it has been divided in order to better highlight its purpose.

The other books:

“HOW TO FREE YOURSELF FROM PHYSICAL AND EMOTIONAL PAIN”, “HOW TO BREAK THE CHAIN OF ANY FORM OF HARMFUL ADDICTIONS”

are meant to go deep and show the various ways in which the Self Emotional Control technique can be of assistance in other fields introduced in this book.

You will also have the opportunity to participate in the webinars that Nic Russo regularly holds, and subscribe to the reserved area of the www.selfemotionalcontrol.com site and see the training videos.

Subscribe as well to the free training through the mini-course that you will find in the above mentioned website.

Thanks again for buying this book, it will help you to improve the quality of your emotions, so you can improve the quality of your whole life by choosing and using the best emotions for you.

How to choose and use the best emotions for you

**“ If you want to attract and achieve success,
| then, you have to think and feel success. ”**



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What's in this book for me

This book is going to give you, the reader, a better understanding of how you represent yourself in the world, how you can effectively make changes in your life and how you perceive your world.

Like anything else, you will get out of it what you put into it. If you find yourself stuck, there are countless resources to draw upon.

Use them, heal yourself and you will find that others around you will be intrigued and want to know more about it.

Do not be fooled, this process is simple, but there is an art behind it, a need for understanding exactly how we create our problems and how we can bypass that part of our brain which believes it is keeping us safe. I believe that, our inner selves are more or less like a family.

In a healthy family, love and communication flow with some impediments at times, but they flow all together, with still clear boundaries and different identities.

Everyone contributes to the well-being, and everyone prospers.

By contrast, in a dysfunctional family, a trauma leads to a breakdown in communication and the flow of love and the good emotions are blocked.

In the same way, some of our inner selves could be repressed, forced to in one direction, criticized, excluded, ignored or even considered a scapegoat.

Then patterns are created and spontaneously move from one generation to the next up to the moment when someone challenges that pattern and breaks the so called 'chain of pain'. Self Emotional Control restores the healthy energy flow, so that dissociated members of the family can be welcomed home again.

Love and communication start to flow again, so that the frozen member moves out of its state and becomes part of the membership more aware about the need to love and help each other. This makes the echo of our past free from liabilities.

Great things can happen when you start meeting your ECHOs and watch where they take you!

Self Emotional Control can heal past bad memories and leave you with new ones in their places, which means that you can now experience in your life new, joyful and energetic imprints.

We do get back whatever we have send out into the field, that is because we attract them, so holding these positive new thoughts and emotions not only make us feel good but also means we are creating a whole new world for ourselves. So, now let's get down to what this book contains and how the information can be a source of help to choose the best emotions and use them for your best.

We are going to talk about 5 main points:

What is Self Emotional Control

I am going to briefly talk to you about its origins, who discovered it and what discovered, how it was developed, just a quick explanation on how it got ready for you to trust and use it for your benefit.

How making a list helps you to achieve your goals

The great results that people got from using it and in what ways it can be of good use to you to facing the hardship that can race in life.

What you want

This section will help you to concentrate your mind first, and then later on, your emotions, on what you want to achieve in life.

Not only from a material point of view, but also from what you want to become as a person, in other words, the sort of good qualities that you want to have more.

What you do not want

This list is usually longer than the previous one because people tend to concentrate more on what makes them suffer rather than on what they would like to have in life. What we will do together is making a list of what you want to eliminate and using it to concentrate on what you want to have and achieve.

Who am I?

Yes, not only what made you become the person that you are now, but also what is your inner potential, that you have, so to become a better skilled person and achieve in life the goals you deserve.

**“ *Self Emotional Control*
can heal bad memories
which means that you can
now experience in your life new,
joyful and energetic imprints. ”**

This is what this book is about, and please do remember that you can watch my training videos which go deeper about these subjects and teach you, in a practical way, how you can use Self Emotional Control to choose and use the best emotions for yourself.

Many years ago, I suffered a traumatic experience. I perceived this experience as very negative and it shaped a large portion of my life as a victim. Several attempts at healing this aspect of my life helped improve my outlook, but deep inside I still felt that that experience left me emotionally scarred and still feeling like a victim of the circumstances.

Once I was able to tap out all the emotional charge from that experience I was asked what the gift of that experience was.

I have to admit; I was stumped for a few moments.

Sitting there with no painful emotions attached to the story it became very clear: that event was the catalyst for my desire to grow and heal myself, and the one that led me to become the self healer and teacher I am today.



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What is Self Emotional Control?

The name, itself, describes the way you can start to get better results on your behavior and entire life.

It helps you to understand why you react the way you do and also what makes you decide the choices that you undertake.

You will see yourself under different lights as well as in a better and deeper level, you will get the tools which give you what you need to improve your whole life.

Self Emotional Control is a simple, fast and holistic process, a powerful technique that relieves stress of all forms and transforms our unconscious hard drive.

It is a simple process that helps you communicate with your subconscious mind in order to change old beliefs and patterns which are sabotaging your life.

It is a safe and an effective way to dissolve resistance and it brings them to a conscious level.

The idea is that in order to have a broken heart we have to follow a specific path which takes us to having more or new problems to cope with.

In other words, we must be doing something correctly to manifest and produce the very problems which are troubling us.

Finally, we become experts at producing our own problems by giving negative meanings to our experiences and thoughts.

Self Emotional Control clearly proves how the cause of all our problems is based on our own personal perceptions and emotions which we have buried deep inside our unconscious mind.

It points out the fact that we all have self-adaptive behaviors which hold us aligned with what we have stored within us, built on our experiences, values and beliefs. Self Emotional Control functions within a structure of a method that always works for our advantage.

These behaviors that keep cropping up, in our life, create difficulties which are really simply our inner programming that makes us stay in alignment with our personal opinions and beliefs.

What we put between a thought and an action

Between all our thoughts, our beliefs, our past experiences, our actions and decisions there is a gap which we fill in with the quality of the emotions that we choose. All this determines the type of actions that we take, and in the end, it determines the results or the outcomes that we get in life! Self Emotional Control identifies the quality of our memories as the state of stress which we face in our daily routine.

It finally breaks the physical response to that stress by massaging and tapping on some acupressure points in our body. All this work blocks the stress signals which are sent from the brain to the body, in turn the body starts to give positive feedback to the unconscious mind which causes in the client a calmer and more relaxed state in the client.

What does this mean?

It means that people, from now on, can experience a new and effective way to change and improve their response to their memories and to whatever they went through in life.

People start to achieve permanent changes because bad memories, and old limiting beliefs are completely transformed and improved.

They create a new and positive imprint or meaning of the representation about the initial event that used to bother them and cause them sufferings. What we think we are as individual, will be transformed, and finally we will lose all the negative perception of our being.

Imagine what it means for a person to walk in the path of life without all the negative heavy weights which make life a real struggle.

At last no more of that my friend, no more of that!

I can assure you that it is easier done than said, you will see, in my videos, how easy it is to do that effectively.

It is a beautifully, simple and still powerful tool which is easily learned used, everybody can take it with them everywhere they want.

It can be used at any time you want to change and improve how you feel, in other words, every time you feel the need to use it, you can do it.

At the beginning of 1970s Richard Bandler and John Grinder of the University of Santa Cruz in California, got engaged in studying how people could achieve amazing results in changing their lives.

They are the co-founders of NLP which explores the relationships among how we think (Neuro), how we communicate (Linguistic) and our patterns of behavior and emotions (Programs).

They managed to create profound changes in their patients with many struggles as well as people who had recovered from terminal illnesses, phobias, and other life tragedies. From that moment, people have been able to effectively change and transform the way they traditionally think and act.

Self Emotional Control uses the study of these three areas of life to achieve better and faster results.

It is a simple process that allows you to communicate with your subconscious mind and induce you to modify the old beliefs and patterns which have sabotaged our lives.

It is a type of “psychological acupuncture” except the fact that needles are never used.

Massaging and simply touching, various and specific locations of the body, while affirming positive statements relieves symptoms and discomforts.

This type of work balances the energies, which run through some part of the body, by causing an interruption of the bad message among its source and the organs which respond to thoughts and emotions.

The results do last, and are also accompanied by positive changes in thinking.

Self Emotional Control (S.E.C.) uses also Thought Field Therapy which was created by the psychologist Roger Callahan.

He discovered and deeply studied that stimulating acupuncture / energy points does lead to mental and emotional relief for anxious clients.

His experimentations have proved that there are different points of the body which respond to stimulations and give back freedom to the patients who are willing to just sit down and feel the benefit of this work.

Gary Craig, who studied with Dr. Callahan, identified and showed the set of “all purpose” energy points that can be applied to treat any emotional problem, from the light ones to the most complicated ones.

He called this Emotional Freedom Techniques (EFT) and managed to achieve surprising results with this approach on a wide range of emotional as well as physical problems.

*“ It is a beautifully,
simple and still powerful tool
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Endless Progress

Nic Russo, who studied both NLP and EFT, combined some major points, of both these two useful techniques. He discovered that the body's system follows specific paths to create sufferings, so, what we actually need to do is to go inside our subconscious part of the mind and clear up what is causing us to feel pain both physical or emotional.

We naturally use discomforts to call our attention on a particular matter, it is just as an alarm system, it is the reaction to what the mind holds and perceives consciously or subconsciously. For this reason, we really need to penetrate the subconscious part of our mind and cleanse it from what is causing the pain both from the physical and emotional point of view.

By aiming at all those memories, feelings or triggers, we can work upon and release the emotional charge.

We can finally transform the internal representations or meanings of what the mind is holding in us about the issue, by collapsing the triggers and therefore healings are achieved. It is about identifying what led us to the problems we have accumulated "in our burdens" up to this moment.

Ask yourself questions like: "What is the worst of the worst of what I don't want?", can help.

Knowing your opinion about what is the worst of the worst, allows us to find out where we are aiming, even without wanting or knowing.

To continue only to recount the events, contributes to the cause and increases that “worst of the worst” in our reality.

Knowing who else had the same problem, in the circle of our relatives or acquaintances, and then what happened, helps us to recognize the patterns that cross our lives and if we are “playing the same script” so that we have the same results.

Realize if we copied the models that have had our parents there will be a great help to eliminate from our lives what does not work.

Put this information in writing because it will help you understand the map or guide you are following and that then produces the problem.

Personal understanding about why we have a certain problem gives us the vital clues about what to do to turn the inner representation upside down.

Our beliefs that block us or help us to get as close as possible to having what we really want, provide us with the structure of belief systems that operate within us.

The specific questions help us to identify the structure of the problem.

The answers to those questions will give us enough and well-delineated information about what we need to work on.

It is as simply as having a nice shower, and in order to make us feel fresh and clean, it should be done regularly.

All what we go through in life tends to create burdens on us which can wrongly be used to make us feel tired and without any energies, we need to wash off that dirty staff, and we need to do it regularly.

Like a nice shower, we want to do it by ourselves, and without letting anybody else do it for us!

**“ The results do last,
and are also accompanied
by positive changes in thinking. ”**



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***Thanks to the content of this book,
you will be able to:***

- Begin correct difficult situations by describing and identifying them in detail.
- Find out how to value the importance of adopting good habits to face difficulties.
- Use specific and detailed questions to understand the natural source of the problem and how to find the right solution.
- Use the right timing and intervention methods so that your inner self is the adequate source of inspiration for the solutions.
- Understand how and where to find the best answers to your questions.
- To find the way out of a problematic situation.
- Acquire the scientific evidence demonstrating the A.I.R. method's validity in improving complex circumstances.
- Give due importance and call on your internal resources to develop the appropriate strategies that respect your principles and personality.

Take the opportunity to accept the challenge of applying all your skills and abilities to know how to choose the best and appropriate emotions.

Eliminate doubts, uncertainties, and fears that block you from seeking solutions to problematic situations in daily life.

Draw on a wide range of thoughts and phrases that you can use to intervene and turn difficult-to-manage situations around.



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