

# Generative Emotions Revolutionize Emotional Intelligence



By Rita Aleluia

**I**t is interesting to note that more and more families are aware of the importance of emotional intelligence. There is a lot of talk about the need to observe and regulate our emotions, to recognise emotions in others. And yes, it is important! But it's not enough, especially if you don't know what and how to work the core of emotional intelligence.

Rather than wasting vital energy looking (in the head, in a familiar map) for names to label the emotions we feel, instead of focusing on looking for emotional cues that speak more about us than the other person, generative parenting invites you to dance the movement of emotions and produce generative emotions. In other words, it invites you to connect emotional intelligence with spiritual intelligence. By this, I am not saying that emotional intelligence is useless. But the experience of generative emotions has definitely revolutionized the way we relate to emotional intelligence.

Neurocardiology has already shown that generative or regenerative emotions have the ability to regenerate us. I believe in their transformational and creative power so much that I chose them to be the values of generative parenting.

## What are generative emotions and how are they generated?

Compassion, generosity, care, gratitude, tolerance, courage, trust and joy are some examples of generative emotions. Together, they create what we commonly (depending on the cultural map) call love. Generative emotions are created in our heart, the first organ to be formed in our body and our most powerful biomagnetic generator, which connects with the earth's electromagnetic field. Interestingly, the latest advances in neurocardiology suggest that the heart is also the home of our truth, our authentic self, the

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inexhaustible source of love, our intuition and greater wisdom. And it is from the heart – generating, nurturing and maintaining (re)generative emotions – that we live in freedom, in authenticity. This is where we can set our intentions. It's the starting point for any transformation.

## We generate emotions in ourselves and extend them to others

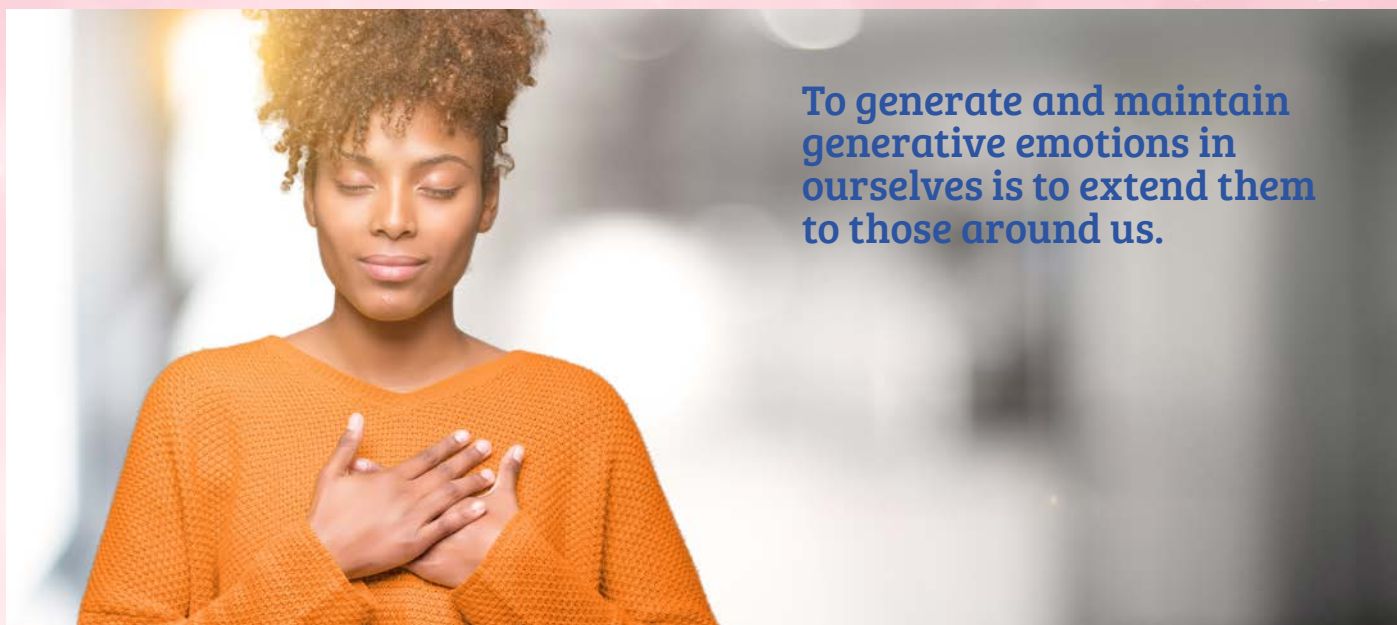
We all know from experience that when we live within ourselves, from our heart, our body is relaxed and calm, our mind is more awake and aware, we stop acting in autopilot and survival mode, and we suspend feelings of danger, threat, anxiety or worry about the next moment. Instead, an interesting phenomenon happens: we are very present and, at the same time, aware with great joy. This is the side effect of heart and brain coherence. This is the effect of experiencing generative emotions!

*Accessing our heart's natural intelligence can create an energetic field of unconditional love and harmonious interactions – helping humanity to realize that we are one Earth, one garden, one people!*

**Doc Childre, HeartMath founder**







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To generate and maintain generative emotions in ourselves is to extend them to those around us. Each of us is an (energy) field and that electromagnetic field contains information, including information about the emotions we are feeling, moment by moment. These vibrations extend over a distance of more than three metres (from our body). So yes, our children (and everyone else) feel our emotions, even when we don't verbalize them, even when the other doesn't understand what they feel when they're around us, in our presence. And vice versa. Furthermore, emotions produce behaviour and we already know that behaviour generates behaviour!

### **Experiencing generative emotions creates infinite possibilities**

As neuroscientist António Damásio, PhD says: "To love is more than a greater form of consciousness and awareness is perception." Perception is paying attention, and paying attention (in the heart) is living in the present and perceiving ourselves and the other, and this is how we finally feel: safe to create from the unknown, from the field of infinite possibilities, from the quantum field. And when that happens, we are able to visualize and create these generative (infinite) possibilities that we cannot create when we insist on reacting from states of non-resource. In other words, when we remain immersed in states led by degenerative emotions, we generate stress, anxiety, frustration... States of low vibration, opposite to those generated by our beloved generative emotions!

Hundreds of studies that demonstrate the effect of

emotions on our body are already published in scientific journals. The HeartRhythm Society and the HeartMath make several studies available free of charge, for example.

Therefore, it is quite different to respond to life from a place of love. From a place of high vibration. If the other is sad, I can offer him my joy; if he is hurt, I can offer my compassion, and so on. And all this without words, without wanting to label emotions or tell you what you're feeling. All this only with the power of our generative presence.

*If you cannot heal with your presence, you cannot heal with your words.*

**Judith DeLozier**

### **How do we generate generative emotions?**

By generating heart coherence! When we change the signal between the heart (cardiac brain) and the brain (cognitive) to a uniform and regular rhythm, a coherent rhythm, we also change the responses from the brain to the body; our entire biochemistry changes. Wisdom is in the emotions we choose to create, nurture and expand (for ourselves and others) in our hearts. When we consciously choose the emotion we want to experience, our body always responds in tune.

The more families practise heart coherence, accessing and generating generative emotions, the more likely we all are to live in peace and harmony!

So, next time you don't know the answer to a challenge or a dilemma, you can always place your hand on your heart, gently, and curiously ask: "Heart, what are you doing now?" ■

