



Onionhead[®]

Feeling Dictionary
of 80 Emotions

for teens & adults

Onionhead



Our emotional being states who we are, what we wish to do and who we want to be involved with. Each feeling, whether easy or challenging, has an intelligence connected to it that can lead us to a healthier and happier way of living.

However, we must be willing to 'face' our heaviest feelings in order bring them to the light. Results have shown that this certainly lightens our load. We free ourselves from anything that is shadowing or stopping the way to our empowerment and enlightenment.

The definition of empowerment is the ability to feel strong and confident. And the definition of enlightenment is the full comprehension of the problems involved. Our wounds, if not addressed and healed, will block both these virtues. We become like a dam, stopping the flow of our own creativity and our life's possibilities.

Emotional intelligence must be adopted within ourselves before we are equipped to handle things outside ourselves. We must learn to decipher which feelings are detrimental and which are instrumental. The more we develop problem solving skills, the more we discover our self-empowerment.

To every problem, there is a solution. But to source that solution, we must be willing to delve into our heaviest emotions. We simply cannot avoid them or deny them. Only through that process can transformation and transmutation occur.

This was created so that understanding and knowing ourselves can be simple and easy. By believing in this journey, we can become more peaceful, productive and prosperous.

How heavy emotions can bring us to the light

All our feelings are important, and our power is dependent on handling them with grace and ease. Though heavy feelings are meant to be transmuted and not held onto, they can be used as temporary measure to guide us to something positive. For example:

Feeling angered can be very destructive yet, on the same token it can be used as a powerful engine that creates change. In truth, most good causes were founded by someone who got angry enough to do something about it.

Feeling exhausted is often our body's way of letting us know that we must slow down. We are either going too fast, working too hard, absorbing too much or involved too often.

Feeling imprisoned is our hearts way of letting us know that change is crucial to our well-being. We require freedom to express ourselves, otherwise we become closed off. It means it is time to take notice.

Every single problem births a multitude of feelings. Our feelings lead us to our decisions, and our decisions direct us to our fate and destiny. Therefore, it is safe to say that handling our feelings masterfully is the most important aspect for our human development

How to bring heavy emotions into the light

One - Name the Feelings

Naming is identifying exactly what we are feeling.

Two - Claim the Feelings

Claiming is sourcing if this feeling belongs to someone else or indeed is our own.

Three - Tame the Feelings

Taming is knowing why we feel what we feel and coming to an understanding concerning its origin and purpose.

Four - Aim the Feelings

Aiming is taking action and doing something constructive and positive about the situation.

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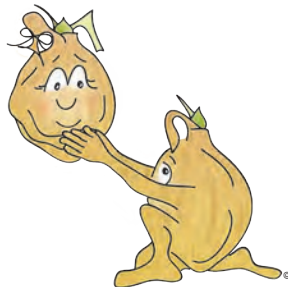


Abandoned - given up, forsaken, deserted.

Feeling abandoned breaks our heart and sears our soul. The vast majority of our population has been abandoned in some way or another. It could have been by a teacher, a co-worker, a parent, the government, our children or, the worst...ourselves. It is such an everyday occurrence, that sometimes we do not even know it is happening. However, by being aware and concerned, we eliminate an abandonment caused by insensitivity and unconsciousness.

Note: If we are not attentive to our wounds, we abandon our wellness.

Transmute To



Cherished - to care for kindly, to hold dear.

When we cherish another, we automatically start to cherish ourselves more. It is a momentum infused with deep respect. This enrichment creates a weather map in our lives of sunshine and warmth. Cherishing moments make for incredible memories and incredible memories make for a wondrous life. Cherishing someone or something is the observation and recognition their beauty and majesty.



Abused - hurt by being treated badly.

World peace is seeded when each of us takes responsibility for not abusing another and not allowing ourselves to be abused. People who abuse others usually have been abused themselves. It is learned behavior. However, abusiveness leaves deep scars, whether one is abused or the abuser. People exposed to abusiveness tend to see the glass as half empty instead of half full. Pain becomes part of life's accepted pattern, whereby pleasure is overrun. It is a wound that requires daily care.

Note: If we abuse another, we are equally abusing ourselves.

Transmute To



Nurtured - fed, supported, protected, encouraged.

Nurturing is love put into practical use. Being nurtured or nurturing another, repairs a multitude of wounds. It has been and always will be in our nature to nurture, which is why we were given a heart. Staying in tune with that part of ourselves creates a rhythm that becomes the melody of our lives. It orchestrates an awareness that wants to guide us to our highest potential.



Ambivalent - conflicting feelings, opposing emotions.

Ambivalence is the main reason why marriages fail, businesses go under, children go awry, and dreams die. Working with a divided mind almost always gives results that are less than hoped for. Nothing can work without commitment. Most of us want a guarantee first, and then decide if we want to commit, but by that point, it is already too late. If there is anything we want, or anyone we want to be with, we need to firstly be devoted to making it happen.

Note: *Commitment is the bank for any opportunity to prosper.*

Transmute To



Committed - to pledge to, to entrust, to devote.

Definite-ism is stronger than optimism, making life so simple because it eradicates all fear of not having love or success. What yeast is to bread, commitment is to life...we cannot rise without it. Commitment funds a confidence that needs no explanation. We are prepared to win, yet if we cannot, we are brave in the attempt. To be committed is to live each day as if it were our last!



Angry - agitated, frustrated, suspicious.

Half the population believes they could not survive without anger, therefore relying on it, and half the population believes they are terrible for having it, therefore denying it. Anger is a reaction, not an action. It is a reaction to fear, helplessness, frustration, or abandonment. Anger, utilized properly, can be our greatest motivator and achiever. Righteous anger activates us to make a difference, and the “reaching the boiling point” anger activates us to change ourselves.

Note: Conquering our anger will insure a triumph with no after-sorrow.

Transmute To



Serene - tranquil, peaceful, calm, content.

Those who love peace must learn to work as effectively as those who love war. We can give somebody a “peace” of our mind, without ever losing our mind. Fight rage with righteousness, meanness with meaning and anger with awareness. Then life becomes a “peace” of cake, deliciously stimulating and ever so rewarding. Always believe that peace is, indeed, the only conclusion.



Apathetic - *lack of interest, lack of emotion, listless.*

The root of apathy is that most people believe the problems are too big or they are too small to make any difference. However, in staying apathetic, neither true wisdom nor true happiness can be found. Truly, we can no longer afford indifference. If everyone would put an intention on helping someone, including ourselves or something each day, we would eliminate hunger, spiritual poverty and war. If we don't stand for something, we stand for nothing.

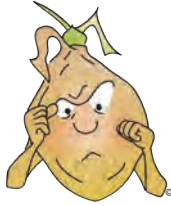
Note: Remember, a 100-foot redwood tree starts with but a tiny seed.

Transmute To



Passionate - *enthusiastic, strong compelling feeling.*

Passion is the horsepower for our heart's desires. It is the instigator of opportunities that make us excited, igniting us to walk through the fires. To feel passionate is to feel excited, exhilarated and enthusiastic. It is the illumination of our imagination, lighting the path to our foreordained destiny. Life without passion is a fire without a flame. Life with passion is a life blazing with our potential.



Argumentative - *controversial, disagreeing.*

There is a great difference between arguing and being argumentative. To argue is to give reasons for and against something that we believe in. It is a platform for our opinions. By being argumentative, we are setting the stage to overriding someone else's opinion. We can stand up for ourselves, without pushing someone else down. The foundation for inspiring, intelligent communication is look a person in the eye, own our own opinion and then be clear.

Note: Arguments, badly handled are the worst sort of conversation.

Transmute To



Harmonious - *free from discord.*

When our hands and our heart walk in balance with one another, we create a feeling of wellness that can only be described as angelic. It is a meeting of the minds. Harmony is the collaboration of empathy and equality between ourselves and another, leaving no room for adversity. It is the grace of patient acceptance and the ability to conform to all conditions peacefully and amicably.



Arrogant - filled with unwarranted pride.

For those of us who know or have more than others, for those of us who do better than others, for those of us who are more athletically inclined than others.... know this! It is our responsibility to assist others with compassion and humility. In truth, when we are most bragging and arrogant, it is then that we are most mistaken. We must not blast our blessings; we must be thankful for them. Our human character is built strongly on our humility.

Note: Arrogance is the obstruction of wisdom.

Transmute To



Humble - respectful, without false pride, unassuming.

To be honorable is to be ever so humble. It is the sign that nothing has to happen outside of ourselves for us to feel worthy and wonderful. Humbleness is a recognition that our abilities come from a power much greater than ourselves. This leads to a knowingness of who we are and why we are here. We have nothing to prove to anyone. It is just such a sweet nobleness, which creates a comfort for all.



Ashamed - *humiliated, embarrassed.*

Shame disconnects us from our destined potential and squashes our empowerment. Battles were won on shaming others. No matter how upset we are, let us not do anything to shame ourselves or another. We need to be our own best friend and partner. We must not be led into selfishness, cruelty or meanness, for in the end, we will hurt ourselves and be riddled with shame. We must not sell ourselves short. Instead, let us hold ourselves responsible for a standard, taller than anyone expects of us.

Note: Where we have no blame – we have no shame!

Transmute To



Proud - *highly honorable or creditable.*

There is a fine line between proud and prideful. Prideful is being haughty and arrogant. Proud comes from making decisions that are self-respecting. They generate an energy of honor and reverence. We can never go wrong if we live life in the truest sense of the word proud. It is not based on being better than someone else, but in living solely for the improvement of ourselves.

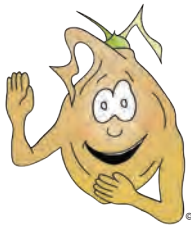


Betrayed - *deceived, deserted.*

Since the beginning of time, betrayal has befallen most of the world's important leaders. Unbeknownst to ourselves, we can walk into this energy at any time and find ourselves being betrayed or betraying another. Betrayal diminishes all in whom it takes possession. We need to be people of our word and hold others accountable for theirs. Truthful communication must become our lifeline. Forgiveness should not be far behind, as it is the period at the end of a sentencing.

Note: Betrayal to oneself is the worst betrayal of all.

Transmute To



Loyal - *faithful, devoted.*

Loyalty is what all good relationships must be built upon. Love without loyalty is like a garden without water. Nothing beautiful can really grow from it. Loyalty is the fundamental foundation of all that is fruitful. It creates a space between people, whereby our hearts do not become tested but instead become rested. Serenity is the gift of loyalty, a reverence that creates such an amazing feeling of safety.



Brokenhearted - *crushed by sorrow, inconsolable.*

It has been said that every tear holds one thousand emotions. It releases all the toxins and poisons from our system. We live in a world that perceives weeping as a weakness, not a strength. Yet, the first thing a doctor does when a baby is born is to have them cry. Crying relaxes the mind, cleanses the body and reforms the emotions. Many times, our lessons from feeling brokenhearted teach us how to be more openhearted.

It deepens our connection to our own depth.

Note: When one does not cry, one becomes dry.

Transmute To



Loved - *deep tenderness, devotion, delight in.*

Only love can conquer all that stands in its way. It is a force that is unstoppable and unbeatable. Love is a potion, a patent, a promise, a simplicity. With love, we feel everything and without it, we feel nothing. The soul knows no other reason for being...other than to love. At the end of our lives, the only thing that will really matter is how well we loved and how well we have been loved.

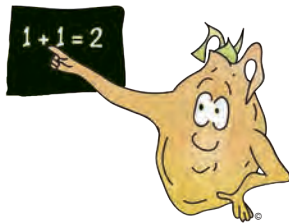


Confused - *mixed up, bewildered, jumbled.*

Confusion defeats our empowerment. We live in a world with so many options that we can easily lose our clarity. When an event happens, we have dozens of news stations giving us different versions of what REALLY happened. We are left questioning the truth. More than ever, these times call for us to listen to our inner knowing and infinite intelligence. We are all endowed with a clearness of our own power and intention. We need to tune in to know what to tune out.

Note: Victory is lost through confusion and won through clarity.

Transmute To



Clear - *sharply defined, understood.*

When we are clear about something, we are at peace. When we use our ears to hear what is really being said and our eyes to see what is beneath the surface, then there are no illusions or delusions. Peace of mind comes from this presence of mind. Clarity is true empowerment. It is knowing where we have been, and where we are going. Feeling clear creates a dignity that directs us appropriately.



Controlling - *to curb, to restrain, to regulate.*

Those who usually want to control are those who feel the most out of control. There is much time spent on people trying to change each other, but, in fact, we need only want to change ourselves. When we realize that nothing outside of ourselves can give us peace, it is then that we are at peace. We become unattached and find solace in our own life's journey. We develop an understanding that we are all different, which becomes an open forum for newness within ourselves.

Note: Control is an illusion and usually creates an unwanted intrusion.

Transmute To



Allowing - *to permit, to acknowledge, to concede.*

People who do not concern themselves with loss or gain are people who do not need to be concerned. They are free to be authentically themselves and allow others to be themselves. They have a wisdom of acceptance that goes beyond worldly attachments. They know that our path is not to see through one another, but to see one another through. To be allowing is to be silently holy.



Corrupt - morally unsound, lack of integrity.

Unfortunately, corruption is flowing through the mainstream of our society. It stems from getting something for ourselves at all costs, no matter what the consequences are for another. It is linked to the demands of our social media. When one uses their will in wrong relationship to the truth, destructive processes set in and thus corruption begins. Do not be fooled; the virtue of one individual is a secret measure by which a whole nation can improve.

Note: One pure interruption can stop a multitude of corruption.

Transmute To



Pure - moral, integral.

Purity is the surety of good things happening. It is the perseverance of all that is integral and impeccable. To behave purely is to be genuine and guileless, a victory for our own virtue and transparency. However, to be secured, it is a path that cannot be left for an instant. Our purity is our inner temple, revealing itself through our words and actions. It is the organ of our highest personal energy.



Cowardly - *lack of courage, shamefully fearful.*

Cowardice is the barrier between ourselves and our dreams. It is birthed from low self-esteem and small mindedness. The French word “coeur” means heart. Become a lion heart, a brave heart, being enthralled when encountering the unknown. There is no judgment on those who try and fail; only those who fail to try. Genius does not spring from conformity. It is the product of courageous minds who dare to act out their most creative dreams.

Note: If one does not have fear, one cannot have courage.

Transmute To



Courageous - *brave, bold.*

Dreams cannot be fulfilled without the courage of our convictions. It is a statement of our commitment to ourselves. When we forfeit potential that is waiting to be discovered, we forfeit our predestined future. True courage is a quality of mind, because it always mixes with circumspection and contemplation. Then our boldness becomes the foundation for our empowerment, not our emptiness.

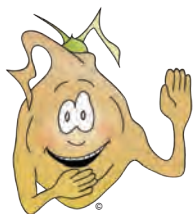


Deceptive - *the act of fabrication, fraud, lying, trickery.*

Deceit always involves an injury, as it is a pretense of what is not. The heart is impeded by dishonesty. Deceptiveness stems from attachment. It comes from a lack of trust that, if we tell the truth, we will not get what we want. If we weren't so attached to it, we would never feel the need to lie about it. Be guided by correct principles; infuse the simple into the complex. Have the faith that whatever is meant to be, will be.

Note: The most important and pertinent thing in a relationship is the microscopic truth.

Transmute To



Truthful - *honorable, sincere, frank.*

Truth is something we must find and honest is something we must be. The saying, "honest to goodness" truth rings true at so many levels. Honesty is the statement of our self-respect, which becomes an expression of our sacredness. Words of truth move us into our higher intelligence. They create an aura of trust and honor within ourselves, our family, our community and the world at large.

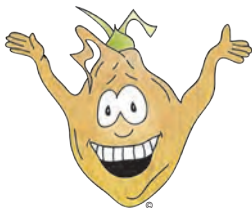


Depressed - *sad, dejected, helpless.*

Depression is usually a reaction to something else, such as, suppressed anger, hurt, helplessness or defeat. It is our inability to express our hidden feelings. The road to 'the best of it' is usually paved with going through 'the worst of it'. When we begin to feel what our heart desires, with no thought of opinions of others, our depression diminishes. We stay focused on our own evolvment and miraculously an exalted excitement rises that truly will not be denied.

Note: Depression is the suppression of our unique expression.

Transmute To



Enthusiastic - *exalted, eager, excited, divine will.*

Enthusiasm is the fire that gives power to any endeavor. When we are enthusiastic, we are in a state of oneness with the limitless potential of our surroundings. We are released from all entrapments and imprisonments. We have activated our distinctive spark, our fabulous creativity, our uniqueness, our individuality, our purpose, our reason for being. Enthusiasm is the leaping lightning that cannot be measured.



Egotistical - *disconnected from heart and wisdom.*

Our ego mind creates illusions, constantly Edging Good Out. We become enslaved by our own opinions, losing our connection to our spiritual center. The need to be “right” will inevitably leave us wrong. Ego is never a way back to honor. When we search for something outside ourselves in order to feel whole, it is our ego. When we search for something inside ourselves to feel whole, it is our holiness. We then lose our minds and find our hearts.

Note: When our ego goes to sleep, our spirit becomes awakened.

Transmute To



Spiritual - *sacred, masterful, soulful.*

The spiritual life is not a theory, it must be lived. A spiritual person often appears as a fool to the eyes of the world, because their ways and rules are very different from the world at large. There is a discipline, whereby the journey is about self-awareness, self-knowledge and self-correction. It is a knowing that the destiny of heaven on earth begins and ends with our own personal behavior. How enthralling!



Envious - jealous, resentful.

It is a common scarcity belief that there is not enough for everyone. Therefore, we are left with a sense of guardianship over what we want to be ours. We become watchful, maybe even a little paranoid. Before we know it, we are no longer happy for others. Even worse, before we know it, we are no longer happy for ourselves. The most rewarding aspects of life can be felt when we support the goals of others. When another has what we want, we need to see it as a goal for ourselves.

Note: When we embrace another's success, we birth our own.

Transmute To



Fulfilled - bring to realization, to satisfy.

We all have genius and when it is released, we fulfill our destiny. Destiny is fate foreordained....so let us remember what we are here for. It is not getting what we want that brings fulfillment, it is knowing what we want. Each person has a job to do, yet each person must find that job. When our life meets our purpose, it creates an unparalleled feeling, full of enthusiasm and filled with contentment.



Exhausted - *tired, worn out, depleted.*

Exhaustion comes from giving too much of our energy away. Unfortunately, in this world, we have an imbalance of takers over givers. Feeling exhausted is the end result of becoming depleted from taking on situations beyond our capacity. Ultimately, this is an oversight of many over-achievers and people-pleasers. To avoid exhaustion, look for signs, watch for signals, make time for silence and do something self-serving.

Note: The extreme of anything will take the steam out of everything.

Transmute To



Energetic - *vim, vigor, vitality.*

Always know that the unseen is far more powerful than the seen. Everything that happens is based on energy. It creates our mind's effectiveness, our spirit's electricity and our body's endurance. Our energy is our source; therefore, it needs to be guarded and guided. It is the protection of our happiness and our human giftedness. It is root and wings to our existence and fundamental to our well-being.



Greedy - *eager to obtain, grasping, insatiable, selfish.*

So often people know the price of everything and the value of nothing. We love things and use people, instead of using things and loving people. It is time for us to hold ourselves accountable for the solution. We must become map makers of a greater awareness, committed to the betterment of all. In fact, there is enough of everything for everyone, it is just distributed inappropriately. Truthfully, prosperity is not the result of greed – poverty is the result of greed.

Note: Generosity is meant to stop injustice.

Transmute To



Generous - *giving, magnanimous, noble.*

Giving is its own reward and becomes the acknowledgement of our enlightenment. In the life of the generous, funding is always available. Our childlike behavior is put away and our chivalry is awakened. Every time we care, we extinguish indifference. Generosity produces a wave of justice, whereby our goodness is focused on the good for all. It draws the poison from every grief and takes the sting from every loss.



Grieving - *mourning, regretting, sadness, sorrow.*

Grief is the most agonizing emotion of all, yet from it births new beginnings. Most people are afraid to change because they are afraid to grieve. Mourning unrealized becomes the block of our faith, and yet faith draws the poison away from our grief. It encourages us to embrace things being different. Without grieving, we cannot heal the past or feel the future. It is our breakdown and breakthrough occurring at the same time.

Note: The relief of grief is turning over a new leaf.

Transmute To



Awakened - *to be active, alert, vigilant, alive.*

To be awakened is to be actively aligned with our greatest potential. Usually this happens right after a period of grief. It is the phoenix that rises from the ashes. We begin to see things we never thought possible, and we begin to hear things we never dreamt probably. Becoming awakened creates a portal for vital forces that attend miraculous resurrection, because, when awakened - nothing is forsaken.



Heartless - *without sympathy, lacking kindness.*

The heart of the problem is always a problem of the heart. And when we shut down our heart, we deny our own reverence. We cast aside our opportunity for bliss. Something does not hurt any less just because we pretend it doesn't. To know our own heart is to know many things. Our human need to be loved and love leads to the birthing of our happiness and fulfillment. Compassion is the crown of justice, and heartlessness leads to a life of imprisonment.

Note: To be heartless is to be soul homeless...a crying out loud atrocity.

Transmute To



Compassionate - *charitable, heartfelt, caring.*

There is nothing higher than compassion. It is the fairest associate of our heart. We become understanding, undivided and universally united. Being compassionate is a devotion to the undefended. It comes from a deep yearning to help our fellow man. Injustice would be eliminated if we would all source our compassion. The dew of compassion is our tears and tears are the river of life.



Helpless - *feeling incompetent, powerless.*

Helplessness can be the root of anger, frustration and grief. It is as if there is a room divider between ourselves and our empowerment. As children, the feeling of helplessness is painful, and we take these emotions into our adulthood. Our self-worth needs to be re-aligned and our power needs to be re-ignited. People who gain victory over external difficulties are strong; but people who gain victory over their own internal difficulties are all powerful.

Note: Helplessness can only be conquered by inquisitive minds.

Transmute To



Powerful - *strong, efficient, great force.*

Power, when manifested properly, creates prosperity everywhere. Most of us judge power in relationship to something outside ourselves, but truly, it is a force that is within ourselves. It is a passion that comes from the yearning of our spirit and yet blends with our mindfulness. We become mighty and bold, not listening to what others think, yet always looking for sound advice.



Hopeless - *despairing, despondent, sense of futility.*

Hopelessness is the “what’s the use, nothing will work anyway” syndrome. It is a feeling that causes agony and trauma to our life force. More often than not, this is the root emotion that instigates feelings of suicide. A person who is feeling unloved or loving, or a business whose time has not come, or even a government that overlooks its people, can cause a sense of hopelessness. However, we must not let these events invade our space. The key is to not give up, instead....look up!

Note: Whatever enlarges hope, inspires courage.

Transmute To



Hopeful - *to trust, to be filled with promise.*

Hope is the source of real innocence. It is a statement of childlike excitement, not letting any doubt of this world interfere. Life is just a journey and traveling hopefully is even better than arriving. The ability of the mind to make substance out of ideas is called hope. Alexander Bell made thousands of attempts before he created the telephone based on hope, as did Thomas Edison with the light bulb.



Humiliated - degraded, integrity challenged.

Nothing is worse than feeling humiliated. It steam rolls the heart and crushes the spirit. How sad it is that many people empower themselves by humiliating others. It is doubtful if there is one person who has escaped this horror. However, we are called upon to examine how we humiliate ourselves. We cannot control many events in our lives, but we can control how we react to them. As Eleanor Roosevelt said, “no one can make us feel inferior without our consent”.

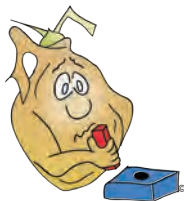
Note: Tempering our temper is the first smart step to avoid humiliation.

Transmute To



Honored - respectability, credibility.

Believe in honor and life will be honorable. Believe in respect and life will be respectable. To be respected and honored is more important than being loved because it is the unwavering foundation of all that is worthwhile. Honor dictates reaching above to help ourselves and reaching below to help another. Being honorable speaks of our character, not our charisma.



Ignorant - *lack of knowledge, lack of awareness.*

Ignorance is our planet's most formidable enemy. People do not realize how their bad behavior affects the whole world. All life is connected; when one part is damaged, everything else feels it. When we ignore the ills happening around us, we do not participate in their healing. In truth, if we are not part of the solution, we are part of the problem. Ignorance can only be overcome by the awareness of it. It must not be denied, if wisdom is to be applied.

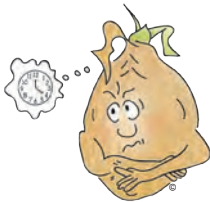
Note: Wisdom is an extraordinary gift and content are those who have it.

Transmute To



Wise - *to know the true facts, prudent, sensible.*

We can buy an education, but wisdom is the ability to go deep within and find the source that comes from an ancient knowing. It is accountability - the ability to account for the truth of something. There is a difference between knowledge and wisdom - knowledge is something we acquire - wisdom is our birthright. Wisdom is evaluating past experiences to ensure a better future.



Impatient - annoyance of delay, intolerance, pettiness.

There are three important keys to life flowing effortlessly...practice, perseverance and patience. Practice is the easiest, perseverance the most demanding and patience the most difficult. Impatience is the hunger for the end result. This attitude yields inaccurate information and therefore, often leads to misfortune. When we come to understand that we are but one small piece of a very large puzzle, we then realize that everything has its own timing.

Note: Timing is everything - so watch for the right time.

Transmute To



Patience - tolerant, no agitation.

Patience is our mind's quietude, a virtue that expresses flexibility and sustainability. Being unaffected by delays gives way to allowing the predestined plan to unfold as intended, without needing proof of such. It is a sweet awareness of the unannounced. Being patient is not passive; it is an ACTIVE force denoting uncomplaining steadiness. The gift of patience is patience, whereby we accept life on life's terms



Imprisoned - *restricted, limited, confined.*

One does not have to be in jail to feel imprisoned. In fact, most of the time, we imprison ourselves. Imprisonment is a potpourri of poisonous thoughts of scarcity and/or low self-esteem. This, in turn, prevents us from seeing the truth of our magnificence. Freedom comes from knowing that life provides the canvas and we do the painting. We are the artists who can create whatever we want. Truthfully, limitless potential is constantly available to us, we just need to tune in!

Note: Taking the risk is better than forfeiting our freedom.

Transmute To



Free - *unconfined, unimpeded, unrestrained.*

To feel free is to be free. It is a state of mind. Nelson Mandela felt free when he was imprisoned because he treasured what he believed in. Freedom is written on our hearts. It is our heartfelt connection to our existence. We become free agents for ourselves, unimpeded, unobstructed and therefore unhindered. We do not let what we cannot do, stand in the way of what we can do.



Irresponsible - *unreliable, careless.*

We live in a world that feeds the “I” program. Yet, where there is no admittance of responsibility, there is a trail left behind of wounds. Many things may not be comfortable, but they may be necessary. Individual irresponsibility leads to the collective irresponsibility. Feeling responsible for ourselves and others is our strongest merit. Nothing keeps a person’s feet on the ground like having a responsibility placed on their shoulders.

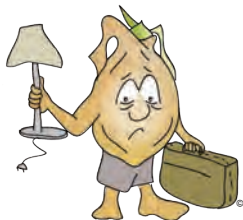
Note: Responsibility – our ability to respond.

Transmute To



Responsible - *answerable, accountable.*

When a problem arises, we must look at our own responsibility in it. When we blame someone else, we give them our power. Sometimes we are responsible for others and sometimes we are responsible to others. We all enrolled in this full-time job called life, where there are rules and there are consequences. The noblest intentions are worthless if we don’t take responsibility for making them manifest.



Isolated - *detached, separated, set apart from, alone.*

It seems as if we are all in this together....separated. Each one of us has our own mission and destiny and yet if we do not join and intermingle, we will never find it. We must constantly search for ways to unite with our fellow man. One can go alone, but one cannot grow alone. People are brought to us not to change us, but to give us an opportunity to change. They are our education that takes us to a better understanding of who we are and why we are here.

Note: To isolate is to not relate; to not relate seals a lonely fate!

Transmute To



Connected - *to join together, to associate, to unite.*

To feel a connectedness is to feel a consciousness. It facilitates the awakening of our heart and the arousing of our intellect. Connecting is contributing to the sanctity of our species. It is a statement of aliveness not aloneness, cooperation not competition and devotedness not division. It expands our capacity to be enlightened and enlivened. In truth, achievement without connection is short lived.



Judging - *to be critical of, to cheapen.*

It is wise to judge situations, but it is unwise to judge people. When we judge others, we do not love others. Likewise, when we judge ourselves, we do not love ourselves. The truth is, we all came here to learn how to have a better understanding of ourselves and others. Judgement comes from assuming something and is funded through ignorance. Understanding comes from studying something and is founded through intelligence. Beliefs without knowledge must be revised.

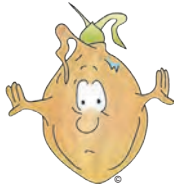
Note: Use better judgment – don't judge!

Transmute To



Understanding - *to comprehend.*

Understanding comes from an enlightened understanding of differences. Without it, we cannot heal the past for ourselves or others. Understanding is developed from our ability to talk in a way so others can listen and listen in a way so others can talk. It is the knowledge that listening requires more than just being quiet. We develop an intention to learn more, in order to love better.



Limited - *confined, restricted, narrow minded.*

As a race, we seem more comfortable limiting ourselves. We are hesitant to think outside the box. This keeps us from all the wonder and marvel that is just waiting to be discovered. Miracles do in fact happen; we just have to believe in them. Every important discovery happened because someone had the courage to think limitlessly, with no constraints, just convictions. For a true believer, there is nothing that cannot be done.

Setting limits is meant for safety, not security.

Note: Feeling unlimited comes from our uncovetous spirit.

Transmute To



Unlimited - *unbounded, endless, exceptional.*

When we are one with our original spark, we have unlimited potential. Life becomes exquisite, whereby miracles become an everyday occurrence. Our creativity uses the insignificant to accomplish the impossible. We become what we wished for and we manifest what we hoped for. The world and our life are our playground and we become one with our grandeur and greatness.

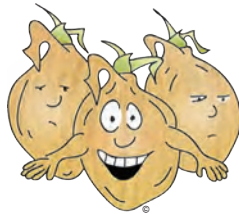


Pessimistic - *expecting the worst and negative.*

Life is what we expect it to be. Our thoughts are our best friends or our worst enemies. Working with a pessimistic mind always gives results that are less than hoped for. However, we can be benefitted by using external difficulties as tools for our own advancement. Problems and difficulties are just eye openers. They teach us to break the illusions that we created to appease our own attachments. When we are liberated from pessimism, we are liberated from hopelessness.

Note: Pessimism is just a set up for failure.

Transmute To



Optimistic - *hopeful, positive.*

Optimism leads to our power that is funded from a mighty force field. It creates an opening that transforms the negative into the positive. When we feel optimistic, our hearts flutter, our souls sing, and our life takes flight. We grab a greater vision, manifest a larger mission and find a peace within ourselves that cannot be explained. Why?...because it is too extraordinary. We go up without ever looking down.

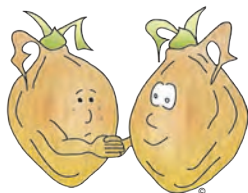


Resentful - *showing displeasure, indignation.*

Resentment hardens the heart. It births a selfishness and self-indulgence, which becomes the death of our happiness and joy. Resenting something or someone is a poison that must be detected. We have a responsibility to ourselves not to be a carrier of this disease. The only way to heal resentment is through forgiveness or foresight. If someone harms us, let's look to forgive them. If we harmed ourselves by doing something we did not want to do, let's look to forgive ourselves.

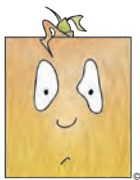
Note: As resentment is an earlier hell, forgiveness is an earlier heaven.

Transmute To



Forgiving - *merciful, charitable, pardoning.*

Forgiveness is the manna of life. It unlocks all doors to the subconscious and awakens us to our life's potential. The most generous gift we can give to ourselves is our ability to forgive. The more we forgive, the safer we are. The happiest relationships are the union of two forgivers. When we forgive, we rid ourselves of all heaviness, so we are free to fly. There is no mastery so complete than forgiveness.



Rigid - *resisting change, inflexible, hard.*

Rigidity usually comes from fear of something. It could be fear of change, loss, or something new. Let us be subtle, not stubborn; observing, not obstinate; receptive, not aggressive; open, not closed. When our nature reflects these attributes, it affects everyone around us. The bamboo shoot is a perfect example. It has a longer life span because it does not stand hard against the elements. It bends with the wind, making it invulnerable to break.

Note: When rigid, we put truth and wonder at great risk.

Transmute To



Flexible - *pliable, yielding, compliant.*

Flexibility is our ability to comfortably arrange whatever pieces come our way. Flexibility comes with trust, and amazingly, trust is the gift of flexibility. It awakens our curiosity which is the path to our inspiration and eternal youth. It is a fabulous formula for expansion, expression, excitement and external forces that want to play a role in our life. We become like the wind, able to go in any direction.

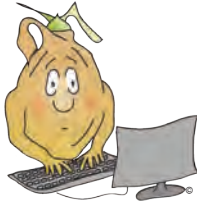


Scattered - *squandered, flighty, frivolous.*

We live in a world where we are inundated with too many options and too much information. It is no wonder we get scattered and lose our way. We become distanced from our destiny. The answer is in staying centered, simple and grounded. We need to take ourselves seriously and choose carefully. Our choices today are what create our future tomorrow. We need to be discerning and disciplined. This facilitates an undivided mind.

Note: Always begin by having the end in mind.

Transmute To



Focused - *concentrated, met with intention.*

Focus is what creates success. By focusing on something, we energize it. We are clear, precise and certain. We have within us the power to do whatever we want, even if it has not been done before. All people of greatness had one thing in common. They were focused, firm and futuristic. If we want to become first rate, we must first become focused.

We then make our life an example for all to follow.



Stressed - stretched to the limit, tense, strained.

No matter what the object, when stretched too far - it breaks. As humans, we are no different. The way we manifest and express our energy determines the quality of our life. We are all unique, so we need to create a pace for ourselves that is in alignment with our own rhythm. Life is filled with difficulty and disappointment. We cannot avoid this disturbance, but we do not have to avail it either. Cultivating what puts us at ease is a crucial step to our own contentment.

Note: When we stress, we second guess, we make a mess and then we end up with less.

Transmute To



Calm - serene, at peace, stillness.

We must stay calm to reach our center, where our mindfulness lies. In this world, trouble is bound to come, so cultivating our calmness is extremely important. Feeling calm comes from a sense of knowing that all will work out; no matter the outcome. Calmness creates a sense of simplicity to all complexities. There's an expression - when one stays calm, one wards off calamity.



UnConscious - *to be unaware, not cognizant.*

Unconsciousness dulls our senses, whereby we lose our sensitivity and common sense. We “zone out” and do not even notice what is happening around us. There is an urgency for us to become part of our higher awareness. Corruption, abuse, cheating, starvation, dishonesty and, even death at times come from unconsciousness. Consciousness is the way that stimulates concern. Through this concern, we have the ability to co-create a better life for ourselves and all humanity.

Note: To be unconscious is similar to lack of conscience.

Transmute To



Conscious - *to be aware, to be knowledgeable.*

Consciousness is an energy, connected to our internal wisdom and external awareness. The world will never be in order until we credit and honor our consciousness. To be conscious is to be in touch with circumstances and their origin. This brings clarity to confusion, solutions to problems and order to chaos. Wrongs become righted and injustice is denied. A strong consciousness is an inestimable blessing.



Ungrateful - *not showing thanks, denying blessings.*

Feeling ungrateful leaves us feeling empty and sorrow filled. It is the denial of what is good in our lives, which becomes a betrayal to our happiness. All sadness and regret are eradicated when we are in a feeling of gratitude. When we focus on what we do not have instead of what we do have, we leave out all that was gifted to us. Worse yet, when we feel ungrateful, we forget to honor another and even more disturbing....we forget to honor ourselves.

Note: To receive gratefully is the best thanks for a good thing.

Transmute To



Grateful - *thankful, delightful, agreeable, pleased.*

When we feel grateful, we feel great! It is the unveiling of self-centered ego and simultaneously helps us make the most of ourselves. It is the emotion that sheds all that is impure. We begin to see obstacles as opportunities, grateful for the lessons. It is the victory of defeat, because a great mind is a grateful mind. This, in itself, becomes a sealing of our good fortune.



Unsuccessful - *defeated, failed, conquered, destroyed.*

Statistics show that a great percentage of successful business people have gone through one to three bankruptcies before getting it right. Becoming something new is the triumph of failure. Never let failing become a permanent state or become less from it. The difference between defeat and success is strictly a point of view. We have the option to see it as birthing of something new, instead of death of something ended.

Remember, without defeat, success has no merit.

Note: Defeat serves to enlighten and educate us.

Transmute To



Successful - *victory, triumphant.*

Using our creativity to its utmost potential, not being attached to what others think, is the true art of success. Real success springs from the quiet conquest of ourselves. It comes with a peace of mind, knowing we did the best we could. Our greatest success is not in never falling, but in rising every time we fall. In order to protect our feelings of success - never dare to compare!

Notes to Myself

... The beginning

Disclaimer: Sharing Wisdoms does not claim to solve or cure any illness or problems through the use of their products.

www.sharingwisdoms.org

No emotion should be denied until it is understood. This informative dictionary makes it simple for us to transmute our heavy emotions into light ones. In turn, it guides us to a better way of loving and a higher way of living.

Includes
80 emotions with their definitions
Consisting of:
40 heavy emotions
with their transformative
40 opposite light emotions

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Made in the U.S.A.



Onionhead[®]

80 Feeling Cards

for teens & adults

Instructions

Individual:

1. Spread the cards out faces down
2. Pick 1, 2 or 3 cards
3. Study them and focus on why you are feeling this way
4. Speak or write as to why you feel you picked these cards
5. For the heavy emotions look for the opposite light emotion
6. Think about how you can get to that feeling and watch for the signs of transformation.

Groups:

1. Spread the cards out faces down
2. Each member of the group picks two cards, one with the right hand and one with the left.
3. Each person discusses why they feel they picked the cards
4. For the heavy emotions look for the opposite light emotion
5. Talk about how to get to that feeling and watch for the signs of transformation.

Instructions

Conflict Resolution:

1. Divide the deck into the heavy emotions and the light emotions
2. Spread the cards out faces down
3. Pick 3 cards from each pile
4. The heavy emotions are what the issue is really about
5. The light emotions are what will lead you to the solution

Suggestions for speech, spectrum and autism therapy:

1. Spread the cards out faces UP
2. Tell your patient or client to pick 1, 2 or 3 cards that mean the most to them
3. Watch for amazing results

These exercises are great for individuals, families, groups, therapists, speech therapists, school counselors and social workers.

List of Feelings

Abandoned - Cherished

Abused - Nurtured

Ambivalent - Committed

Angry - Serene

Apathetic - Passionate

Argumentative - Harmonious

Arrogant - Humble

Ashamed - Proud

Betrayed - Loyal

Brokenhearted - Loved

Confused - Clear

Controlling - Allowing

Corrupt - Pure

Cowardly - Courageous

Deceptive - Truthful

Depressed - Enthusiastic

Egotistical - Spiritual

Envious - Fulfilled

Exhausted - Energetic

Greedy - Generous

List of Feelings

Grieving - Awakened

Heartless - Compassionate

Helpless - Powerful

Hopeless - Hopeful

Humiliated - Honored

Ignorant - Wise

Impatient - Patience

Imprisoned - Free

Irresponsible - Responsible

Isolated - Connected

Judging - Understanding

Limited - Unlimited

Pessimistic - Optimistic

Resentful - Forgiving

Rigid - Flexible

Scattered - Focused

Stressed - Calm

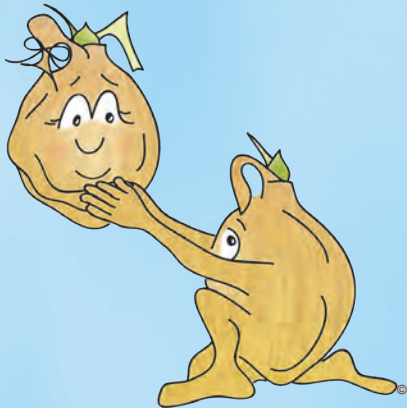
Unconscious - Conscious

Ungrateful - Grateful

Unsuccessful - Successful



abandoned



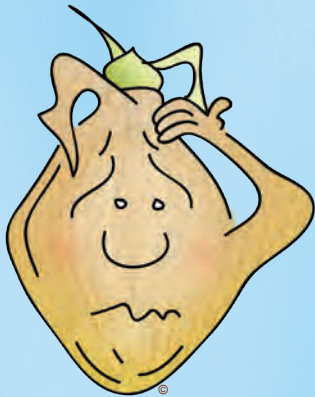
cherished



abused



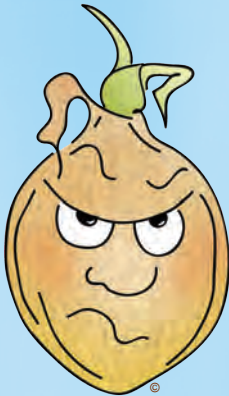
nurtured



ambivalent



Committed



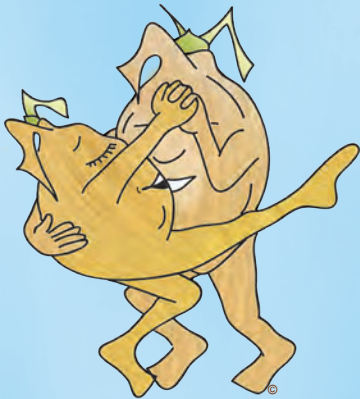
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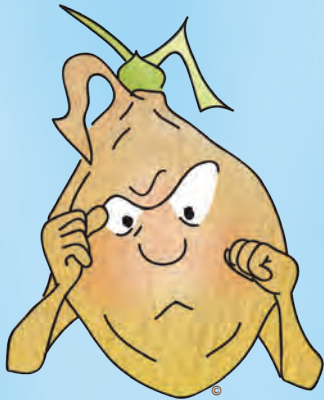
serene



apathetic



passionate



argumentative



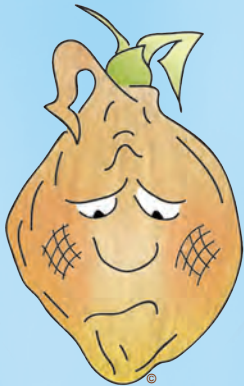
harmonious



arrogant



humble



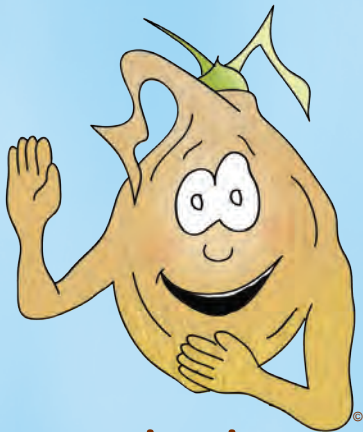
ashamed



proud



betrayed



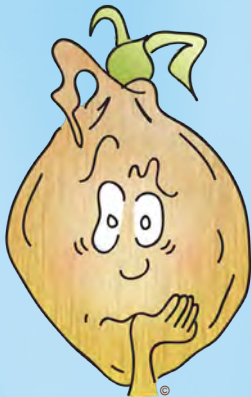
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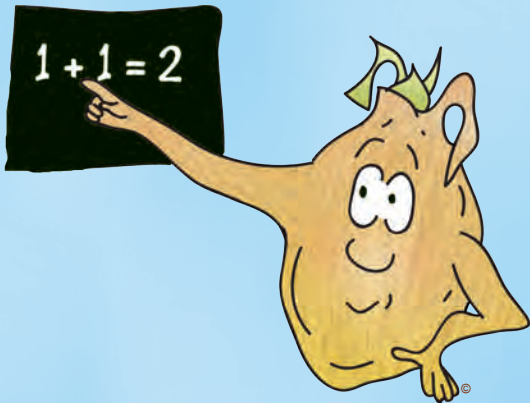
brokenhearted



loved



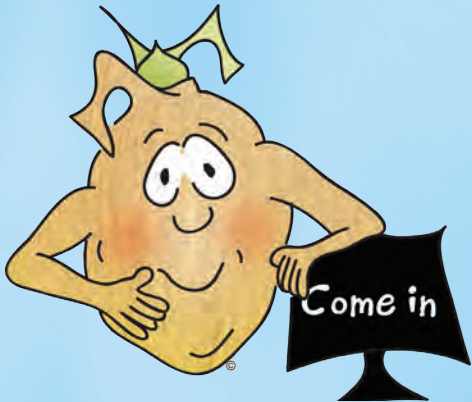
Confused



clear



controlling



allowing



Corrupt



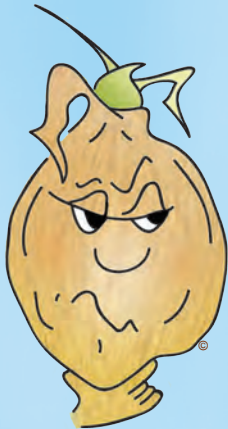
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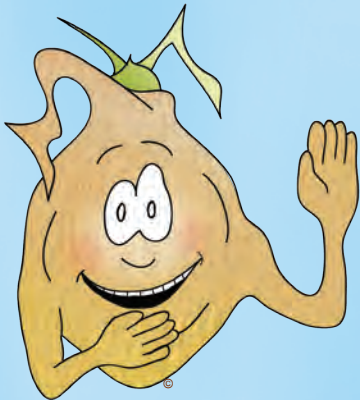
Cowardly



Courageous



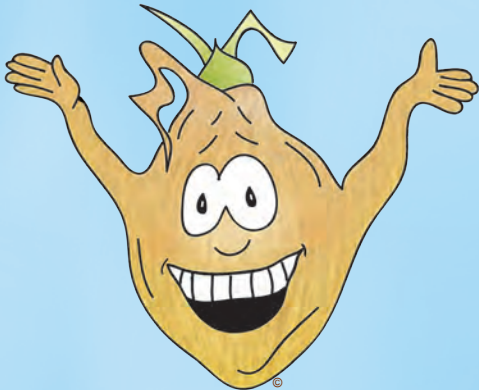
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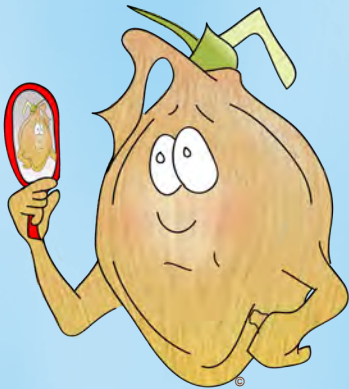
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depressed



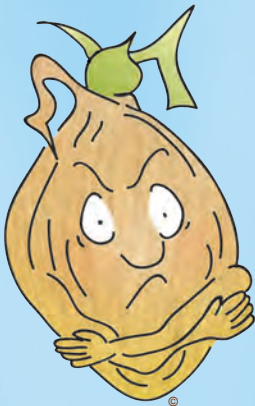
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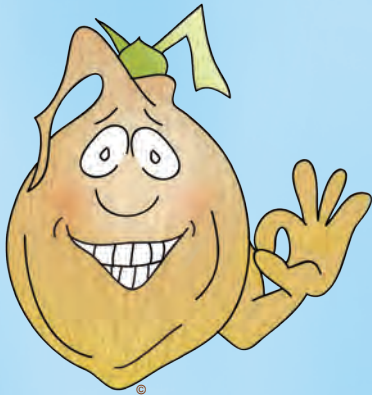
egotistical



spiritual



envious



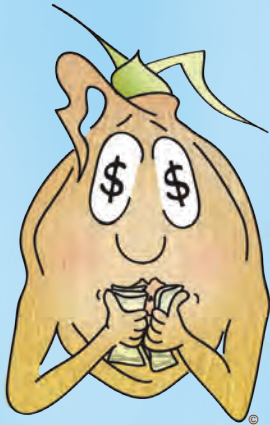
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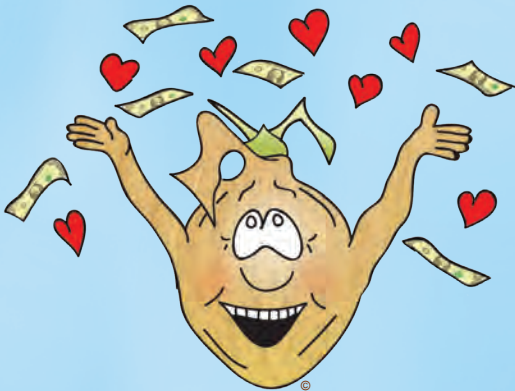
exhausted



energetic



greedy



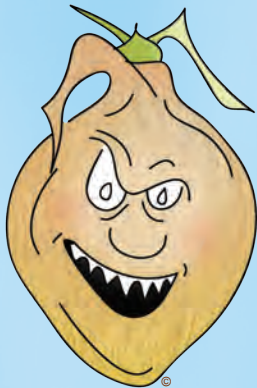
generous



grieving



awakened



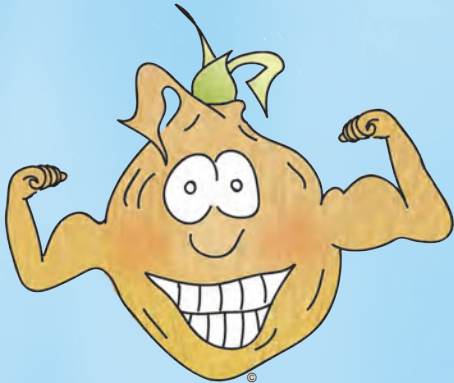
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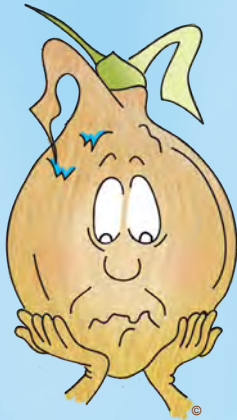
Compassionate



helpless



powerful



hopeless



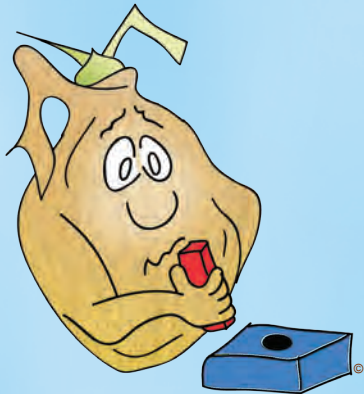
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humiliated



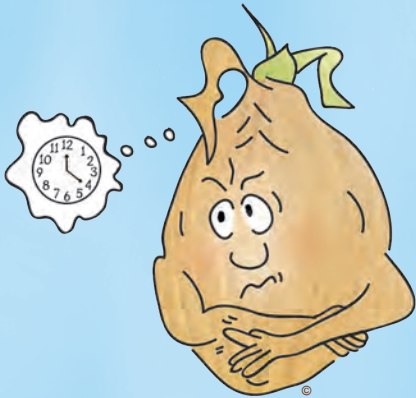
honored



ignorant



wise



impatient



patience



imprisoned



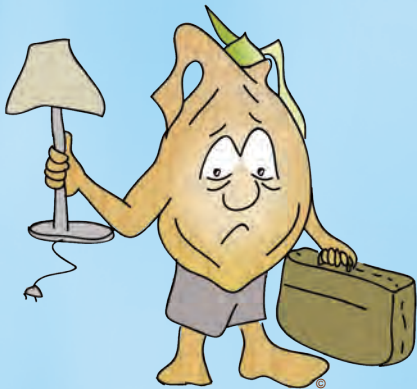
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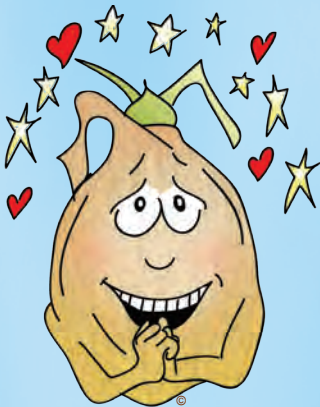
irresponsible



responsible



isolated



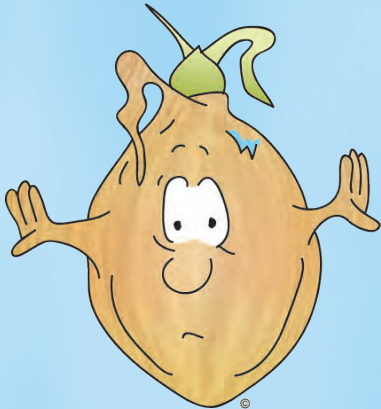
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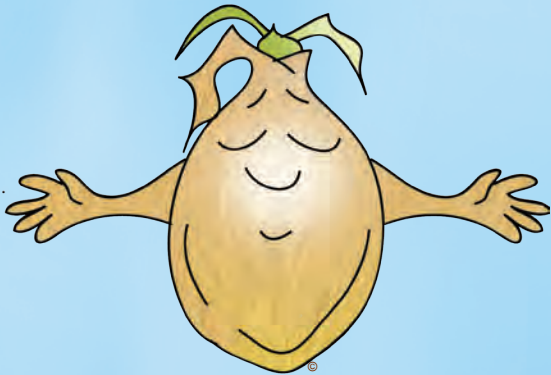
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understanding



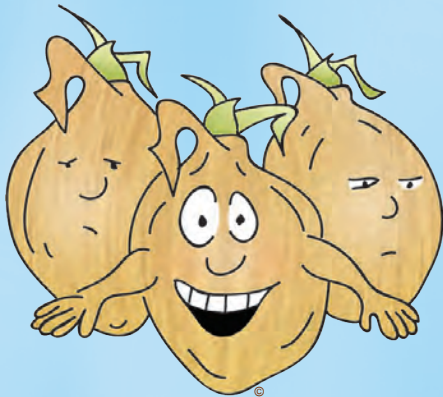
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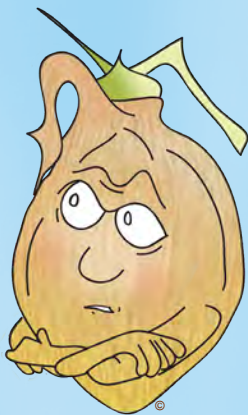
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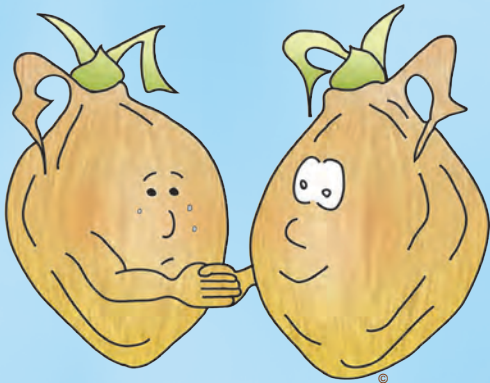
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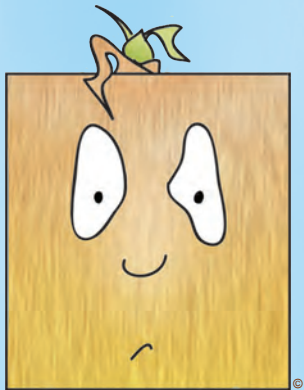
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resentful



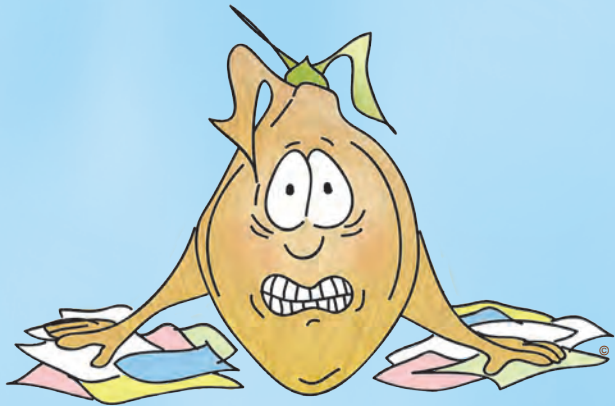
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rigid



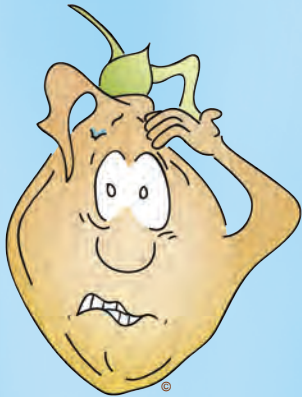
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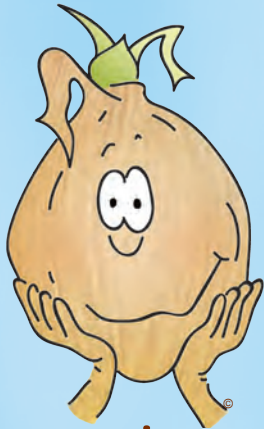
scattered



focused



stressed



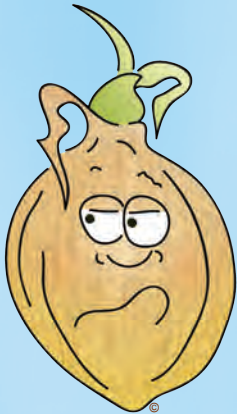
calm



unConscious



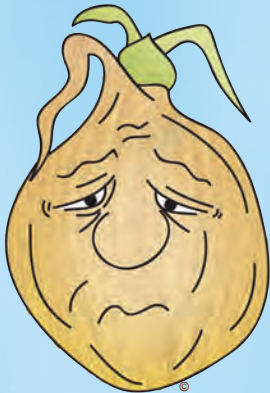
Conscious



ungrateful



grateful



unsuccessful



successful