

Hello Trevor.

I have a question for you.
Do you think harmony is an emotion
or a reaction?

You may write your answer please.
REACTION.

Thank you. Would you be surprised
if I told you it was in fact an
emotion?

Most people want to believe that
harmony is created or produced and
that harmony is therefore the ~~real~~
reaction from, or cause.

But consider other emotional states
and how they come about. Surely
if the harmony is a reaction, all the
other emotions must also be?

I can sense your brain whittling
away trying to grasp that.
Don't worry, it's more obvious the

more you give it thought.

Instead of tiring your brain out, consider what difference knowing that could make to your life.

Another thought for you. What do you think the opposite of harmony is? Chaos perhaps?

No. We call it Dis-harmony. The emotional opposite state of harmony.

Now I've shared that with you, what obvious conclusion can you reach from knowing that? Let me remind you. Emotional states

are controlled by the individual. Not by others, but by yourself.

Any emotional state is governed by the individual. Harmony is an emotional state.

You see, when someone says they

are seeking harmony in their life, they are looking for outside influences to bring it.

If they looked within, the harmony, like any emotional state, exists and waiting to be administered.

Thank you, I was struggling to think of a word there.

There are many other emotional states that people don't realise or appreciate are within them.

Everyone knows greed, envy, jealousy are emotional states, but few give thought to an harmonic state of presence.

I hope I've given you food for thought this day. Open your mind to the world of emotional states.

Bye Bye.

