



Uplift Your Life

NOURISHMENT OF THE SPIRIT



Uplift Your Life: Nourishment of the Spirit
Thursday at 8 AM Pacific
December 10th 2020: How Emotion Underlies Personality and Connects All Life

The dominant belief is that thoughts are more important than emotions. Research is showing us, however, that emotion underlies personality, spirituality, and a range of extraordinary perceptions, conditions, and experiences. These include déjà vu, post-traumatic stress disorder (PTSD), phantom pain, and extreme empathy, where people feel the physical pain, emotions, or thoughts of other people. Many gifted children, people with synesthesia or autism, and extremely sensitive people describe having innate knowing and psychic experiences. My guest uses scientific studies to show how emotion can i

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Featured Guest



Michael A. Jawer

Michael A. Jawer is a writer, speaker and researcher. His focus is the nexus of personality development, body/mind, emotion, and spirituality. His papers have appeared in Frontiers in Psychology-Consciousness Research, Journal of Interpersonal Neurobiology Studies, and Science & Consciousness Review. Jawer blogs for Psychology Today and is the coauthor, with Marc Micozzi, of The Spiritual Anatomy of Emotion and Your Emotional Type. His new book is Sensitive Soul: The Unseen Role of Emotion in Extraordinary States. Please visit him at www.michaeljawer.com.

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