

The 7 Senses of the Soul and Their Purpose

The SOS Method is a simple way to allow emotions to do the work the evolved for, to maintain your wellbeing and happiness. Here is a brief introduction to the way your senses of the soul work.

<p>Fear Doubt, Indecision, Worry, Confusion, Overwhelm, Anxiety, Panic, Terror</p>	<p>senses Danger</p>	<p>brings Safety Security</p>	<p>awakens Peace Bliss</p>
<p>Desire Longing, Yearning, Craving, Obsession, Addiction (opposites: Aversion, Repulsion)</p>	<p>senses Needs</p>	<p>brings Contentment Fulfillment</p>	<p>awakens Joy Serenity</p>
<p>Anger Bothered, Irritation, Frustration, Blame, Resentment, Fury, Rage</p>	<p>senses Harm</p>	<p>brings Protection Courage</p>	<p>awakens Empowerment Honor</p>
<p>Depression Boredom, Discouragement, Desperation, Despair, Despondency, Apathy</p>	<p>senses Dysfunction</p>	<p>brings Release Renewal</p>	<p>awakens Willingness Optimism</p>
<p>Grief Sadness, Loneliness, Regret</p>	<p>senses Loss</p>	<p>make one Autonomous Self-Contained</p>	<p>awakens Love Reverence</p>
<p>Guilt Inner Conflict Confused Values & Ethics</p>	<p>senses Error</p>	<p>brings Integrity Truth</p>	<p>awakens Neutrality Trust</p>
<p>Shame Embarrassment, Humiliation, Perfectionism Disgust, Self-Loathing</p>	<p>senses Rejection</p>	<p>brings Acceptance Compassion</p>	<p>awakens Coherence Self-Love</p>

When you feel emotional, sit and center yourself quietly as soon as you can. The steps below will give you a start to understand their purpose. For the full SOS Method, go to SensesoftheSoul.com.

<p>When you have any of these feelings (above), stop and fully allow the feeling until you no longer fear or resist it.</p>	<p>It will show you the source, the problem it is responding to</p>	<p>If you listen well, it will reveal solutions that deliver these - the purposes it arose to achieve.</p>	<p>These spiritual truths are the endgame of your emotions. Ex.: Skillful use of Fear teaches that there is nothing to fear, which leaves you in Peace.</p>
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