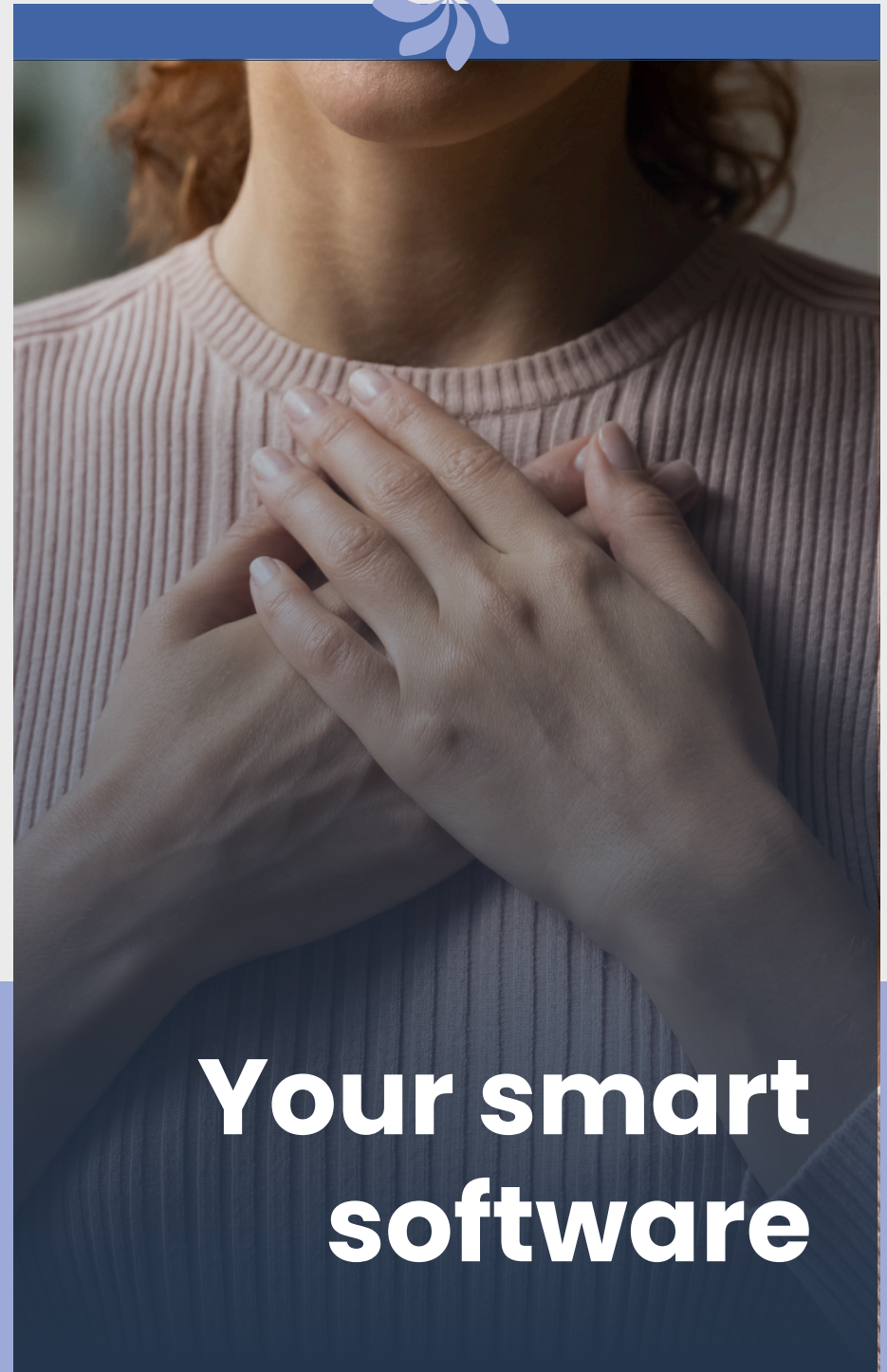


Emotions are an intelligence

When we ignore our emotions our bodies feel it: unease, anxiety, and depression are common expressions. Learning to listen to and trust this information is our shared challenge as human beings.

Listening to our heart enables us to live a life of meaning and peace.

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What is emotional intelligence?

Emotional intelligence (EI/EQ) is the ability to recognize and decipher emotional information for the benefit of self and others.

EI/EQ plays a crucial role in personal and professional relationships, decision-making, and our overall health and wellbeing.

Though invisible, emotions are part of our human physiology. Expressed through language, art, and as behaviors, emotions expand human intelligence and inform our bodies and daily lives.

Befriending and partnering with our emotions and emotional landscape enables us to live with less friction, less suffering, and more energy for living our lives with greater ease and joy

Emotional places most of us pass through:

- The Factory of False Beliefs
- The Canyon of Confusion
- The Dump
- The Bonfire
- The Fog of Fear
- Critics' Corner
- Valley of Denial
- The Gusts of Guilt
- Reality Checkpoint
- Bitterness Boulevard
- War Zone
- Shame & Blame Lane
- Reaction Station WYOU
- Addiction Lagoon
- Mire of Misery
- The Fires of Anger
- The Portal of Grieving
- Dark night of the soul tunnel
- Streams of Gratitude
- Survivor Village
- River of Dreams
- Beaches of Bliss
- Light of Truth
- Spirit Spa
- Soul Friends Sanctuary
- The Sky of Grace

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