

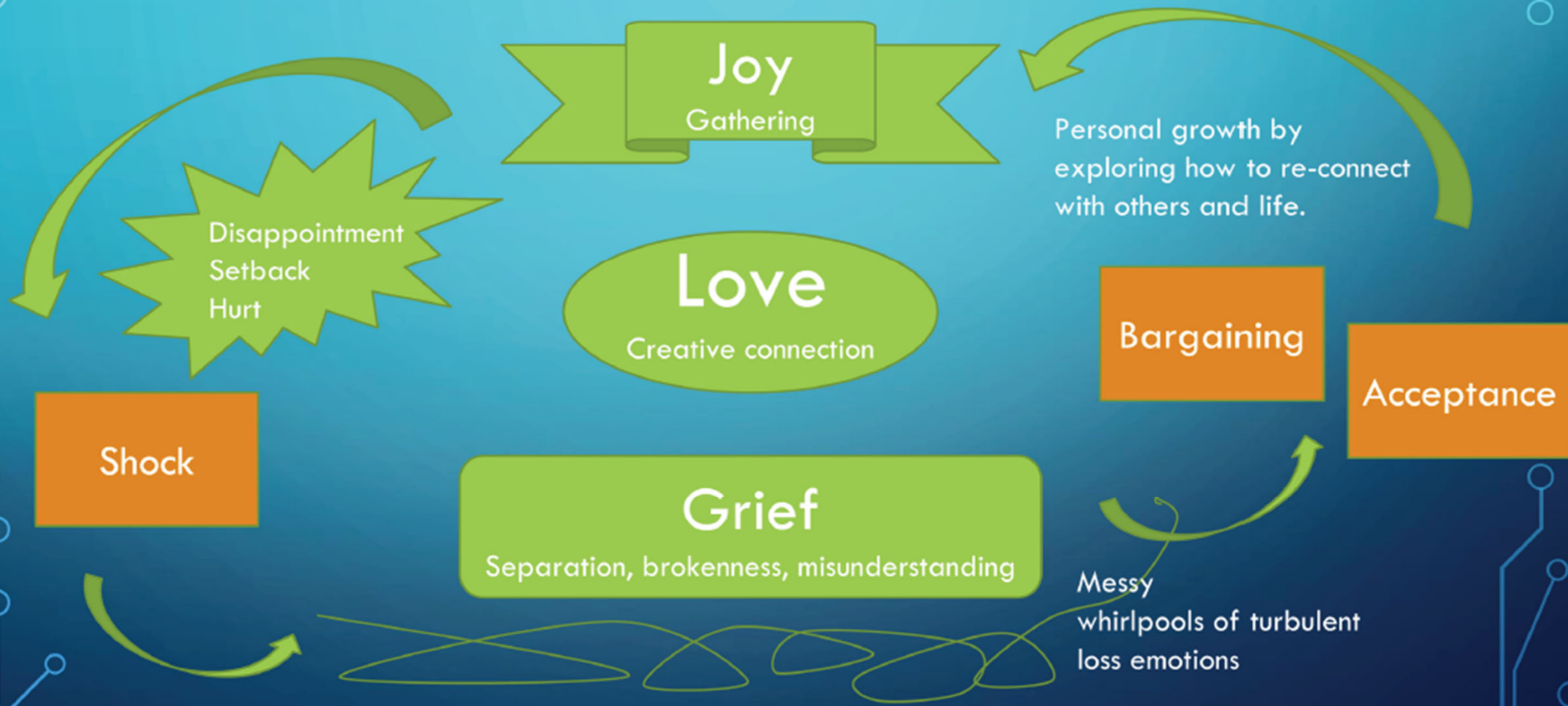
Emotion is the meeting place
of our physical
and our spiritual natures

TREVOR GRIFFITHS

BIO

- Studied medicine and immunology at Oxford University in 1980s.
- Several religious & other experiences that did not fit with a purely materialist view of life (e.g. dream that predicted future & saved my life).
- Pioneering GP – whole person medicine, counselling, systemic family therapy, community befriending schemes, faith communities.
- To *prevent* mental illness and socially disruptive behaviour I developed ‘Emotional Logic’, lifelong learning for healthy adjustment to change, adaptability, and responsiveness in personal-social development.
Systemic view of the person/family. Core relatedness.

YOU ONLY GRIEVE IF YOU HAVE LOVED THAT HONOURS YOU AND OTHERS AS HUMAN BEINGS



EMOTION AND 'FEELINGS OF EMOTION' ARE DIFFERENT

Medical training, see *emotions* as physiological survival, not psychological.

- Hormones prepare body chemistry, immune system, and brain to respond to change by movement towards or away. E-motion = energy in motion.
- Limbic brain = the inner human heart, emotions weight decisions (Damasio).
- Social messages (facial expression, body language, tone of voice, & pheromone chemicals in perspiration) convey **personal values**, so that others have choice over *their* response. Emotions connect people.
- *Feelings of emotion* – cerebral cortex adds unique memories and meaning that may be **inappropriate for the social setting**. Feelings disconnect people!

THE ECOLOGICAL PERSON IS PHYSICAL AND SPIRITUAL

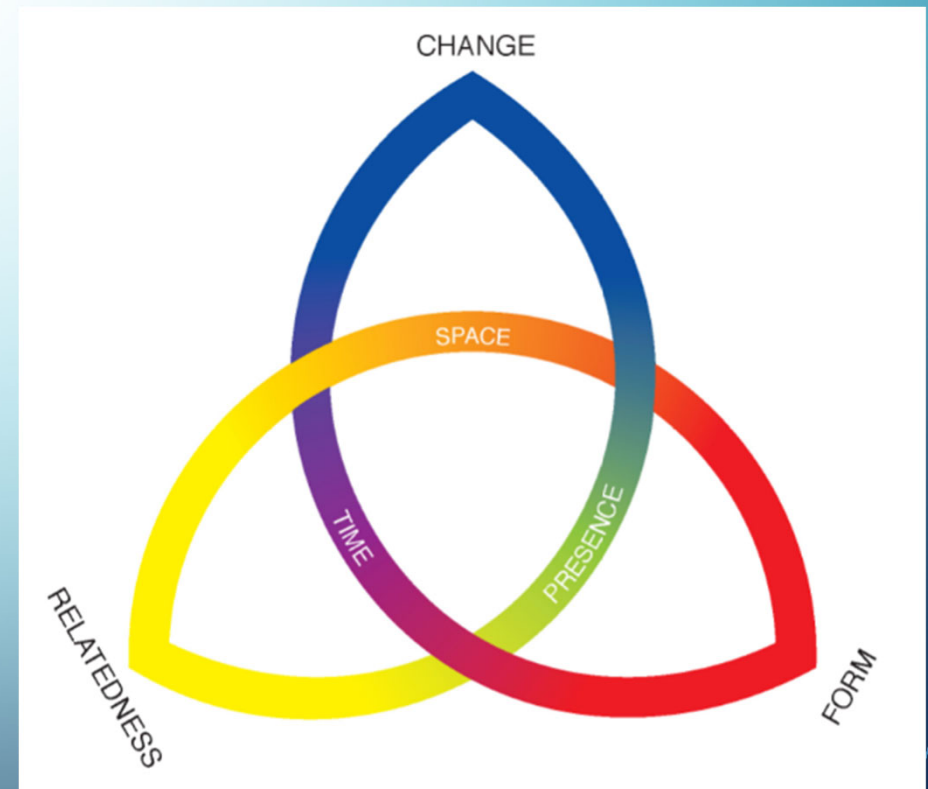
- Emotions are rapidly changing social physiology communicating values.
Mood is slowly changing social physiology.
Atmosphere is social physiology that you walk into. Spirituality extends that.
- Emotional Logic takes an **ecological view** the person as physically emergent within a shared environment. Not a psychological or cognitive view of the person. (Human beings are dust and water self-organising.)
- Spirituality = dynamic relatedness emergent physically as order/disorder.
- Emotional Logic heals the broken & *isolated* heart behind mental illness.

A 'SEEKER AFTER TRUTH' FOR SEVERAL YEARS

- Formal church seemed to miss the power of odd experiences.
- Explored Zen, I Ching, Doors of Perception psychoactive chemicals – led to damage. More isolated. All individualistic.
- Eventually discovered Celtic Christianity – earthed, rhythms of nature and prayer, community, ecological spirituality, hospitality & relatedness. Allows beauty to emerge from within the human heart, not just by outward behaviour.
- My personal view: **spirituality = qualities of relatedness**

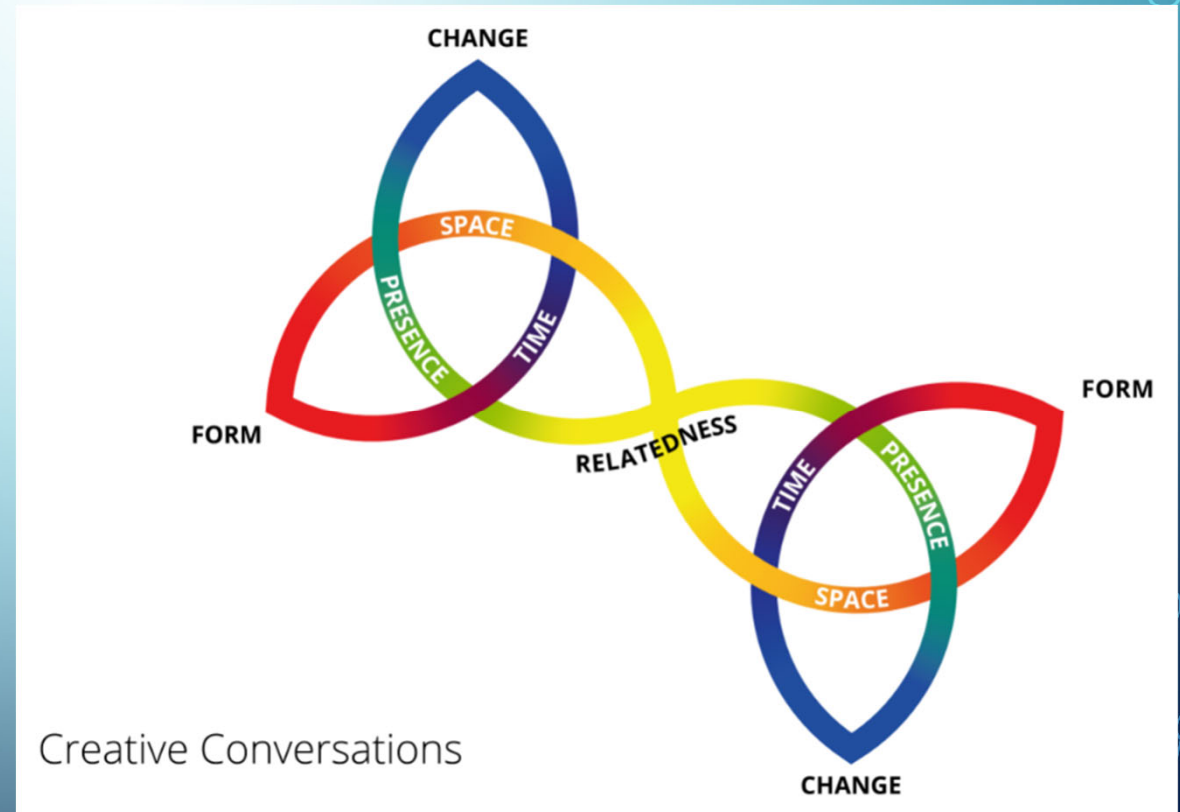
NEUROSCIENCE & CONSCIOUSNESS

- Medical interest in orientation & disorientation in space, time, and person (real presence).
- Celtic triquetra explained how the brain's *sensory association areas* may work to construct a space-time-presence *mental framework for social life*.
- **Relatedness** sensory input is core!



PHYSICAL AND SPIRITUAL CONVERSATIONS

- Conversation is emotionally dynamic responsiveness person to person.
- Spirituality is also emotional on a cosmic scale. Spirit is like the wind, known by its effects.
- The core universal state is love, like gravity, holding all together.



QUANTUM COHERENCE IS ALSO CONVERSATIONAL

- One quantum has *no existence* until it coheres with another as emergent existence.
Sine waves.
- The continuously created cosmos IS relational.
- Dynamic Word moves it from within.

