

ART & APHORISM

What Feelings Might Think...
if they didn't have to be so reasonable

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1. Emotion 2. Philosophy 3. Aphorisms

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FEELING

Feelings think just like ideas, though we seldom pay attention to what they're saying. We can't wait to do something about it. It's only reasonable. Isn't that what feelings are for?

Perhaps that's why feelings have such a bad reputation...because they're always doing impulsive things—instead of being understood.

Feelings tell us the basics. Thought can only play around with that information.

To feel something doesn't automatically mean that we must do what it tells us. Though that's normally how we function.

Our habits, not our mind, tell us what to think. Feelings deliver the idea from our habits to our head. Our head then pretends it made up the whole thing.

Irritability is when we feel uncertain and afraid, and also very resentful about being there—as if somebody was giving us a dirty deal.

Fear has always taught relativity long before Einstein insisted upon our giving it attention. It did so by exposing the unexpected changeableness of anything. Fear's message is always some version of 'what you think, believe, feel is not happening or not working.'

Our needs get our attention by making us angry. We usually take it out on others. When our anger is trying to tell us something that's probably also frightening. Anger is frequently employed to hide fear.

Thinking and feeling don't belong to us in the sense of being under our control. We visit them. Meaning they're always happening even when we sleep. It's a question of whether we're tuned in or not.

Run away from our fear and we'll start to get confused. Continue to deny it and we will become disoriented. Make it permanently 'out of mind'—never to be noticed—and we'll get seriously symptomatic. Project it entirely outside of ourselves by believing someone else is forcing it upon us—making us feel it—and we've come just one step short of crazy when voices begin to command what's no longer entirely an us.

Doing this with several pieces of our selves is known as 'multiple personality'. It's the crazy way of making a family.

Necessity is the most basic form of fear. We usually call it God...and pretend that It is a person like us.

Boredom is the way to deny that something happening isn't happening...to claim that we're not waiting for, or afraid of something. It's like believing that what grows in the fields, or how nourishing it is, is none of our concern because we're not farmers.

Boredom is the price we pay for the security of plenty. Our time, our labor, our imagination, and our work are no longer driven by survival. Boredom is the passive celebration of that.

We have a love-hate relationship with boredom. Boredom feels like there's no danger nearby. That security is irresistible. But the price we're paying for it is to be emotionally dead.

Take the humiliation and shame out of need-expression and you've got "please", which nobody, if they like you can resist.

Negative energy comes not from badness but from vulnerability.

Though we usually make our vulnerability appear negative by our clumsy, far-too-aggressive, obviously embarrassed expression of it.

It's insecurity that makes disappointment so aggressive. Otherwise it would be a tolerable experience as long as it happened in moderation.

One of the most important parts of home is inside our own skin. Some would call it as much of a home as a family is – the 'second home' we keep talking about needing.

Depression means to have a negative energy experience that we're having difficulty blaming on somebody else. So we're stuck with it until we figure out something about our self.

Efficiency is the shortest route to comfort.

Emotion always has a bias, either positive or negative.

That is unless we get two emotions about the same thing that balance each other. This is the calmest and wisest possible understanding place. From emotionally balanced neutrality—not objectivity—we get our clearest best informed thoughts.

Psychology is surreptitiously emerging as a revolutionary social and political philosophy that will change the world. Eventually, psychology will rise above the past tense of history to the pinnacle of social science as the preeminent discipline by which to understand anything.

Art & Aphorism

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