

Unravelling Emotions

“Why do you think we humans have these emotions? Have you ever thought about it?”

Parth nodded.

“Let me explain. Emotions are a part of our complex and essential survival strategy. Let me give you an example: Imagine you are going to any forest area with wild animals and no protection for a human. What will happen to you if suddenly a bunch of tigers or lions appear in front of you, out of nowhere? What will you feel at that moment?”

“Fear.”

“What will happen next?”

“Of course, I will try to find a way to save myself and start thinking of possible options to run away from there and save my life. I would quickly assess my surroundings. Adrenaline will course through my veins as I weigh the risks of each possible course of action.”

“Exactly. Imagine If you could feel no emotions, you would be killed and preyed upon when you walk in the forest and encounter a tiger. Fear will rise. That's an emotion. It triggers a powerful surge of adrenaline through the body, preparing you for flight or fight. Without that emotion of fear, you will not get that surge to save yourself. However, if we were told before entering into the jungle that fierce tigers were there, another

emotion, anxiousness coupled with fear, would already be present.” Krish took a sip of coffee and looked at Parth.

Parth stared at Krish in an amused look. “What a different way of thinking!”

“Emotions are important for a living entity. Without emotions, we will never be able to form a closeness or bonding with our friends, relatives, or even loved ones. The love that we feel for our family, spouse, or children is a part of our survival strategy. It is our love for them that makes us do things for them to make their survival more easy and comfortable. Think about it.” Krish paused and looked at Parth’s face, his expressions, and smiled.

“Parth, do you have a pet at home or have you ever spent time with any pet animal?”

“No, but I have seen pets at our neighbor's place. They had two dogs.”

“You must have noticed how dogs react when they see their owners or known humans. In their behaviors, they convey immense delight as well as affection. Isn’t it?”

Parth nodded in agreement.

“I am sure you must have thought that it is only humans who feel emotions. Right? Fear, anger, and happiness are just a few which we can see in our pets, but the same applies to wild animals also. Most animals form very close bonds with their own species and even with other species. Most animals can experience empathy, sadness, and even love; this is also the reason for their survival as an individual.

Humans have gained the ability to think and relate emotions, which allows them to foresee the future. When we sense an emotion, we not only observe it in our current context, but we also record it in our bank for a future context when we may utilize it or avoid it based on our

experience. The human brain is in a constant state of recollection and prediction with these emotions.

“Hm.” Parth seemed to be sinking in the thoughts planted by Krish. He gulped a sip from his glass to let the thoughts properly get absorbed within himself.

“Emotions are our *wake-up calls*. Wherever particular emotions are felt and a reaction is required, our bodies send signals to our minds. While our mind is busy in its own process, our thoughts will trigger a chemical reaction in the brain telling it to **stop and pay attention to what happens now**. These reactions are emotions.

“Does it mean that emotions are always good for human beings?” Parth wondered and asked the same question to Krish.

“Good question. I am happy that you are really involved in our discussion and not just gathering the *gyaan* that I sometimes start to give away without knowing the other person.” Krish smiled.

“While emotions have a lot of benefits, they also have some big drawbacks too.”

First of all, they are hard or even impossible to control.

Secondly, even though emotions are psychological in nature, they create physical effects on us. Like feeling tired or fatigued. This makes a huge impact on our behavior which is normally controlled by our physical state of mind (subconsciously controlled by our emotions).”

“Let me ask you one thing. Do you like eating fruits? Let’s take bananas as an example. Does eating a banana make you feel happy?”

“Yes. Of course... I love bananas,” Parth immediately responded.

“Now let me tell you, I hate bananas. Even someone peeling off a banana in front of me makes me feel like puking.

Now, think about it. Is the banana a source of your happiness or my sadness? No. Because it is the same object triggering different emotions for both of us.

This means that all these emotions are subjective. They vary from person to person. Things making you angry don't really matter to me and things making me sad might make you laugh. So it is not the thing, person, place, or a situation, it is my insides, the subconscious mind specifically, which induces any of those emotions in me."

Krish paused for a while and started looking around for the waiter. He did not want anything in specific, but it was his way of giving thought processing time and space to Parth. He knew it was too much for Parth to process in such a short period of time.

Parth was just sitting silent and mulling over all the information and the discussion that just took place. The conversation was absolutely unexpected. He had thought of having some professional guidance from Krish, but here the scenario was absolutely enlightening in a whole new dimension, and Parth seemed to be enjoying that.

The waiter arrived with two cups of coffee. Krish waited for a few minutes, taking small sips from his coffee before he said anything.

"Parth, with all the discussion we had so far, do you think you can control your emotions? Or rather change them?"

"Mm..." Parth did not have an answer to that. He stared at Krish with a puzzled expression.

"Of course, you can control or change. It is not absolutely easy but not impossible either. Human minds have the power to change their subconscious mind," Krish said and looked at the clock on the wall of the Karnavati Club lawn. It was 22:35, somewhat late for routine schedules for him.

He said, "I guess it is too late today but let's meet again some other time and we can take this conversation forward."

"Sure, Krish. It was indeed a great evening today. I can not tell you how much value you have added to my life and my thoughts today. Thank you for the time and such valuable guidance."