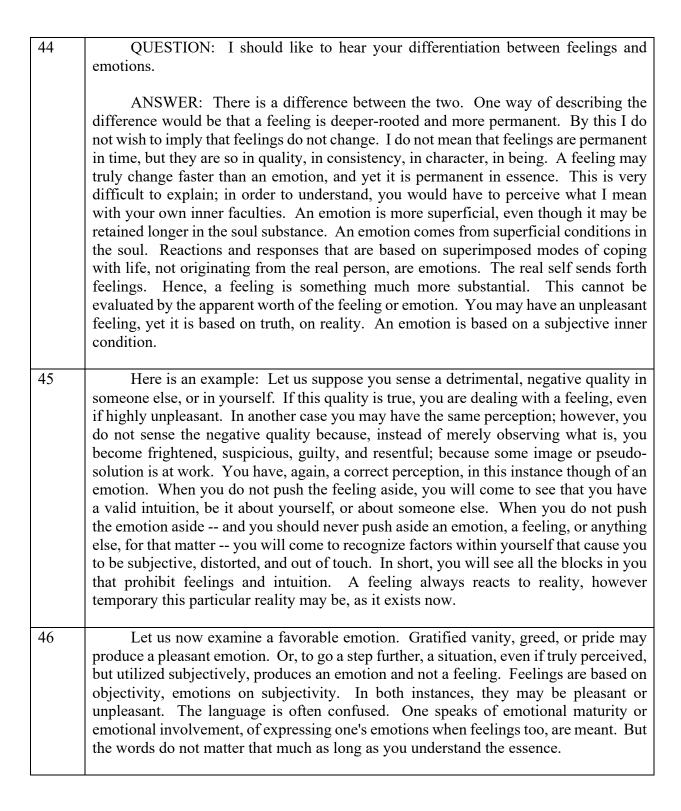
223 Difference Between Emotions and Feelings

From Lecture 111 Soul-Substance -- Coping with Demands



47 QUESTION: Am I correct in understanding that anything can be either feeling or emotion? Fear, for instance?

ANSWER: Yes. That is right. But, my friends, my advice is: Do not try to label it. Labeling is always a dangerous procedure. With it you somehow close a door to further understanding. Try rather to deal with the feeling, or emotion, as it comes up. Try to understand it, to see whether or not it is based on objective factors, or on personal, colored, and subjective notions.