

# **Theory of Emotional Harmony**

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## 1) Introduction

The point of this paper is that the sexual abuse of children causes a state known as emotional disharmony. This is the state that we have always lived in. It has been passed down the generations and determines our world. Further the victims of sexual abuse go onto form relationships that can be classified as disharmonious.

Disharmony is caused by a twin effect. (A) Abuse puts the victim into a state of severe disharmony. (B) The victim forms relationships with other people. Since sexual abuse of children is widespread and usually unreported a large number of people fall into this category.

People are emotional beings. Religion, race, nationality, gender are all of less significance than an individuals emotional profile.

As emotional beings all our choices in life are predicated by our emotional profile. If the individual exists in a state of severe disharmony his choices will be bad – i.e. they will make choices that invalidate him emotionally and those who associate with him.

The primary determinates of a person's emotional profile are:

- 210 Sexual Victimization
- 211 Emotional Victimization
- 212 Emotional Obligation

At this time emotional harmony is rare which means many leaders are in a state of disharmony.

Harmony is the attainable goal of any human. The effects of victimization can be undone and any trauma can be overcome. The approach that psychiatry adopts overlooks the patient's emotional profile.

Our goal as beings is to achieve emotional harmony.

In harmony the dichotomy between emotional self and reality ceases to exist. Interior monologue ceases which consists of commentary, interior observation and allegorical futuristic and past sagas. Hypothesing and speculating about the future course of life events does not occur in harmony.

## Definitions

### 213 Emotional harmony

The subject is in a state of correct orientation. They are utilizing their talents fully to be of service to their fellow humans – according to their own personal lights. In this state internal conflict ends. Ideation drops to a minimum and focuses on conscious objectives. Harmonious people are highly effective and prominent in their chosen fields. They are not perfect but feel no guilt about their imperfections. They do not recriminate with themselves. Critically they have become comfortable with their own personal cosmology.

### 214 Emotional disharmony

This is characterized by intensity, a state of self-doubt, self questioning and seeking of answers, a compulsion, busyness activity or distraction, discomfort with solitude.

Everyone knows his or her personal harmony. In disharmony we are constantly fed messages about what we ought to be doing but are not.

## 2) Factors Influencing a Person's Emotional Profile

### 215 Taboo against Incest

Taboos are precultural and universal to all humans. The taboo against incest is the most fundamental and all humans now living share this taboo. It has led to the promotion of the nuclear family, matrimony, and monogamy and is a fundamental pillar of our identity and our way of life. It is this taboo which has accelerated us on the road to harmony away from a bestial past towards a diverse present and potential future. Violation of this taboo creates severe disharmony for the abuser and also for the abused. This is the central cause of emotional disharmony.

The human psyche is analogous to a skyscraper and the conscious mind is like a broken elevator free to range only between certain floors. The other floors are only accessible to the subconscious when we sleep. The night time floors contain the traumatic and unpleasant memories and accessing these floors can be very frightening. (See Psychology of Fear)

The consciousness consists of two parts - conscious and subconscious. In the conscious mind reside the learned brain functions – language, reason. The subconscious is only accessible in the dream state. It is emotive and allegorical. It concerns feelings. Emotional needs are expressed through allegorical dramas full of relevance for the quest for harmony. In harmony the subject can roam his subconscious without fear or threat in fact the distinction ceases. The divide is sustained by disharmony.

Dreams are messages from the subconscious. In disharmony this is the only way the subconscious can convey messages to the conscious mind. Dreams are allegorical and are requests to the subject to address unresolved trauma and move towards harmony.

The most traumatic memories get buried in the subconscious. These traumas must be exposed to the conscious mind and challenged in order to be expiated.

Intensity of disharmony is caused by the degree of separation between a person's actual lifestyle and their harmony.

Interior monologue is the consciousness trying to cope with unresolved issues whether they are caused by trauma, abuse etc. The consciousness never stops in its quest to come to terms with these issues. They can only be addressed. They will not go away. The timeframe is not relevant. Every disharmonious person has unresolved issues residing in the subconscious. Constant allegorical messages are being sent to the conscious mind and labeled or mislabeled.

The consequence of this interior monologue is often debilitating it is only ever a question of degree. Psychosis and neurosis occur when the interior monologue takes over the conscious mind. The subject's become completely dominant.

### 217 Ideation – In disharmony

This hinges around streams of thought and ideas caused by trauma and its intensity is caused by a person's emotional disharmony. In a harmonious state the consciousness is free to experience, correctly interpret and gauge ones environment.

### 218 Linguistic Ideation

Language is a schematic we place on our emotional landscape. It is a constraint and can never fully express feelings. Disharmonious people label their feelings in an attempt to contain them. Mantra and aphorism protect them from the threat their misunderstood subconscious poses. In harmony feelings are congruent and acted upon.

### 219 Cultural Ideation

Depending on the subject's cultural background he will be met by figures from his national history as he journeys to harmony. If this is a lifelong journey these figures will appear and reappear to convey messages and to warn of dangers. These historic personalities will also be co-opted to articulate uncomfortable feelings. If a particular writer was a guiding light then he will appear in the debate to place clarity or familiarity.

### 220 Religious Ideation

Again the religious affiliation of the subject will determine the nature of the religious ideation. Christians may label a sense of menace or threat as satanic – a sense of euphoria or liberation as messianic. Our emotional being is a complex tapestry or cultural, linguistic, religious, experiential baggage. Understanding all this is critical to approaching harmony.

### 221 Experiential Ideation

This is very near the top of the subconscious. It is recent experience that has proved traumatic and does not sit well in the subject's consciousness. This would include the trauma of bereavement, divorce and other traumatic events. It remains current because it is unresolved and misunderstood.

## 222 Time Ideation

Emotions are subjective. They are the preserve of the subject and cannot easily be articulated to another. Time is emotional rather than objective and stops for unresolved trauma. This simply means that the person cannot resume his journey to harmony – begin the emotional clock ticking – until he has dealt with these problems. If they are repressed the effect is the same. This is the urgency that disharmonious people feel. There is always urgency when there is no time. Their urgency is a failure of love. Once they begin to love again they can move forward.

## 223 Moral Probity

Every individual has a sense of right and wrong. It is that orientation that we are born with. Our environment over lays this. Fundamentally we know that we have deviated from our sense of right and wrong. When we do disharmony results. The more we transgress from our personal moral code the more disharmonious we become. There is a constant ideation pointing us in the direction of harmony. This ideation can guide the individual to harmony and will chastise transgressions.

Pure harmony is a certainty we cannot experience in life but we can move in that direction. Harmony is order, light, reason, decency, fairness etc. Complete disharmony is the opposite decay, decomposition, chaos, disorder, darkness.

## 224 Developmentalism

Certain writers have suggested that we are inevitably moving in the direction of harmony. That with each successive generation we become more harmonious. This is a dangerous conceit and one that disempowers the individual. We all must play our part and speak out against the disharmony of our time.

Eastern religions believe in the transmigration of spirit soul, this suggests that the consciousness continually improves itself through successive generations. Science similarly offers the Darwinian view that evolution will carry us to successively higher levels of harmony. Both views overlook the critical element of free will.

## 225 Subjectivity and Objectivity.

The emotional landscape is a subjective reality. It consists of the emotional events that have scarred or inspired the individual. Subjectivity is the realm of the subconscious. Objectivity resides in the conscious mind.

## 226 Human Motivation

Our motivation as beings is to achieve harmony. The greater the disharmony the more easily distracted from this goal. There is a strong compulsion to harmony and strong disharmony when individual moves away from harmony.

## 227 Distraction – Our normal state

We are constantly distracted. Unless we live in solitude few of us have ever experienced an environment free from distraction. Even when asleep the subconscious continues to churn unresolved issues. Distraction is a state far removed from harmony.

## 228 Illness/Psychosomatic - Manifestations

Disharmony can manifest itself in illness and can take physical form not just in the lifestyle but also in the physical condition of the individual.

Cancer, eating and behavioral disorders, depression and other ailments have no known cure. Yet they seem closely linked to the emotional health of the patient.

Depression is the repetition of unresolved trauma. Mental illness including schizophrenia is physical evidence of extreme emotional conflict. These “illnesses” are unexplained and incurable. Drug therapy has no proven long-term therapeutic value. Modern psychiatry focuses on suppressing the symptoms rather than the patient’s emotional profile.

## 3) Victimization

## 229 Harmony

Harmony is a oneness with godhead i.e. self-acceptance. It is characterized by low ideation and in it emotional needs are fulfilled. Success is approaching harmony and getting closer. In harmony there is contentment and no sense of urgency. A harmonious person exists at the centre of a congruent network of family friends and professional acquaintances He is actualized – pursuing goals congruent with his emotional needs Harmonious people enjoy complete focus, concentration and life force There is no dichotomy between ideation and outward lifestyle. They are instinctively following harmony and responding to the call. They are not necessarily comfortable in the world but comfortable in themselves and the role they play.

### 230 Disharmony

Disharmony is a sense of blame, guilt or failure. High levels of ideation accompany it. Emotional needs are misunderstood, trauma is unresolved and the individual is not actualized. Life structures and relationships are disharmonious. Failure is defined as moving away from harmony. In disharmony the subject is discontented and incomplete. This entails a great sense of urgency and rushing to start the emotional clock ticking. There is a constant need for distraction. There is a fear of solitude. In extreme disharmony the subject will lose complete touch with their preferences and the defining elements of their emotional selves.

Confusion and distraction is the state of being of the human species. Nearly all the problems that confront humanity are created by humanity. These problems could be resolved by common sense if the collective will existed. Disharmony means we are constantly at cross-purposes. Unchallenged it has always been part of the human experience. Only the most idealistic or utopian writers have ever suggested it could be otherwise.

### 231 Disharmonious relationships

#### Two Emotional victims

This is a highly stable and emotionally most successful form of relationships. Trust, love and fidelity developed gradually. Problems are discussed and issues are resolved with equanimity. Neither party feels victimized.

## Sexual Victim and Emotional Victim

The emotional victim is by default placed in the role of carer and is ever attentive on the emotional needs of their sexually victimized partner.

## Two Sexual Victims

They both have entrenched positions and high levels of expressed emotion. This creates an emotionally destructive environment of recrimination. This type of relationship is usually unstable. Where it does endure cultural obligation, religious or social sustains the emotional dysfunction. Polarized and entrenched positions are adopted.

## 232 Types of Disharmony

### Emotional Victimization

Emotional victims seek relationship of trust and mutual understanding. They have coherent emotional responses. They tend to gradually develop attachments to people and gradually forget and get over the loss. They are comfortable expressing their feelings. In disharmony they tend to blame themselves for not doing enough, failing to be more compassionate. They will assume personal responsibility. They are capable of forming lasting friendships with their own gender. They tend not to manipulate other people. They tend to be reliable and predictable in their emotional commitments. They are expressive of their feelings, open emotionally and vulnerable to rejection. In extreme disharmony they exhibit messianic tendencies.

### Emotional Obligations

Disharmonious people will place emotional obligation on one another regardless of whether it is accepted. This creates disharmony. Those under emotional obligation postpone their journey to harmony for the emotional needs of another. Thus their progress to harmony is blocked or impeded. Such obligation is often sustained by guilt inducing statements. If such obligation is placed on the individual from childhood it can be accepted unquestioningly.

### Sexual Victimization



Sexual victims as a result of their experience are emotionally childish. They often repress into their subconscious the trauma of abuse. It must be emphasized that they are victims too and are not to blame. If the abuser is a parent the victim regards the abuse as a manifestation of love. If a stranger is the abuser anger and bitter resentment are felt for the abuser.

### 233 Characteristics of Sexual Victims

Tend to live isolated lives and can be paranoid. They tend to be superstitious and excessively religious. They run in a small circle – family members. Often they interact unsuccessfully with institutions and non-family members. They rarely express feelings indeed will pass through intensely traumatic events outwardly unscathed. Their emotions when they do surface are volcanic and intense. Their history is a litany of broken and fractured professional and personal relationships. Rarely if ever will they take personal responsibility or accept blame.

#### 4) Changing An Emotional Profile

### 234 Choice – The Defining Characteristic

People are defined emotionally by the choices they make. Bad choices promote disharmony. Good choices promote harmony. With each correct choice one's sense of harmony will increase. A correct choice validates the individual emotionally. A bad choice invalidates the individual. No choice is trivial it is dependent on how the individual feels about it. Harmony can be attained by a succession of right choices that reinforces innate preference. Once an individual takes control of his right to choose harmony is close.

### 235 Reorientation

Critically the subject must be directed on the road to harmony. In much the same way as a motorist will come to a crossroads and easily take the wrong road if there was no signpost it is the responsibility of harmonious beings to offer guidance.

Every human has made periodic attempts to understand him or herself and find their way. Unfortunately good guidance is hard to find and with the mass media disharmonious and contradictory ideas are widespread.

With a disharmonious subject the carer must first challenge negative ideation and disharmonious habits that have been adopted. Further the helper must be willing to explore the trauma with the subject and dispel the myth with particular emphasis on breaking cyclical behavior. This is not easily accomplished in the context of authority figure and patient but rather as fellow traveler. Critically the victimization must be shared. This will end the cycle of isolation and paranoia.

Disharmony can be undone but the spell must be worked back and the road retravelled back to the point at which it forked and the right road resumed.

In harmony a man or woman is informed by his or her own conscience. They evaluate a situation to be true or false based on their personal lights.

### 236 Prevention Therapy

There is a greater awareness now of the extreme disharmony that is child sexual abuse. The civil authorities must continue with a greater crackdown on pedadpolia with stiffer penalties for abusers.

### 237 The Psychology of Fear – Barriers to Harmony

Trauma is hidden in the sub-conscious and surrounded by fear. Any approach to these areas stimulates a fear reaction. It deters people from seeking harmony and exploring in their consciousness the obstacles to this process. Physical fear has no basis in our environment. To overcome the barriers one must challenge and confront personal fears.

Fear manifests itself congruent with the personal cosmology of the subject. A catholic may have a dream or a thought about an angel. A Muslim may see Allah appear in a dream. These allegorical messages are emotional bells and whistles. These psychic events are of huge importance to the subject. It is the gatekeeper to a higher level of harmony. To pass through the subject must overcome his fear knowing that there are no secrets in the mind and it is that which he most fears that he must confront.

### 238 Sense of Disharmony/Harmony

Disharmonious humans have ideation of 2 types. - that which promotes harmony and directs the individual towards his harmony and ideation and that which does not - choosing to follow the correct voice is the road to harmony.

#### 239 Relatedness

People relate best to those who exhibit the same or a higher level of harmony. The choice validates the chooser and assists that person in their quest for harmony. Attraction of an emotional and spiritual level is determined in this way.

#### 5) Implications of Emotional Harmony

##### 240 Human society

It is based not on a material hierarchy but rather an emotional hierarchy. The most successful human beings are harmonious. Depending on your emotional profile you will interpret and read the actions and behavior of those less harmonious around you. Our motivation is to achieve harmony and every human being devotes his or her life effort to this task.

##### 241 Disharmonious World

Our world is in a state of severe disharmony. To effect lasting improvement we must overcome our paranoid past – our disharmony. The way forward is to leave the past behind. It is incumbent on the more harmonious to assist in this regard. It is a responsibility and a duty.

THE END