

Frequently Asked Questions

Regarding *Emotions in Motion* and Ilene Dillon

- 1. What's your message about emotions that urged you to write your book?**
- 2. You say that emotions are part of a built-in navigation system—How?**
- 3. Why are people talking about emotions now? Why haven't we heard more about emotions up to now?**
- 4. You say that each emotion has a message for us, and this message is what tells us the actions we need to take in our situation. Give an example?**
- 5. So I know what an emotion is saying—what then?**
- 6. So that gets us listening to and working with the emotion—is that all there is to it?**
- 7. Is it difficult to find the lessons we need to learn through our experience?**
- 8. It seems like a lot to expect ourselves to learn lessons every time we have experiences! Why would anyone want to go to all that trouble?**
- 9. Wait! This gives a person a LOT of responsibility in the kind of life they have, doesn't it? You're saying I can make my own life easier and easier?**
- 10. I can hear a lot of resistance to participating in life the way you're suggesting. Doesn't this mean we have to work all the time?**
- 11. How do we find our way? How do we know when we need to learn something; and what do we hold onto while we're learning?**
- 12. In reading EIM, I noticed that you have a section called "From My Personal Laboratory." There, you talk about how working with emotions and pairing that with ancient, universal principles works in everyday life—in your own life. Tell me more about what you're doing here.**
- 13. How did you get started learning about emotions, and about this Giant School you're telling us about—about this system we're all a part of?**
- 14. But weren't you a Marriage and Family Counselor and Psychotherapist? Didn't you already know how to work with anger; so wasn't it easier?**

- 15. In addition to your book, *Emotions in Motion*, in what other ways can people get help from you in dealing with emotions?**
- 16. How do you know this way of working with emotions and life works?**
- 17. Speaking of alternatives, why not just immediately meditate on emotions and turn them loose, or use Tapping to make them disappear and stop causing problems?**
- 18. You talk about becoming an Emotional Master. What is that?**
- 19. How long will it take me to develop Mastery over emotions?**
- 20. What keeps emotions I work on from coming back?**
- 21. How can people find you to sign up for your Masterminds, or book you for a speech or workshop? What is your website url?**