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# EMOTION

Emotions are physical and mental states brought on by neurophysiological changes, variously associated with thoughts, feelings, behavioral responses, and a degree of pleasure or displeasure. There is no scientific consensus on a definition. Emotions are often intertwined with mood, temperament, personality, disposition, or creativity.

From a mechanistic perspective, emotions can be defined as a positive or negative experience that is associated with a particular pattern of physiological activity. The particular physiological activity is a kind of energy which can be said to influence the state of mind and body, this energy can either elevate the mind or depress the mind for a brief periods of time like a wave of fluctuation of energy.

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