

## Quotes from Energy Rising: The Neuroscience of Leading with Emotional Power by Dr. Julia DiGangi

1. “No situation has meaning until it’s electrified by your emotions.”
2. “In what I have come to understand as one of the greatest paradoxes of life, the depth of your emotional power relies directly on your ability to work with the energy of your emotional pain. When worked with wisely, it’s the energy of emotional pain that, counterintuitively enough, strengthens you. If you’ve been stuck for long—feeling lost, confused, anxious, uninspired, unempowered—it’s because you’ve been approaching pain the wrong way. To rise to new levels of your emotional power, you will have to accept one core counterintuitive premise: that your emotional pain—all those negative feelings you keep trying to avoid—is often the precise path to your empowerment.”
3. “A common response to painful negative feelings like stress, fear, worry, embarrassment, or anxiety is to try to avoid them. And so, we commonly avoid the conversations, people, places, and memories that cause us pain. The problem, however, is that chronic avoidance of your painful feelings doesn’t end your feelings; it just exhausts you. All that ignoring, scrolling, pretending, numbing, and denying takes a tremendous amount of actual neuropsychological energy. Research shows that avoidance of our negative feelings wears us down. The energy we spend persistently avoiding our painful feelings then creates more painful feelings in the form of exhaustion, burnout, depletion, and numbness.”
4. “A person cannot work against their own energy and expect greater empowerment. You cannot deny your own injuries and expect greater resilience.”
5. “The truth about pain is you can never eradicate it; you can only transform it. There is no energy on the planet that can be destroyed. For example, when water turns to air, it’s not gone; it’s only transformed. Because your negative emotions are, quite literally, a neurobiological energy, they’re governed by the laws of physics. Perhaps you recall from your high school science classes something called the law of conservation of energy that tells us that “energy cannot be created or destroyed.” It also tells us that while energy can’t be destroyed, it can be transformed.”
6. “Neuroenergetics helps you see your negative emotions as an energy. As such, your work isn’t to destroy your painful feelings, but to transform them. This responsibility to transform your pain is great, because if you don’t transform it, you’ll transmit it to the many people who look toward your leadership. You pass your pain on to your team when you act short-tempered, frustrated, or cold. You pass it on to your children and partner by being distracted, unattuned, and impatient. Worst of all, you pass it on to yourself.”