

# Negative Emotions

In order to overcome our negative emotions, we have to understand what purpose they serve. As a species, our brain produces negative emotions because they are actually adaptive and healthy. In this video, I'll go over the basics of why we have negative emotion, how psychological scars form, and why our mind produces negative thoughts despite suffering.

## Glossary

Dharma

Samskara

## Meditation Videos



P17 - Shanmukhi Mudra