

# Modern Research Into Physiology Issues Relevant to Epicurus's Views of Images and Other Influences On the Human Mind

Post by “Don” of January 14, 2023 at 6:56 AM

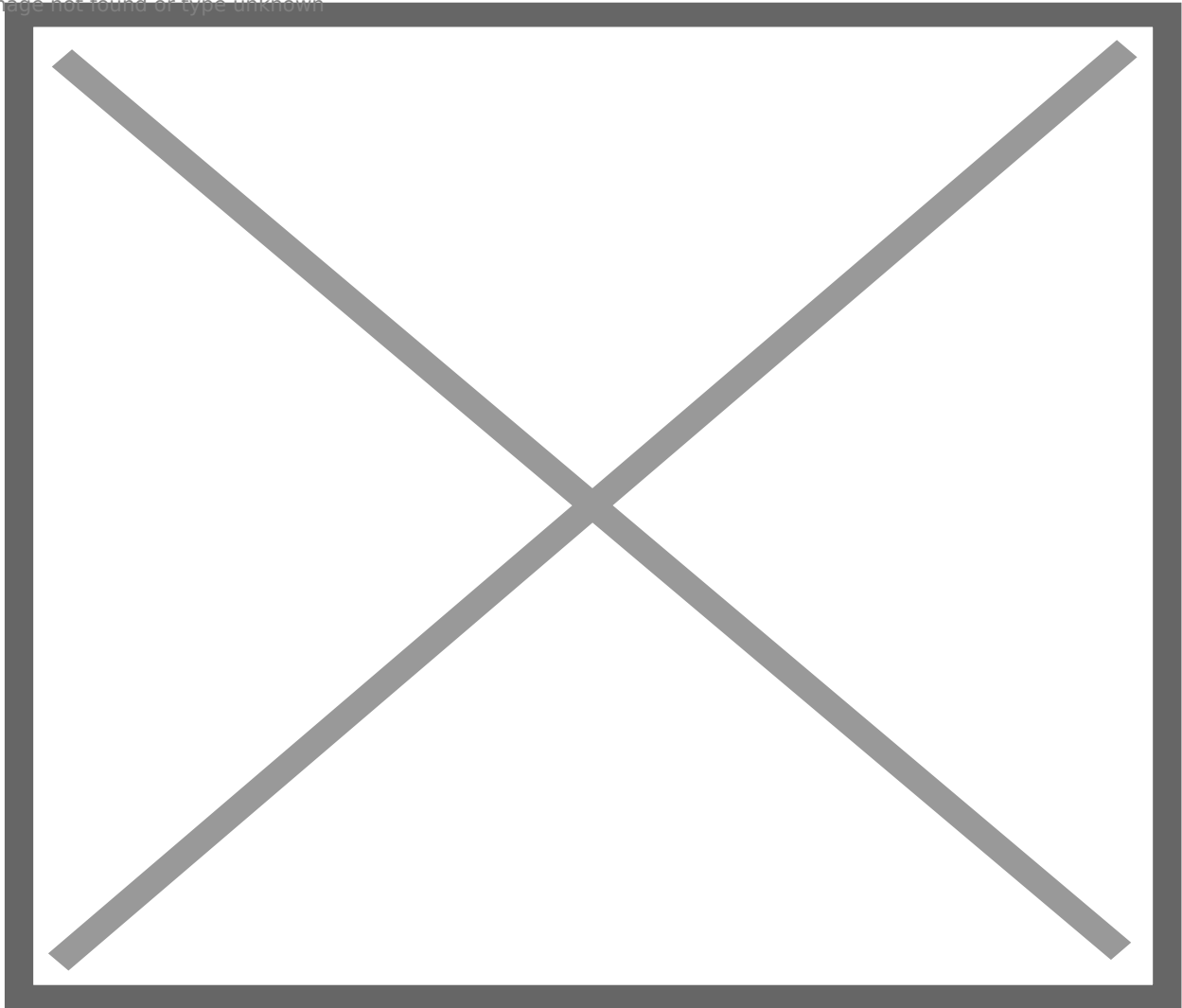
[Quote from Godfrey](#)

So Epicurus was on to something: maybe (part of) the brain *is* in the chest 🤔

Fascinating with respect to the Canon!

We know the mind is inextricably linked to the brain, but I've never been that hard on Epicurus for the chest thing. From the literally "breathtaking" feeling one feels in the presence of awe-inspiring sights to the feeling of being heartbroken, we really do *feel* emotion in the chest!

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### [Can You Physically Feel Emotions?](#)

Emotions are both a physical and mental experience.  
psychcentral.com

#### Quote

Here are some of the more common physical sensations of emotions:

- **Anxiety.** Lump in your throat, churning stomach, trembling, dry mouth, sweating, shortness of breath, feeling weak or tense.
- **Anger.** Hot or flushed face, clenched fists or jaw, shaking, jerky body movements.
- **Joy.** Feeling of lightness in your body, warm heart, “butterflies” in your stomach.
- **Sadness.** Feeling of “heartache,” heaviness in your body, tightness in chest, fatigue, drooping face.
- **Shame.** Hot face, lowered eyes, sunken body posture.

- **Fear.** Dizziness, weakness in legs, goosebumps, fast breathing and heart rate.

We also have numerous sayings referring to the mind-body connection:

- hot-headed (anger)
- hot-blooded (passionate)
- heartbroken
- getting cold feet (doubt or apprehension)
- stomach-dropping news
- gut-wrenching anxiety