

# Emotional magnetic load (podcast)

📅 Mon, Feb 17, 2025 5:36PM ⌚ 8:04

## SUMMARY KEYWORDS

emotional load, suppress emotions, repressed emotions, toxic environment, healthy emotions, chemical reaction, fight or flight, emotional magnetic load, neuroplasticity, mirror neurons, contagious emotions, toxic behaviors, regenerative work, emotional release, rational behaviors

## SPEAKERS

Intro, Murielle Machiels

---



Murielle Machiels 00:00

We have not learned to deal with our emotions. Most of us have learned to suppress our emotions.



Intro 00:10

You're listening to rebel leader with a heart, a podcast that inspires leaders to have more impact and meaningful lives. My name is Murielle, and I'm a CEO, mom and educator. Each week, I'll be sharing inspiration to change your life and organization.



Murielle Machiels 00:29

I would like to talk about the emotional, magnetic load and why it is so important, why it is creating toxic environment, but also why it could contribute to a healthier and more regenerative work environment. So research shows in fact that an emotion takes 90 seconds to appear, to be lived, to be felt and to disappear, 90 seconds if you simply accept it. And that is why, in fact, little babies, when they are operating, or when they are living in a healthy environment, you can see them laugh one moment, and then you see them cry, and then they're curious, and then they're angry, and then they laugh again. And that is, in fact, a very healthy way to deal with emotions, because the emotion comes up in your body, and in fact, it's a chemical reaction in a brain that is creating a sensation in your body and a story that you tell yourself. And that emotion appears in your body, if you notice it and simply accept it. It will take 90 seconds to then disappear again. But the problem is that we have not learned to deal with our emotions. Most of us have learned to suppress our emotions, and so an emotion appear. I'm jealous of a colleague that did something successful, but I don't want to be jealous about that colleague, because I'm a good person, and so that emotion of jealousy that appeared in my body, I want to repress it. And over time, in fact, we have more and more repressed emotions in our body, and that is what I call the emotional magnetic load. It's the

sum of repressed emotions that stay in your body. And that emotional magnetic load is heavy, and that is why it is a load, because there, again, research shows that all these repressed emotions are activating the parasympathetic system, and you are then in fight or flight mode. And so it takes, already, a lot of energy from your body to simply contain these emotions that are inside of you. And I'm sure you can imagine moments in your life with where all these bottled up emotions were really heavy for you, they are taking up a lot of energy. That is why I call it a load. But then it's also magnetic. Why is it magnetic? Because those repressed emotions will then color my interpretation, and then I will react in a way that will, in fact, recreate these emotions that I felt. So if I have a lot of repressed anger inside of me, and in my building, there is a lady who has that, for instance, she has a lot of repressed anger inside of her. And the other day, I was going up the stairs, and I noticed that her keys were on the outside of the door, and so I just knocked on the door simply to tell her your keys are there and they might get stolen. And because of those of this anger that she has inside of her when she opened the door, it was really with a lot of anger already. Yes, what is it? And of course, it then creates a lot of anger inside of me as well to be aggressed like this while I was trying to help. But fortunately, I managed to stay calm, and I simply told her, you know, you have lost your keys here. Ah, thank you. But you can imagine that such a reaction in her everyday life will then trigger reactions from others that are also driven by anger. And so in fact, that is why it is magnetic, because the more repressed emotions you have, the more those emotions will be felt again. And it's not only because of that, but also because of neuroplasticity. Every time you do think or feel something, you activate a neural connection in your brain, and so every time you use it that connects, conversation becomes bigger and bigger. So if you have a lot of repressed anger or repressed anxiety, it means that you feel a lot of anger and you feel a lot of anxiety, and that is creating big connections that are traveled more often. So you will continue to feel it more and more you get into this vicious circle. And so that is why it is magnetic, and the emotional magnetic load is also contagious, and that is because we have mirror neurons. So that is what research shows. When you feel something, other people might feel it as well. And sometimes you can enter a room where you have a lot of stress, and without people saying anything, you can already feel that stress also. But it's not only that. Imagine now that you brought bad news to your boss, and that boss has suppressed anger, an emotional, magnetic load containing anger. You bring that bad news to your boss, and your boss gets very impatient with you, which is a form of anger, a milder form of anger, or snaps at you and starts blaming you and shouting, You should do this, this, this and this. And then what happens? You get angry as well. So it's really contagious, and if you don't know how to handle that emotion, it might trigger your emotional magnetic load. And then you have your emotional magnetic load that is triggered you get at home and your wife tells you that she didn't get the trash out, and you start snapping at her now because of that repressed emotional, magnetic load. So it's also contagious. And so what is happening today in the world is that with technology leading to more opportunities and threats leading to more way more opportunities, it is increasing workload, increasing pressure. We have less and less moments to release that pressure, and that emotional, magnetic load is building up in people, and that is why we have more toxic environments where we are more toxic. We show more toxic behaviors in love or in our family. We show more toxic behaviors in a hospital. And so we have all these toxic behaviors coming from that emotional magnetic load. So if you want to create a regenerative work environment or simply a better life for yourself, you have to learn to, first of all, be aware when your emotional magnetic load is triggered, and then learn to release those emotions, because the less and less your emotional magnetic load is triggered, the more you will have rational behaviors that will lead to the desired outcome that you want, and that is usually Reaching your objectives, but also with more peacefulness inside of you.

