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## Sijo Literature Therapeutic Research on the Structuring of Emotion-DNA

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### Abstract

*In this study, Emotion-DNA is constructed in the same way as that the human DNA constructs the human body. Emotion-DNA is copied and translated in the same way as that the human DNA copies and translates itself. We made an attempt to embody the mind by Emotion-DNA like the symbols "A, T, G, C, U" that make up the chromosome of the human body. This is a diagram of the flow of emotions that the human body operates by literary works. These schemes present new directions for the therapeutic analysis of literary works and for the creation of therapeutic literary works. In this study, we analyzed the nominal Emotion-syllables as a framework of the structuring of emotional DNA. As a result, through the structuring of the emotional DNA, it was judged that the therapeutic action of the human body, which is included in the Rated Sijo among the literary works, can be more concrete and powerful than the works of other genres.*

**Keywords:** Emotion-syllable, DNA, mRNA, Emotion-DNA, Emotion-Gene, Emotion-Protein, Rated Sijo, Literary Therapy

### 1. Introduction

Through our studies related to literary therapy [1][2][3][4][5][6][7] on literary Rated emotion or emotional movement path, we examined quality of life made by human body, and the background and foreground of crossing life, from a literary therapy point of view. In addition, it has been revealed that the movement path of the mind is embodied by the biological circuit of the human body. And the mind has been shown to be able to cure the human body through "encoding" [8][9][10][11] and "re-encoding"[9][11] by literary Emotional tools.

This study is a human physiological description of the DNA of the mind which is the material of literary therapy as an extended work of previous studies. The words "encoding" and "re-encoding" that appear during the course of the study sometimes represent the "copy" and "translation" of DNA. It is the search for the emotional expression of the mind in the human body that "What is the constituent of the mind and how these constituents operate Rated work".

Therefore, in this study, we want to systematize the structure of the DNA of the mind as a hypothetical globe. This is the expression of the DNA structure of the emotions in terms of "copying" and "translation", such as the arrangement of the amino acids of the human body DNA in order to visualize the therapeutic effect of the human body, which is the function of literature.

In this way, we will visualize the function of emotions or minds emanating from literary emotion as a number

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of signs or signifiers. Through these attempts, the phenomenon of the emotions mixed in the literary works can be realized more practically when analyzing the literary works. By doing so, we intend to contribute to the neurophysiological compensation of mankind in concert with the concrete discovery of literary function and to the therapeutic performance corresponding to the discovery.

## 2. Analysis of the flow of emotions

### 2.1. Structuring Emotional DNA

This researcher refers to what is involved in the human mind as "Mind-DNA" or "Emotion-DNA". Like the four bases of DNA in the human body, the elements of Mind-DNA are set as four emotional component: joy and pleasure, anger, sorrow and grief, and love. It is assumed that the genetic information of mind in the human body makes the protein of mind. Mind-DNA is regarded as the sum of Emotion-DNA. In this process, the structure of Mind-DNA proceeds as an amino acids sequence by Mind-mRNA and can be described as a protein by Mind-tRNA. In this case, We determine that the emotional representative characters are set as four component: A, T, G, C, U. The representative characters are the emotional signifiers such as A(Sorrow), T(Joy), G(Anger), C(Love), U(Pleasure) -T for DNA, and U for Mind-mRNA. A, T, G, and C are components of Emotion-DNA. They are described as follows.

A is a representative character that fulfills a myriad of emotions related to sadness.

T is a representative character that fulfills various and innumerable emotions related to joy.

G is a representative character that fulfills a myriad of emotions related to anger.

C is a representative character that fulfills a myriad of emotions related to love.

Thus, A, T, G, and C related to the DNA of the human body can also be said to be representative characters that carry various and innumerable genetic factors related to the characters. We believe that all the emotions of human beings are colored with different characteristics on each component, such as Joy and Pleasure, Anger, Sorrow, and Love, which constitute emotions or minds. And thus the various emotions are expressed in myriad by the interaction of the components. It is described as the process of "copying" and "translation" of human DNA. It is considered that so many emotions combine to form the mind. It reveals the view of "emotion = amino acid", "mind =protein". Thus, we adhere the position that mind is composed on protein and mind is radiated from protein. The emotion-DNA components of the Mind-DNA are A, T, G, C, U, etc. they are themselves Emotion-Genes or emotion-DNAs. However, Emotion-Gene does not exactly coincide with Emotion-DNA, but it is considered to be expressed as "Emotion-Gene  $\cong$  Emotion-DNA".

If emotions are not proteins or proteins do not participate in emotions, human emotions must be uttered completely in the absence of proteins. However, in the state where protein is not formed, emotional stimulation does not occur. In other words, the fact that there is no protein goes backwards and is like the absence of DNA, which leads to the conclusion that emotion or memory is not in the first place.

So if you have a DNA, you have a protein, and if you have a protein, you have an emotion. So emotion can be defined as a protein, so the elements that make up human emotion-DNA fragments can be expressed as A, T, G, C. And Emotion-mRNA is composed of A, G, C, U and so on. In addition, the mind is uttered not only by the protein but by all the elements that make up the human body.

In this way, the human body's DNA and Emotion-DNA can be said to have the same form of role, and the "DNA of human body = Emotion-DNA" is established. This leads to the conclusion that human DNA and Emotion-DNA are the same. As a result, emotions are structured into cells of the human body. Also, the human

body is structured in emotion or mind. Maybe the mind and the body are made of the same material. The mind is put into the human body as a state of matter.

The authors would like to explain the framework of emotional DNA structure by the same method as the DNA translation of the living organism as follows. + is a combined indicator, which means the combined state of emotion. Joy and Pleasure, Sorrow, Anger, and Love are elements of Emotion-DNA in this artifact, and they are represented by initials of them such as J, S, A, L, etc. S in the Emotion-DNA is replaced by U in the Emotion-mRNA.

**Table 1. Emotion-DNA**

A	S	J	L	L	A	L	S	S	J	A	S
+	+	+	+	+	+	+	+	+	+	+	+
S	A	L	J	J	S	J	A	A	L	S	A

These Emotion-DNAs are structured in the same way as the DNA of the human body, in which the one axis is copied as in "Table 2".

**Table 2. Emotion-mRNA**

A	U	J	L	L	A	L	U	U	J	A	U
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This Emotion-mRNA is structured in the same way as the mRNA of the human body, which is translated as "Table 3".

**Table 3. Emotion-Amino Acid**

U	A	L	J	J	U	J	A	A	L	U	A
+	+	+	+	+	+	+	+	+	+	+	+
A	U	J	L	L	A	L	U	U	J	A	U

These Emotion-Amino Acids are translated in the Emotion-mRNA as if they were derived from the human nucleotide sequence.

Hence, by this phenomenon, the structure of mind is composed of "spirit + body = mind". And at the same time, it can be said that it is expressed as "spirit + body  $\approx$  mind". Therefore, the mind and the body are fused, but at the same time they are separated. The mind in spirit is the body of the original mind, and the mind that fires with the body is a changing mind, and a part of the spirit and a part of the mind cooperate to realize the phenomenon of the whole mind. Therefore, by this phenomenon, literature can be said to be a therapeutic therapy applied to both the part of the mind and the physical part of the human body.

## 2.2. Emotion-DNA Analysis for Rated Sijo

Among the literary genres, it is judged that the Rated Sijo is able to operate the "compensation circuit" [12] for human psychic system promptly and systematically through the "synaptic action"[10] which transmits emotional information. In this regard, we will try to explain the function of the Rated Sijo due to the structural approach of Emotion-DNA and Emotion-mRNA.

내가 널 믿을 때엔 한없이 기뻐지만  
이제는 슬퍼지고 밋도록 화가 나네

그러나 화가 난 만큼 너를 사랑 하노라

I was **happy** when I believed in you  
 Now I am **sad** and hatefully **angry**  
 But as much as I am angry, I **love** you

When this work is condensed with Mind-DNA, it becomes like "JJJJ / SSAA / LLLL". It was a joy (JJ), but sad (SS), and angry (AA), but loves (LL). The process of encoding this state of mind is shown in the following Tables.

**Table 4. Coding by Emotion-DNA on Rated Sijo**

Coding by Emotion-DNA		Coding by Sentence	Coding by Emotion-DNA		Coding by Sentence
<b>J</b>	<b>J</b>	Joy (+Ion)	<b>A</b>	<b>A</b>	Anger (-Ion)
↓	↓	↓	↓	↓	↓
<b>S</b>	<b>S</b>	Sorrow (-Ion)	<b>L</b>	<b>L</b>	Love (+Ion)

**Table 5. Re-Coding by Emotion-DNA on Rated Sijo**

Re-Coding by Emotion-DNA		Re-Coding by Sentence	Re-Coding by Emotion-DNA		Re-Coding by Sentence
<b>J</b>	<b>J</b>	Joy (+Ion)	<b>A</b>	<b>A</b>	Anger (-Ion)
↑	↑	↑	↑	↑	↑
<b>S</b>	<b>S</b>	Sorrow (-Ion)	<b>L</b>	<b>L</b>	Love (+Ion)

**Table 6. The Rated Literature-Therapy by Emotion-Amino Acid sprung by Rated Sijo**

The wrong Signals in the Human Body											
<b>U</b>	<b>A</b>	<b>U</b>	<b>J</b>	<b>J</b>	<b>U</b>	<b>J</b>	<b>A</b>	<b>A</b>	<b>A</b>	<b>U</b>	<b>A</b>
+	+	+	+	+	+	+	+	+	+	+	+
<b>A</b>	<b>U</b>	<b>J</b>	<b>L</b>	<b>L</b>	<b>A</b>	<b>L</b>	<b>U</b>	<b>U</b>	<b>J</b>	<b>A</b>	<b>U</b>

↓[8][9][10][11]

Coding by Rated Sentence											
<b>L</b>	<b>L</b>	<b>U</b>	<b>J</b>	<b>J</b>	<b>L</b>	<b>J</b>	<b>L</b>	<b>L</b>	<b>A</b>	<b>L</b>	<b>L</b>
+	+	+	+	+	+	+	+	+	+	+	+
<b>A</b>	<b>U</b>	<b>J</b>	<b>L</b>	<b>L</b>	<b>A</b>	<b>L</b>	<b>U</b>	<b>U</b>	<b>J</b>	<b>A</b>	<b>U</b>

↓[9][11]

Re-Coding by Rated Signals of the Human Body and Rated Sijo											
<b>U</b>	<b>A</b>	<b>L</b>	<b>J</b>	<b>J</b>	<b>U</b>	<b>J</b>	<b>A</b>	<b>A</b>	<b>L</b>	<b>U</b>	<b>A</b>
+	+	+	+	+	+	+	+	+	+	+	+
<b>A</b>	<b>U</b>	<b>J</b>	<b>L</b>	<b>L</b>	<b>A</b>	<b>L</b>	<b>U</b>	<b>U</b>	<b>J</b>	<b>A</b>	<b>U</b>

What is shown through the framework of the structuring of emotional DNA is the result of quick and systematic operation of the "compensation circuit"[12] through the "action of synapses"[10] in which the human body exchanges emotional informations. In addition, a concrete picture of the therapeutic function of literary works is captured in this schematization. This suggests a direction on how to create therapeutic sentences. The Rated Sijo is composed of a simplified style compared to other poems or prose. And human emotions are precisely structured in four steps - introduction, development, turn, and conclusion - in composition.

Therefore, the Rated Sijo analysis of emotional DNA is performed more easily and clearly than other genres of works. Such qualifying proclamations reveals that it can improve the quality of life by promptly and robustly carrying out the therapeutic purpose of the human body.

"Good feelings, happiness, love feelings" caused by literary effects cause the brain's compensation circuit to operate[12]. When the brain's compensation circuit is activated, it leads the following sentence, "neurotransmitters and hormones are secreted into the body"[13]. Through this process, literature reduces the symptoms and stress of the disease. Reducing the stress induces a new encoding, which allows the body to restore positive resilience. This is the effect of literary therapy.

### **3. Conclusion**

Through the framework of structuring emotional DNA, the therapeutic function of literary works can be specified. It provides a methodology on how to create a literary work for the treatment of the human body.

Especially, the Rated Sijo can give clear analysis of the embodiment of emotional DNA as a well with arranged and concise style.

This fact also proves that the Rated Sijo has a strong therapeutic effect on the human body. Therefore, it is considered that emotional rejuvenation through the Rated Sijo is a quick and systematic operation of compensation circuit for the quality of life of mankind.

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