



## MASTERING YOUR EMOTIONS

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How many times have we heard it said that some people are slaves to their emotions? I guess this all comes from the fact that we have hearts, which have been categorized as being the seat of our emotions. Yet, there are still a great many people who have been able to master their emotions, thereby allowing them to gain greater freedom to face life's odds and oddities with greater aplomb. I envy such people, because I have been unable to master my emotions, particularly the stronger ones.

I get mad easily, which has largely contributed to my elevated blood pressure and could possibly lead to a ruptured blood vessel or something akin to such. My older children have been pretty much concerned about this fact, so they try to help me as much as they can in enforcing discipline among their younger siblings. My older children understand better how the toll of single-handedly raising them can be extra heavy for me, so I do not hesitate to get them into the whole disciplining scheme because they have been luckier than their siblings in more ways than one: my husband was still alive when they were little; there was little for me to worry about then; and times had been a lot easier during their time. Thus, it gives me great joy when my older children enforce discipline among the younger ones, albeit in a more gentle fashion than I ever could.

I am also, like Dr. Sheldon Cooper of the popular TV sitcom *The Big Bang Theory*, inclined to seemingly "strange" forms of happiness. I connect with Sheldon because he finds humor in word play, and dwells on such uncanny humor for long periods. How many times have I caught myself smiling while doing the laundry because I suddenly remember a funny remark I've heard, or a funny situation I've seen?

This "emotional memory" has also brought about various degrees of shame and guilt at particularly embarrassing situations I have gotten myself into, or events where something could have been prevented if I hadn't been too stupid to realize what I had done wrong. I mull over my mistakes, allowing them to sink in too deep. I have only been saved through prayer for self-healing and self-realization, which have given fruit to acceptance.

As I grow older, I hope to more and more recognize that emotions should not subjugate me needlessly. Our emotions must be controlled, not allowed to rule our minds. After all, our physical set-up has been configured to provide us with a brain that has the upper position over the heart, not the other way around.

## QUESTIONS FOR DISCUSSION:

1. Do you believe yourself to be the master of your emotions? Why or why not?
2. Are you particularly affected by strong emotions in other people? How?
3. Why does less emotional garbage always help with day-to-day well-being?
4. What particular emotion do you consider hugely affective?
5. Is being emotional entirely bad? Why or why not?