

Learn to be Luckier!

Lesson 5: Lucky People Manage Their Emotions



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ost of us are aware when parts of our physical body are not functioning effectively. We order notice symptoms such as high temperature or weakness or a pounding ache. In to recuperate and to maintain our physical health, we do what we consider to be necessary, more rest, more exercise or a change in nutrition. However, we also have an emotional body.

Being unaware of the existence or the importance of our emotional body, we remain ignorant of its condition until there are signs of dysfunction such as incontrollable rage, disempowering depression or incomprehensible laziness.

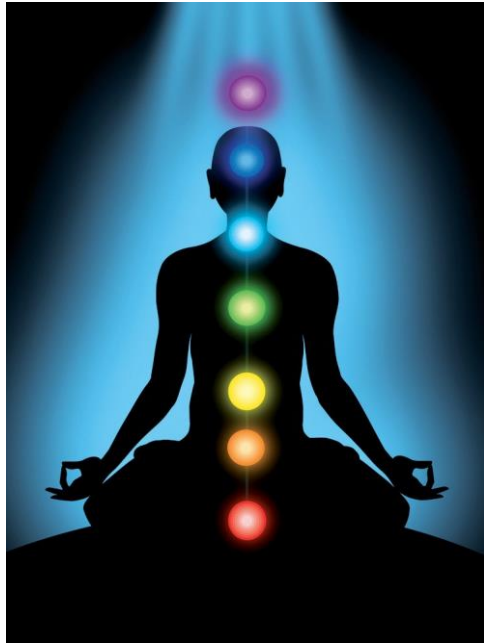
If you have ever expressed rage without control, you will probably agree that the emotion erupted after a long period of emotional build up

If you have ever felt severely depressed, you will recall that there were many emotions that you failed to process effectively.

Similarly, if you have had bouts of debilitating laziness, you will associate with this your inability to manage the emotions that prevent you from taking action.

Our physical body is nurtured by air, food and water. On the other hand, our emotional body is fed by energy. This is why the state of health of our emotional body is often ignored. It is invisible to the naked eye. Nevertheless, we feel the disturbance in our energy as “butterflies” around our stomach when we are in a state of anxiety. Just like polluted air causes a slow deterioration of the physical body, ineffective management of the energy that circulates our body, causes a gradual accumulation of stress at various points, manifesting as destructive emotions.

“... As energy is processed at different locations, and in different ways, different emotions result. When energy is processed in one way at one location, one kind of emotion, such as anger, is produced. When it is processed in another way at the same location, another type of emotion is produced, such as delight. Your emotions tell you how energy is being processed, and at which locations.” Zukav & Francis (2001)



How well are you managing your emotions? Are there tell-tale signs of dysfunction or are you always exuding boundless vitality, enthusiasm and love of life?

Naturally, we all experience a range of emotions from sadness to happiness. When energy is flowing freely and processed effectively, we do not experience prolonged periods of extreme sadness, or delight for that matter. The emotions of anguish that accompany bereavement for example are natural but when these emotions are persistent and relentless, the energy is probably not flowing freely or it is being processed harmfully.

Exercise 5: What can you do to ensure that your emotional body is in a healthy condition?

Make a list of all the emotions that you have experienced today? This week? This month? This year? In your lifetime? The wider the range of emotions you have listed, the more versatile the state of your emotional body.

What is your daily range of emotions? What are the most frequent emotions you experience?

Do your emotions control your behaviour or does your behaviour control your emotions?

One of the differences between lucky, successful people and those who are victims of their circumstances is that the former manage their emotions. In other words, it is their behaviour that controls their emotions rather than the other way round.

How?

Emotions are caused by energy. A change in your physical posture will change the flow of energy around your body. For example, when you look up, smile and have a strong posture (straight back; shoulders relaxed) it is easier to feel the emotion of happiness.

When you slump your shoulders, hunch your back, drop your head down limply, frown and breathe shallowly, it is much easier to experience the emotion of sadness. Managing your emotions can start with a simple shift in posture.

Emotions are elicited by our mental focus. When we focus on a happy experience, whether real or imagined, it is easier to feel the positive emotions related to this experience; when we focus on traumatic experiences, we evoke the related negative emotions, regardless of whether the experience is real or imagined. Choosing whether to focus on happy or unhappy experiences, or aspects of a situation or someone, enables us to manage our emotions appropriately.

Emotions are linked to the language we use. When you tell people you feel “fantastic”, you will generate an associated emotional response; likewise, when you tell yourself or others that you feel “lousy”, your emotional body will reflect your language.

The words you use to describe someone will produce related emotions. Most people manage their emotions unconsciously with the language they use. Those who are lucky enough to be aware of the impact their language makes on emotions, are much more selective about the words they choose.

A healthy emotional body is one that is versatile and capable of expressing a wide range of emotions as appropriate to the situation. There is a time and place for expressing a whole range of emotions responsibly and authentically. Emotions that you can justify feeling for extended periods of time are few, for example contentment, peace, patience and tolerance (naturally). Knowing that you are in charge and managing your emotions well starts with simple choices about your posture; your focus and your language.