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# Sublimate Your Emotions

Emotions determine the personality of a human being. Positive emotions make for a healthy, balanced, adaptable and happy personality. On the contrary, negative emotions make for an unhealthy, unbalanced and unhappy personality. Love, friendship, cooperation, harmony, fellow feeling calm, peace and stability are positive emotions. If we wish to live a healthy and happy life, we need to cultivate, nurture and nourish positive emotions. Naturally, it is incumbent on us to keep away negative emotions. Anger, hatred, jealousy, avarice, greed, enmity etc. are negative emotions. While positive emotions exercise a salutary influence on our lives, negative emotions leave an adverse effect on our lives. There is need, therefore, to be governed by positive emotions and shun the negative ones. If somehow negative emotion get hold of us, we would do well to canalise them into constructive channels. In other words, we should sublimate them. Positive thinking, positive attitude to life, positive action in realising the dream of our lives pave the way for positive emotions to govern our lives. When once positive life style becomes a rule of our thought and action, negativity begins to disappear and with negativity negative emotions take to heels leading to a healthy, happy and peaceful life. It is imperative for us, therefore, to sublimate our negative emotions of anger, hatred jealousy, enmity, avarice and greed and transform them into love, friendship, harmony, cooperation and charity. Really, a life of positive emotions is a life worth living.

Anger is often termed as madness or at the best, a fit of madness. An average person loses his balance and power of discrimination, when in anger. In anger, one may go to any extent of what one does not want to do when normal or sane. But the paradoxical part of it is that the person concerned is often repentant after being in temper. He often feels sorry for having been in anger. Psychologists have studied bad effects of anger, jealousy and other such unpleasant emotions which affect adversely the health and happiness of men and women. They have, likewise, made a study of good effects of pleasant and healthy emotions like love, kindness, service, harmony etc.

Increasingly emotions hold us to ransom and problems arising from anger, jealousy, hatred and frustration remain unresolved. In the codes of conduct in Hinduism, times without number, emphasis has been laid on temperance, restraint, detachment and the like, to keep away such unpleasant emotions. Keep your desires under control because they, when ungratified, give rise to anger.

Emotions are virtually at the root of our actions. If emotions were not there, we would have been perhaps actionless—emotion means to put in motion. At the same time, emotions exercise great power and influence over our thoughts and actions. Negative emotions cause agitation, unrest, conflict, struggle and frustrations, resulting in unhappiness. Positive

emotions, on the other hand, evoke feelings of calm, peace, harmony and happiness. They make us elevated whereas the negative ones make us depressed.

Love a positive emotion, makes us feel good, while negative emotions like anger, make us restive and make us shout or cry. We often become rough, under the influence of a negative emotion. But positive emotions make us behave softly or gently. Have you seen two people in love sitting together, two close friends having a chat, or a mother caressing her child? They speak softly, they speak the same language of love and harmony. When we pray to God with devotion, there is complete silence. In mosques, temples, churches etc. where many people pray as a group, there is unison and identification and silent communion. This does not happen in anger, frustration etc.