

STRENGTH IN MEEKNESS



Sometime ago I heard a speaker talk about how Moses attained "strength in meekness".

When we are experiencing an unpleasant emotion like fury or anger, the accompanying physical reactions vary for each of us. For some of us, our hands clench tightly, our faces get flushed, our hearts will seem to be beating louder than normal. We may experience a tingling sensation of blood rushing upwards at turbo speed from our feet ... catapulting us towards some unbridled reactions to those around us.

At times these unpleasant emotions can be so overwhelming that they literally seem to have a mind of their own, exercising full power, taking over our mistaken control of physical reactions. We would do things that we would not do ordinarily like screaming at someone, including those who are not at fault. Even worse, we respond physically and hurt the other person! Our reaction comes as a jolt, and in the aftermath we wonder if we were possessed!

What if we were able to calm and steady such potentially toxic reactions before they happen? What if we were able to choose a more conscious and intentional response instead? What if we were able to calm the storm before it builds up into a frightening tornado?

Being able to calm that force of fury that seems to have surged out of nowhere, threatening to take complete control over what we think and how we react, is indeed strength in meekness. Can you imagine the commanding ripple we would create by responding instead with skillful humility and gentleness instead?

Here are a few things you can do:

- a) Learn more about yourself, what and who pushes your buttons - be as specific as possible
- b) When feeling angry, pay careful attention to what physical sensations follow so you know and recognize the 'symptoms' the next time before it happens
- c) As you experience the emotional build-up, rather than counting to 10, channel your thoughts to something more stimulating and challenging so that your thinking brain becomes actively engaged. For example, try spelling your friends' names backwards or think about a mathematical challenge like multiplying your birth dates in sequential order
- d) Continue engaging your thinking brain – with logic-related subjects until you can experience your emotional energy steadying itself. Check your other physical reactions, if your hands are still shaking, if your voice is still trembling, if your face still feels flushed, etc.
- e) Take some deep breaths before responding. Don't rush your responses. If it's needed, try to zone out somewhere else. Put some physical distance between the trigger source and you.

“A fool gives full vent to his anger, but a wise man keeps himself under control.”
Proverbs 29:11