

Emotional Management(EM)

Wanderers must aim to be emotionally stable. Calm, meditated, and without emotion while pursuing fulfillment on their path of paths(TPP).

Low volume emotions include sadness, depression, loneliness, despair, laziness, sloth, nostalgia, shame, comfort timidity, etc.

High volume emotions include anger, Excitement, anxiety, mania, obsession, jealousy, lust, ecstasy, etc.

Low and high volume emotions both distract from the pursuit of fulfillment on the path of paths. A wanderer must use meditation and other practices to keep their emotional volume at a level where it does not distract.

Low & High volume emotions aren't always destructive(omega) against the wanderer. Emotions can be creative(alpha), but even these must be managed.

Emotions come from the mind. A mind without thought will not have high or low volume emotions. The Mushin(無心) Mind is detached—free from emotions, free to pursue fulfillment through attainment(FTA).

Musashi Dokkōdō Precept 3 | Do not, under any circumstances, depend on a partial feeling

Animals are led by their emotions. Wanderers lead their emotions as much as they are able to. Mankind must choose to rise above the default primitivity to create a better individual and shared experience for all.

Emotional management(EM) is being in control of the mind domain and choosing what you allow inside. To care about your path, not what people are thinking about you.

It is your responsibility to destroy omega emotions that want to damage you. Emotions like guilt, ego, shame, and anger must be managed, sorted, solved, and discarded by wanderers.

Musashi Dokkōdō Precept 9 | Resentment and complaint are appropriate for neither oneself nor others

If you control your emotions, you can let constructive(alpha) ones in while keeping destructive(omega) ones out. Lock the door to your mind and look through the peephole before you open the door. If you don't control your emotions, the omega, destructive emotions will cast a shadow on the constructive, alpha emotions, hiding them from you, and you will live in darkness, preventing you from seeing your paths, keeping you from fulfillment.

To let another person affect you emotionally is to give them control over your mind domain.

To hate another is to focus on their path instead of your own. They continue to make progress while you do not, while they may not even know you exist.

Emotional Outbursts

Emotional outbursts, which are most frequently through high-volume emotion, are tantrums that are understandable but undesirable in children, and disgraceful, pathetic, and shameful in adults.

You can understand a child, lacking mastery over the self, to have a tantrum. They lack the time lived to gain experience to control themselves.

An adult at any age having a tantrum displays a useless childlike nature that requires others to manage them, because they cannot or do not manage themselves.

If you cannot manage yourself, others have to manage you. It reduces their ability to pursue and find mastery because the tantrum-thrower decided they will be a chore for their family or the public to deal with. This can occur at any societal scale from a couple, to a household, to the Earth as a whole.

Putting the burden of emotional outbursts on others is as disgraceful as it is destructive.

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