# Control Your Emotion

You must control and direct your emotions not abolish them. Besides, abolition would be antimissile task. Emotions are like a river. Their power can be dammed up and released under control and direction, but is cannot be held forever in check. Sooner or later the dam will burst, unleashing catastrophic destruction.

Your negative emotions can also be controlled and directed. PMA and self-discipline can remove their harmful effects and make them serve constructive purposes. Sometimes fear and anger will inspire intense action. But you must always submit your negative emotions--and you positive ones--to the examination of your reason before releasing them. Emotion without reason is a dreadful enemy.

What faculty provides the crucial balance between emotions and reason? It is your willpower, or ego, a subject which will be explored in more detail below. Self-discipline will teach you to throw your willpower behind either reason or emotion and amplify the intensity of their expression.

Both your heart and your mind need a master, and they can find the master in your ego. However, your ego will fill their role only if you use self-discipline. In the absence of self-discipline, your mind and heart will fight their battles as they please. In this situation the person within whose mind the fight is carried out often gets badly hurt.