

KMM 2017 Session 5

Mastering Your 'e-TSUNAMI'

Session Plan

Part 1 – The Great Wall of China!

Part 2 – What is your 'e-Tsunami'?

Part 3 – Mastering your 'e-Tsunami'.

Part 4 – Exciting Options

Part 5 – Breathing Techniques!

Part 6 – Peak Dynamism

Part 1 – The Great Wall of China!

When the ancient Chinese decided to live in peace, they made the Great Wall of China. They thought, no one could climb it due to its height. During the first 100 years of its existence, the Chinese were invaded thrice. Every time, the



hordes of enemy infantry had no need of penetrating or climbing over the wall. Why? Because each time they bribed the guards and came through the doors.

The Chinese built the wall but forgot the character-building of the wall-guards. Thus, the building of human character comes BEFORE building of anything else. That's what our Students need today. That is what KMM is attempting to do.

Character building is strengthening our mind and intellect - It is making our sense of right and wrong, very clear and very strong. However, it needs one fantastic pillar to support it. That pillar is emotional mastery. In today's session, let's see how to address that point.

Part 2 – What is your 'e-Tsunami'?

Part 2A – First things first. There are 6 basic emotions...



JOY



SADNESS



DISGUST

FEAR



ANGER



SURPRISE



Part 2B – Why to channelize emotions?

Every now and then, life will be unfair. Every now and then, you will be disgusted with yourself. Every now and then, people will painfully disappoint you. Become a master in dealing with this pain. Know how to channelize this pain into performance. "Do not waste away the disasters". Make the burning points, the turning points of your life. All great people were very emotional. All ordinary people are also emotional. What is the difference? Great people knew how to 'master' their emotions.

✚ Water harnessed - Irrigation
Water wild - Flood

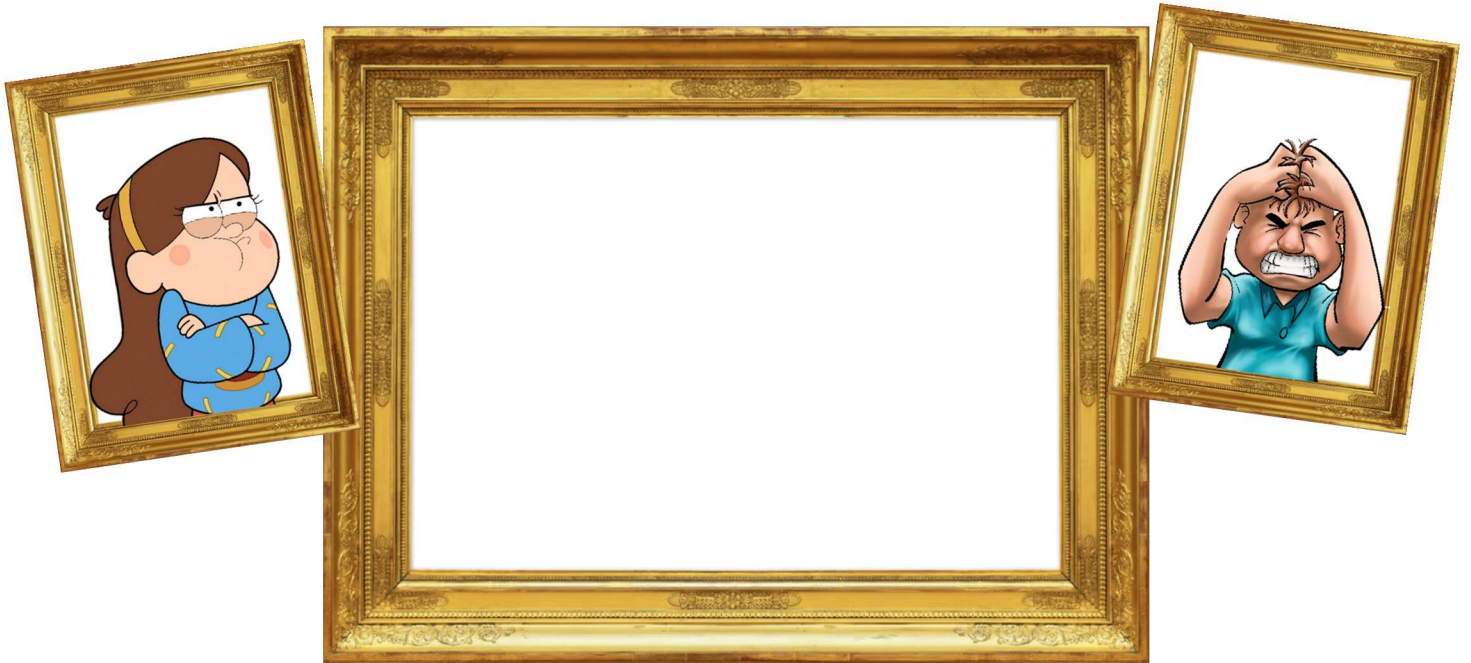
✚ Atom power harnessed - Cities are lighted up
Atom power wild - Hiroshima and Nagasaki

Part 2C – What is your 'Tsunami' emotion? {Interaction}

Let's say, it is anger. Anger is a difficult feeling. When you're angry, you might do bad things that you wouldn't do if you were happy. But did you know that it's normal to feel angry from time to time? It happens to everyone.

Part 3 – Mastering your e-Tsunami’.

Part 3A – Draw a picture when you look ANGRY.



Part 3B – What do you say when you are ANGRY?

- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____



All sorts of things can make a person feel angry. Some people get mad when they have to follow a rule they don't like, or when another person is mean to them.

Part 3C – What makes you ANGRY?



- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____

Even though it's normal to feel angry from time to time, it's never ok to be mean, break

things, hurt others, or hurt yourself. Learning to master your anger is about learning new ways to act when you're upset. In a traffic jam, a car that can travel at a speed of 120, travels at the speed of 20 and is happy about it.

Part 3D – What you did when you were ANGRY?

- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____

Part 3E – This is what you could have done...

- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____

Part 4 – Exciting Options!

A list of healthy things that you can do when you are angry...

1. Eat
2. Jumping Jacks
3. Write about your anger
4. Count till 100 tick tick 1...tick tick 2
5. Go for a walk
6. Talk to someone
7. Squeeze a stress ball

8. Play Outside
9. Listen to music
10. Practice a hobby
11. Dance
12. Be with nature

Part 5 – Breathing Techniques!

Take deep breaths (Breathe out into the challah). It also helps you to focus. BRS. Spinal Roll, Sumo Squats, Snake, Flying Eagle, Elephant Breathing, crocodile breathing

All of these not only helps you to master anger, it helps you to master ALL your emotional tsunamis.

Part 6 – Peak Dynamism

Peak Dynamism is always born out of peak staticity.

