

Daily Emotions

10-24-11

Emotions are not my inner self. Nor are they an irresistible force. If I calmly watch what I am feeling, the emotion changes within minutes, if not seconds. Additionally, there are layers of feelings at any given instant. Emotions do not describe a single self. The ego is as fractured and volatile as the guidance it gives. Egotistical emotions are driven by self pride often mistaken as self confidence by the individual permeating it.

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