

Emotions



**ASSIGN
BUSTER**

Narration Emotions are the inner feelings which all of us possess and express when we react towards the situation. No one knows all the mysterious ways how our brain affects our physiological mechanisms when it is related with emotions and therefore it is very hard to understand emotions. It is true that changes in the physiology occur by releasing diverse hormones in response to the circumstances. They release stressors, making our heart pound, our stomach knot, our palms sweat. These are the typical "fight or flight" response hormones.

However, sadness, depression, heartaches of all kinds can very severely affect our health and bodies in ways that no one really understands.

I also went through a tough emotional phase when all of a sudden I was posed to the situation which I never dreamt of in my life. The incidence is when I was attending a school annual function. I really wanted to have a nice view of the entire programme. I was in the audience, sitting in the first row with a relaxed temperament. I am a down-to-earth person I enjoy dances and songs but never wanted to be a part of the show. Things were going smooth and I was totally involved in the function. I was applauding my friends, cheering them for their actions, encouraging them for their performance. It was really a fun and frolic time for me and I became the part of the function.

The emotional turmoil came when I was asked by the master of the festival to be present on the stage. I got the shock of my life. I was in a real fix, freeze as ice and was spell bound. Could not understand anything but heard my heart beats and could feel the blood gushing into my body with a much faster pace. I could not make a single move. It was like the whole world is spinning around me and everybody is giving me a fleeting look!

I gathered all my lost courage and started a move to the stage with an emotional pressure that was pushing and at the same time pulling me. A battle was going on inside me, what to do What should I say How it happened Why me only Cursing myself why I was making so much fuss, praying to God Uttering.. " Please help me God. Please take me out of this situation. You are the one whom I count. You are my savior. You are my caretaker. You have always helped me in my difficulties, please God save me this time also. Please help me to overcome this stressful situation. Please do not put me down."

God has always helped me and so this time also He saved me from the biggest embarrassment and humiliation of my life. I was enlightened within fractions of a second as the thought clicked my soul:

" God has given us me this response ability: The ability to respond to Him, the ability to respond to others. This is true whether we are well off or whether we are experiencing times in which our physical resources are lean".

This time also He saved my face. He showered His blessings upon me and I stepped on the stage with confidence and cheer on my face. I performed the act well and got praised by everyone. My heart was throbbing and it filled me with gratitude towards Almighty and further confirmed that He is there every time with me and watching my every move. He holds me embrace me and cuddle me when I am in need. He showers His blessings upon those who remember Him with a pure heart and soul. I pray to God " God be kind on every living being, bless them as they also need your love and blessings".

The incidence has made me strong and kind. I am thankful to Him and believe " May this human race follow the path of right and respect humanity

above everything to spread happiness all around, by lifting up offering
helping hand to the needful" .