

EMOTIONAL INTELLIGENCE - REFLECTION



I ask for what I desire as we begin this topic



I pray that my entire being become open to God's grace



I imagine these texts being addressed to me, and note my response

Grace: to receive my emotions as gifts and grow in maturity to put them in the right place

So then, as he was going on his way a Moor caught up with him, a rider on his mule; and as the two of them were going along in conversation, they came to talk about Our Lady. And the Moor was saying that he could well accept that the Virgin had conceived in the absence of a man, but he couldn't believe in her having given birth while remaining a virgin, offering for this the natural reasons that were occurring to him. Despite the many arguments which the pilgrim gave him, he couldn't dislodge this opinion. At that the Moor went ahead, with such great speed that he lost sight of him as he remained thinking about what had passed with the Moor.

And at this there came upon him some impulses creating disturbance in his soul; it seemed to him he had not done his duty. And these caused him anger also against the Moor; it seemed to him he had done wrong in allowing that a Moor should say such things of Our Lady, and he was obliged to stand up for her honour. And thus there were coming upon him desires to go and find the Moor, and stab him for what he'd said.

Carrying on a long time with the conflict aroused by these desires, in the end he remained doubtful, not knowing what his duty was. The Moor, who had gone on ahead, had told him that he was going to a place which was a little further along his own route, very near the main road, but the main road did not go through the place. So, having tired of analysing what it would be good to do, and not finding anything definite on which to decide, he decided on this: namely, to let the mule go on a loose rein up to the point where the roads divided. And if the mule went along the town road, he would look for the Moor and stab him; and if it didn't go towards the town but went along the main road, he'd leave him be. He acted in accord with this thought, and Our Lord willed that, though the town was little more than thirty or forty paces away, and the road leading to it very broad and very good, the mule took the main road, and left the one for the town behind.

Autobiography of Saint Ignatius [15-16]

QUESTIONS FOR REFLECTION

How attentive am I to my affect?

How do I manifest and manage my emotions? At what cost?