



CelebrateChange.org

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MASTERING YOURSELF

"Knowing others is intelligence; knowing yourself is true wisdom; mastering others is strength; mastering yourself is true wisdom." Lao-Tzu

Part of being a good mother is to impart wisdom to our children. Recently my son and I were engaged in a conversation pertaining to the importance of him **mastering himself**. I know he has a short fuse when agitated and occasionally releases that frustration onto objects that become demolished. My objective was to redirect his energy in a more productive way. It was agreed that running/walking the nearby course, bicycling or exercising at the gym would be a better way to release his frustration. He was empowered with a new approach of anger management. I was comforted hoping he would employ these techniques instead of losing control.

The following day I had a 10am business appointment in downtown Fort Worth, TX. I printed directions to the location the night before as I was unfamiliar with the area. I allotted 45 minutes for a ride that should only be 20 minutes. Furthermore, I entered the address to the location into my car's GPS, which directed me to the freeway. Upon approaching it I observed the traffic was grid-locked. I hooked a right and went the opposite direction. Now I'm using my printed directions to drive the streets. While happily driving along, I come to a railroad crossing where there is a slow and very long train hindering my progress. I called my husband (a living GPS) and he shows me how to get to the street that takes me downtown. Now I have less than 10 minutes to arrive, park and get to my appointment time. Next the car GPS says to make a slight right to put me on the street where the office is located. I do it and then it says I must go 1-1/2 miles down and turn around again. I drove in circles 3 times before realizing I am on the correct street. The building was several blocks down. It's now 10:05am. I turn into the parking lot to park on the roof as directed and signage was confusing. It's now 10:12am. I could feel my insides heating with anger, and recall the talk with my son. I had to **master myself**, so, while walking to the office I laughed and told the Lord thanks for a safe ride. Although 15 minutes late, the meeting was pleasant and it was a successful day!

Proverbs16:32 – "He who is slow to anger is better than the mighty, and he who rules his spirit, than he who captures a city."

Residing in Fort Worth, TX, Dr. Vanessa Dantzler Ussery is the Emeritus Pastor of Home Assembly Church in Los Angeles and currently serves as its Chief Executive Officer. She is also the founder of "Celebrate Change Ministries" and the author of "My Be Attitude: Who Be You?", which is available online in softcover or eBook at MyBeAttitude.org, Xulon Press, Amazon and Barnes & Noble. Dr. Ussery is available for national speaking engagements, empowerment seminars, and lectures.

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