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Emotional and Rational Motivation

(MISSION STATEMENT OF THE WORLD HWA RANG DO® ASSOCIATION)

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A legacy of Loyalty, Relentlessly seeking Truth, Empowering Lives, Serving Humanity







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On the other side, the rational system steers people toward the goals that they would like to achieve in life, according to their attitudes and values. It is fully conscious and it is typically developed at a later stage in life, requiring the ability to delay immediate pleasure to achieve more satisfaction later. The two systems must work in a balanced way in order to better drive everyday choices.

How does the teaching of Hwa Rang Do® relate to human motivational systems and how does its practice help us to maintain a balance between the two systems?

We may think about a small driver on a huge elephant. The small driver being the cognitive system, in the attempt to steer the bigger emotional system (I think it is fairly safe to state that in general human beings are more emotional than rational). We may also think about the emotional side as the fuel, and the cognitive side as the steering wheel (thinking that the car is the person of



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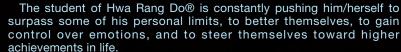
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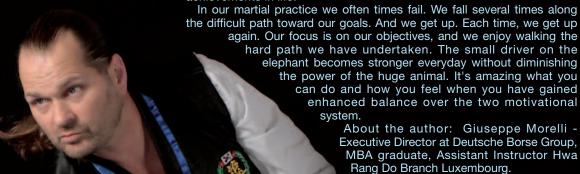
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