

The mission of Emotional Mastery for Life is to *provide people a plan and tools for developing command over emotions. This includes recognizing their job and message, working with that message to navigate life, and utilizing life's built-in Navigation System to maximum positive advantage. This mission is accomplished through dissemination of information products, speeches, mastermind experiences, media appearances and coaching, all of which is designed to teach and support people seeking Emotional Mastery.*

Emotional Mastery for Life developed in reaction to desperation.

Suddenly left alone with her 10 month old daughter to raise, founder Ilene Dillon simultaneously discovered a wellspring of anger which flooded out of her, onto her small child. Alarmed, Ilene sought therapeutic help and began a university library search (it was pre-internet) to find answers to her questions about anger and ways to curb that flood.

Discovering there were NO answers to her questions, Ilene began her quest to find out:

- Why do human beings have emotions?
- What causes anger?
- What can be done to stop a heavy output of anger?
- Can we get rid of anger?
- Is there anything we can do to curtail anger for the long run?

Already a California Marriage and Family Therapist and Clinical Social Worker, Ilene talked with colleagues, observed herself and her therapy clients, read, learned ancient, spiritual principles, and experimented with her findings. Eventually, she discovered answers.

Because anger (and all emotions) is energy, Ilene came to understand anger's behavior, discovered its universal cause, learned ways to channel the energy of anger in positive ways, and found lasting solutions to out-of-control anger. She also developed that the overall system she was using worked for all emotions, nuanced based on differences between specific emotions. Ilene realized it is possible to get in charge of emotions, which she calls Emotional Mastery. Emotional Mastery puts human beings in charge of the emotions that arise in them, for the long haul.

Emotional Mastery for Life was created to share this information and support all who want to live a happier, more peaceful and smoothly-operating life, allowing those emotions to operate as the messengers and guides they are designed to be.