TEN COMMANDMENTS OF

the Mood

Bishop E. Bernard Jordan
10 Commandments of the Mood
10 Commandments of the Mood
Copyright © 2015 by Bishop E. Bernard Jordan
All rights reserved.
No part of this book may be reproduced or transmitted in any form without permission in writing from the publisher, except by a reviewer who may quote brief passages for review purposes.
# TABLE OF CONTENTS

<table>
<thead>
<tr>
<th>Commandment</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st Commandment</td>
<td>1</td>
</tr>
<tr>
<td>The Distinction of a Mood</td>
<td>1</td>
</tr>
<tr>
<td>2nd Commandment</td>
<td>5</td>
</tr>
<tr>
<td>The Difference Between a Mood &amp; an Emotion</td>
<td>5</td>
</tr>
<tr>
<td>3rd Commandment</td>
<td>8</td>
</tr>
<tr>
<td>The Mood of the Game</td>
<td>8</td>
</tr>
<tr>
<td>4th Commandment</td>
<td>11</td>
</tr>
<tr>
<td>You Can Invent New Moods</td>
<td>11</td>
</tr>
<tr>
<td>5th Commandment</td>
<td>15</td>
</tr>
<tr>
<td>The Mood is a Game Changer</td>
<td>15</td>
</tr>
<tr>
<td>6th Commandment</td>
<td>18</td>
</tr>
<tr>
<td>Be the Leader of Your Moods</td>
<td>18</td>
</tr>
<tr>
<td>7th Commandment</td>
<td>21</td>
</tr>
<tr>
<td>Navigating Your Life</td>
<td>21</td>
</tr>
<tr>
<td>8th Commandment</td>
<td>24</td>
</tr>
<tr>
<td>Your Moods Powerfully Impact Your Life</td>
<td>24</td>
</tr>
<tr>
<td>9th Commandment</td>
<td>27</td>
</tr>
<tr>
<td>The Mood Can Distinguish Your Leadership</td>
<td>27</td>
</tr>
<tr>
<td>10th Commandment</td>
<td>30</td>
</tr>
<tr>
<td>Overcoming Negative Moods</td>
<td>30</td>
</tr>
<tr>
<td>More Resources</td>
<td>33</td>
</tr>
<tr>
<td>Scriptural References</td>
<td>35</td>
</tr>
</tbody>
</table>
1st Commandment

THE DISTINCTION OF A MOOD

“Always design a thing by considering it in its next larger context – a chair in a room, a room in a house, a house in an environment, an environment in a city plan.”

Eliel Saarinen
Power Truth

A fool uttereth all his mind: but a wise man keepeth it in till afterwards.

Proverbs 29:11 KJV

What is a Mood?

A mood is a semi-permanent emotional tone within which a person exists in. A mood is something you are in. The mood surrounds you. It is as permanent as you choose it to be. Of course, permanence depends on your awareness of the mood’s permanence. If you aren’t aware about your power to shift the mood, then you would not intentional change it.

A mood is something you are in. The mood surrounds you.

The mood gives meaning to the situation or condition that you are in. The mood also defines your engagement with your situation or with other people. Your mood has the power to color or filter your view of the world — and of the future as well.

There are three aspects of the mood. The first one is the judgment that becomes the basis for your mood. You may or may not be aware that you’ve made this judgment.

Your judgment of a situation determines how you think you must act.

The second aspect includes the actions that are consistent with this judgment. The way you interpret a situation ultimately dictates your action or behavior. Your judgment of a situation determines how you think you must act. For example, if you interpret the situation to be dangerous,
then you act defensively. According to King Solomon, “He that is slow to anger is better than the mighty; and he that ruleth his spirit than he that taketh a city.”

The third aspect is how the mood maintains our self-esteem. The maintenance of the self-esteem may seem strange. However, human beings are always attempting to find ways of making sense of what we encounter. It allows us to give ourselves a sense of power (or control) over the situation, even when we might feel we have none. Maintaining a sense of dignity, even when — outside the internal logic of the mood, none of it makes sense.

Understanding a mood is like understanding a person. In order to understand a mood, you must not pre-judge it or make any assumptions. You must not fall into dictating what it ought to be or what it must be.

The moods people have are the product of people’s mind. The conversations people have are spoken out of a particular mood. Mastering one’s mind means being able to set the mood for certain circumstance or emotion, regardless of the circumstance you’re in or the emotion you are feeling. One can learn to create a mood that would be more powerful and beneficial for your life. The mood serves as a context that you have the power to set.

Mastering one’s mind means being able to set the mood for certain circumstance or emotion, regardless of the circumstance you’re are in or the emotion you are feeling.

Moreover, your mood about the future will widely determine your ways of being and acting in the present. The vision you have for the future can only be manifested if you set
the mood for it in the present. For example, you may have a fearful mood about the future, and so you would act cautiously in the present. On the other hand, if you are expectant or in faith about your future, then your way of being in the present would be that of preparation and excitement.

Setting a mood is like creating the atmosphere for a situation, just like the way music sets the ambiance in a room or lighting sets the feel of an event, the mood can transform who you are being in a certain situation. The mood is the frame by which you see something. Your perspective about something determines the behavior you have towards it. When you have set the mood, anything can happen to you on a situational basis and your way of being won’t be affected.

**What Now**

1. Have you ever considered the power of your moods?
2. How do you set the mood for a certain event?
3. Why do you think setting the mood is powerful?
2nd Commandment

THE DIFFERENCE BETWEEN A MOOD & AN EMOTION

“To know an object is to lead to it through a context which the world provides.”

William James

Power Truth

Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.

And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

Philippians 6:6-7 KJV

How Are Moods Different From Emotions?

Do you know the difference between your mood and your emotions? Most people think that their emotions affect
their moods. This notion is only true to the extent that you allow it to be true.

Emotions can trigger you to move. When you feel an emotion that is powerful enough, it could dictate your thoughts, your actions, and your language. How many times did you behave or decide out of anger, fear, or joy? How many times did you say things just because you were angry or scared? In the same way, when you are inspired you can do amazing things.

Feelings and emotions sometimes occur as a result of an external cause.

Feelings and emotions sometimes occur as a result of an external cause. Sometimes, they seemingly arise within us depending on a particular mood. Emotions are neither governed by reason nor language, as they are separate from both. Emotions are considered as negative consequences in the realm of thinking. In other words, we must seek to be emotionally neutral in order to think clearly.

The mood is something you are in. The mood is a status. It is the paint that colors a situation. It is the music that sets a theme. For example, if this situation usually causes you to be scared. Given a different mood (different color/tune), you feel differently, you feel calm or confident, and you experience a different emotion.

Your mood interprets and shapes the context of your experience. Two people can go through the exact same experience and have different moods for how they experience it, making their experiences different. As a result of different moods, these two people can feel differently about the same event.

People who are slaves to their emotions are unstable. They could be performing excellently at one point. At another, they could be experiencing a breakdown. When you allow
emotions to dictate your words and your actions, there is a huge possibility that you would not be able to honor your word and to protect the integrity in your life. Being intentional about setting the mood for your life allows you to master your emotions.¹

__________________________

You must recognize the distinction between your moods and your emotions, and how they shape the observer that you are.

__________________________

You must recognize the distinction between your moods and your emotions, and how they shape the observer that you are. Distinguish the current moods and emotions, including those that are socially generated. Also, you must identify how meaning and collection are generated for you on an emotional level.

What Now

1) How do you differentiate your emotions from your moods?

2) How do you think your moods can affect your emotions?

3) Why do you think people can feel differently about the same event?
3rd Commandment

THE MOOD OF THE GAME

“Priority is a function of context.”

Steven R. Covey

Power Truth

Rejoice with them that do rejoice, and weep with them that weep.

Romans 12:15 KJV

Setting the Mood for Performance

Have you ever experienced being heartbroken from a game? On the other hand, have you ever experienced being extremely ecstatic after watching your favorite team win? Sports fans have the tendency to get attached to the games, and the players. The players, they become larger
than life, and are personal heroes; they pull the curtain back on greatness and let their fans play a part. When you’re following a team for quite some time, it’s probably because you’ve set the context — the mood — that your team is a winner. The mood becomes a fundamental set of assumptions — assumptions that are not personally identified as assumptions and they go unquestioned, in which the world happens.

Our way of being as human beings and the possibilities available for us are given by the assumptions that are embedded in our culture, language, and period in which we live in.

When people thought that the earth was flat, this context or worldview limited the behavior and perception of the horizon. They believed they could not travel toward the edge and sail on, because they would fall off the face of the earth. In the same way, our way of being as human beings and the possibilities available for us are given by the assumptions that are embedded in our culture, language, and period in which we live in. Most of the time, the mood we live in are passed on to us and we simply never questioned them.

If we consider that the whole world happens “inside” these assumptions we hold to be true, then these assumptions set the mood, and we experience limitations. The moods we live in are mighty and decisive forces in our lives.

Mood can come to us by default. We live our lives essentially unaware of their existence and of their
influence over our choices and behavior. It’s like living life wearing blinders — we don’t see the moods themselves, we only see what these moods allow us to see.

It’s about becoming aware of and responsible for whatever mood we have and realizing that we have the power to invent what moods we have, and to move freely among them.

These default moods determine our worldview: what’s possible and not, what’s true and false, what’s right and wrong, what we think we can and can’t do. They travel with us—wherever we are, they are—shaping our behavior, our choices, and our lives. It’s not just about shifting these moods we are in. Instead, it’s about becoming aware of and responsible for whatever mood we have, and realizing that we have the power to invent what moods we have, and to move freely among them.

**What Now**

1. Are you aware of how your moods affect your performance?
2. How will your awareness of the moods you’re operating in affect your life choices and behaviors?
3. Why do you think there are default moods?
4th Commandment

YOU CAN INVENT NEW MOODS

“Leadership is applicable to all facets of life: a competency that you can learn to expand your perspective, set the context of a goal, understand the dynamics of human behavior and take the initiative to get to where you want to be.”

John G. Agno
Power Truth

Beware lest any man spoil you through philosophy and vain deceit, after the tradition of men, after the rudiments of the world, and not after Christ.

Colossians 2:8 KJV

Inventing New Moods

History is strewn with examples of major innovations and breakthroughs as a result of the creation of new contexts. These new contexts serve as new moods by which we operate in. Some examples of these powerful moods include, democracy, equality, relativity, human rights—new ways of understanding the world—were at some point, newly distinguished moods.

History is strewn with examples of major innovations and breakthroughs as a result of the creation of new contexts.

Newton discovered gravity and Einstein discovered relativity. In their discoveries, they created new contexts. At one time, human rights didn’t exist in the way that existed today. Kings had rights, priests had rights, and the ruling class had rights, but the majority of human beings—and often, certain specific groups within a society—did not. In America, racial segregation was a norm, until someone created the mood for racial equality.

Through these moods, a person or a group of people saw beyond “the ways things were” or the way something “seemed to have to be.” The act of doing so,
and saying so, reshaped the course of history and redefined human experience from then on.

Personally, if we want some kind of change in our lives, we usually go to work on changing the circumstances or the conditions—essentially moving the content around. We end up living content-driven lives. Instead, we must live from an invented mood. Being aware of your power to set the mood for every situation allows you to shift yourself from living a life of predictability to a life of possibility.

An invented mood empowers you to operate from a realm of possibility. You have the power to create that realm simply by your saying so. Language—what we say (silently or aloud, once or repeatedly, to ourselves or to others)—has the power to shape your life.

---

**Being aware of your power to set the mood for every situation allows you to shift yourself from living a life of predictability to a life of possibility.**

---

Setting up the mood for your desired future is about setting up a way of being that is geared toward creating a new future. It’s about setting the mood for transformation to take place. People who live by condition and are internally changed based on external factors have very changing moods, thoughts, actions, language, and decisions. Their conditions change depending on how their situations change.¹

**What Now**

1. Do you live a content-driven life?
4th Commandment

2. Do you allow your situation or circumstances to dictate your perceptions, choices, and behavior?
3. How does setting a new mood for your life allow you to live a life of possibility?
5th Commandment
THE MOOD IS A GAME CHANGER

“Nothing which is true or beautiful or good makes complete sense in any immediate context of history; therefore we must be saved by faith.”

Reinhold Niebuhr

Power Truth
Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand.

Ephesians 6:13 KJV
Creating a Shift in Your Life

Ordinary Roman carts were constructed to match the width of ruts in the road that the war chariots had left. The chariots were sized to accommodate the width of two large horses. Roads throughout the vast Roman empire were all built to this spec. When Romans marched into Britain, roads were constructed at that width. When the English started building tramways and railways, the width stayed the same. British laborers built railways in the Americas using the dimensions they were accustomed to.

Fast forward to the space shuttle. The two large solid fuel rocket engines on the side of the launch shuttle were sent by railroad, and to be transported were designed to be the same width. A major design feature of what is arguably the world’s most advanced transportation system was determined over two thousand years ago by the width of two horses. More or less, this is an example of how knowledge can create constraints, gain momentum, and over time harden and become nearly unchangeable. (Kelly, 2008, *Temporary Becomes Permanent*)

We accept a lot of what we know to be true because someone else told us it was true. Knowledge is handed down and inherited, which widely affects the moods we have toward certain events or conditions in life. Because of these “truths,” we end up living within parameters.

Our perception of the world is filtered through
a somewhat distorting lens of past experience, language, tradition.

Our perception of the world is filtered through a somewhat distorting lens of past experience, language, tradition. Information that has the force of history or science behind it (or just the force of habit), but doesn’t fit with our existing frameworks, has a hard time being seen, heard, accepted. What we reject and what we accept, in retrospect, often seems a bit odd. Something keeps us in these little areas of what we already know. By evaluating our moods and the sources or the molds for these moods, we can recognize what assumptions work for and against us — what assumptions open doors to possibility and what keep us in predictability.

What Now

1. Have you ever questioned the “truths” you know?
2. Why do you think these “truths” are hard to question or to evaluate?
3. Would you rather stay in predictability or would you risk predictability for new possibilities?
6th Commandment

BE THE LEADER OF YOUR MOODS

“The hard truth is that what may be acceptable in elite culture may not be acceptable in mass culture, that tastes which pose only innocent ethical issues as the property of a minority become corrupting when they become more established. Taste is context, and the context has changed.”

Susan Sontag
Power Truth

For Christ also hath once suffered for sins, the just for the unjust, that he might bring us to God, being put to death in the flesh, but quickened by the Spirit:

1 Peter 3:18 KJV

Encountering Breakdowns

People usually find themselves slipping into negative, unproductive moods, and once in these moods, it is quite a struggle to shift these moods. Most people allow their emotions to dictate the moods they operate in. They allow their emotions to shape how they interpret and assess the situation.

Most of the time, people end up blaming external things for their negative moods.

Most people have an interpretation of their circumstances that limits their power to observe and to change their moods accordingly. Most people believe that their moods are generated by other people or by the events they encounter. They allow external things to have the power over their moods. Most of the time, people end up blaming external things for their negative moods.

When people are in a good mood, they get involved, they’re productive, or they’re more pleasant with others. However, even the little setbacks can put individuals in a bad mood. External contents have this power of people’s lives. As a result, people find themselves unable to concentrate and to be ineffective in their work. People are challenged by these extremes, as dictated by their circumstances.

Moods could be viewed as ways in which people's past experiences influence them to certain actions. For example, a
wife who has experienced her husband avoid responsibility in
the past expects him to do the same, and so her choices to get
him involved are limited. This mood is generated by the past.
This mood affects her decisions. This mood influences the
health of the relationship.

In order to overcome breakdowns and to lead our moods, we must focus on our vision for the future.

In order to overcome breakdowns and to lead our moods, we must focus on our vision for the future. When we interpret moods as assessments about our future prospects, we’re able to take action, because the future has not happened yet. We can choose to take responsibility for these moods and to take actions based on these productive assessments of circumstances.

What Now

1. Do you believe you have the power to lead your moods?
2. What is the challenge for shifting your negative moods into positive ones?
3. Why do you need to lead your moods?
7th Commandment

NAVIGATING YOUR LIFE

“Disinformation is most effective in a very narrow context.”

Frank Snepp

Power Truth

I can do all things through Christ which strengtheneth me.

Philippians 4:13 MSG

The Route You Take

Here’s a piece of navigation advice from a sailor:

You begin by pretending you know exactly where you are— with fiction. On a chart you mark your position, a dark point on blank water. You call this your ded reckoning position. The ded comes from deduced, what you think you know based on history: the history of the boat,
how fast she has been moving, and in what direction. You draw a line along your true course: five hours, say, at 6 knots equals 30 nautical miles of distance along that course line from your last known position, the place where you think you are now. This is what you believe. Up until this moment, it has been the basis for all your decisions regarding the voyage, yet you are [if need be] willing to abandon it. [To check your calculations] you open your navigator’s tool kit—star finder, compass, chronometer, parallel rules, triangular protractor, pencil, stopwatch, etc. And you prove yourself wrong: you’re not where you thought—and if you’re a good navigator, hopefully, not too far from where you thought you were. In proving yourself wrong, you prove something else: exactly where you are. It is not a matter of opinion, not open for debate, not arguable or biased by gender or ethnicity or influenced by national regimes or political agendas, not personal. You either miss the reef or you hit it. You either find the sea buoy that marks the entrance to your harbor or you pass it by. You make landfall or you don’t. That’s the beauty of navigation. It is unequivocal. (Gerard 2004, pp. 242-252).

In life, we can set a mood of flexibility. Multiple options are available for us. We can go one-way or another, and whatever choice we have, things can turn out okay. However, when it comes to nautical navigation, this is not the case. It’s also not the case when it comes to the integrity we protect in life. It’s actually easier to predict we’re off course with nautical navigation than it is with integrity.

The power to set the mood for our lives comes from our awareness about our freedom. Our actions must not be determined by our circumstances, natures, or whatever. Often
times we feel we’re not free to be who were are, and then moods of resignation and cynicism begin to rise up.

Through this freedom, we can truly step into the power and responsibility of creating the moods that would make our lives meaningful and significant.

Freedom isn’t dictated by circumstances. Our actions are only determined by our free, unconstrained choices. In being true to ourselves, being authentic, and honoring our word, we tip the scales. Through this freedom, we can truly step into the power and responsibility of creating the moods that would make our lives meaningful and significant.

What Now

1. What is the role of integrity in allowing us to set the moods for our lives?
2. Why is integrity important in accessing our freedom to be who we are?
3. Why is freedom important in accessing our power to manage our moods?
8th Commandment

YOUR MOODS POWERFULLY IMPACT YOUR LIFE

To give vent now and then to his feelings, whether of pleasure or discontent, is a great ease to a man's heart.

*Francesco Guicciardini*

**Power Truth**

And above all things have fervent charity among yourselves: for charity shall cover the multitude of sins.

1 Peter 4:8 KJV
Purposeful Living

If people do not recognize their moods and how they assess the way they interpret each situation, negative moods can influence their lives. Most of the time, people neglect being mindful of their ways of being. People are not aware of the power to set the moods for their day-to-day lives.

How many times have temporary emotions impacted your life? Have you ever experienced regretting something you’ve said when you were angry? How many times have people underperformed because they don’t feel motivated to work?

If you have a vision for your life, you have a destination you want to reach, and you can be intentional about the course you take.

These actions are products of your current emotions and moods. These actions and choices influence the course of your life. If you have a vision for your life, you have a destination you want to reach, and you can be intentional about the course you take. You won’t allow temporary emotions to set you off course.

People who allow their emotions take control over their choices and actions live in fear and in worry. The mood is a transitory frame for the situation. However, it is a context by which you operate within. A person who masters his or her own mood has the capacity to operate in confidence, greatness, and integrity, regardless of the situation.

A person’s actions and choices would be
dependent on the kind of mood one takes on.

The future is never certain. The future is always unfolding. The mood you set for the future today determines the difference. A person can have the mood to create the future, or a person can have the mood of being a victim of circumstances. A person’s actions and choices would be dependent on the kind of mood one takes on.

What Now

1. What is your vision for the future?
2. What kind of mood have you set for your future?
3. How does setting the mood to be the creator of your life allow you to generate new possibilities for your life?
9th Commandment
THE MOOD CAN DISTINGUISH YOUR LEADERSHIP

Let's not forget that the little emotions are the great captains of our lives and we obey them without realizing it.

Vincent Van Gogh

Power Truth
Not slothful in business; fervent in spirit; serving the Lord;

Romans 12:11 KJV
You Can Influence Others

Learning how to master your moods and to shift from negative ones to positive ones is a powerful leadership ability. It allows you to be either a leader or a team member. For a leader, it is essential that you are the master of your moods so that you can set the mood for others for achieving the future you desire.

You must be aware of how your moods affect others in your organization or team.

Negative moods close off possibilities and disrupt your coordination with others. Moods are not just "personal." They can also affect people on an organizational level. You must be aware of how your moods affect others in your organization or team.

Moods affect team morale. Furthermore, moods can increase or decrease productivity in an organization. In order for a team or an organization to perform well, leaders need to set powerful and productive moods for the team. Leaders lead people into a new future. Their job is to create the mood by which the team can create this new future.

Moods can increase or decrease productivity in an organization.

Individuals who fail to manage their moods exhibit a lack of respect for other people in their team. When they are in a bad mood, other people would have to pick up the slack for them because they won’t be as productive as they ought to be. They become unpredictable and unreliable. On the other hand, when team members have mastered their moods, they can maintain productivity despite the circumstance or emotions.
they currently have. Breakdowns and setbacks don’t affect their performance as much.

Leaders lead people into a new future. Their job is to create the mood by which the team can create this new future.

What Now

1. What can a leader do to set a positive mood for the team?
2. Why do you think people who cannot control or manage their moods end up being weak members of the team?
3. How can a positive mood affect team morale and productivity?
10th Commandment

OVERCOMING NEGATIVE MOODS

The most important decision you make is to be in a good mood.

~Voltaire

One’s suffering disappears when one lets oneself go, when one yields — even to sadness.

Antoine de Saint-Exupéry

Power Truth

Esaias also crieth concerning Israel, Though the number of the children of Israel be as the sand of the sea, a remnant shall be saved:

Romans 9:27 KJV
Overcoming Negative Moods

Negative moods usually include resignation, despair, distrust, resentment, confusion, panic, and arrogance. Leaders have the responsibility to manage their own moods, as well as those they lead. In order to overcome negative moods, individuals must begin by identifying their assessments of the situation; how one views the situation influences the mood they operate in. Once you are aware of your interpretation of the situation, you can intentionally set the mood by which you operate in. You can shift your mood in such a way that you would improve your performance and experience of life.

Again, awareness is the key. You must always be aware of your feelings. Distinguish your feelings. Are you feeling frustrated about the situation? Are you feeling happy with this other person? Are you feeling scared of this turn of events? Naming these feelings is the first step to mastering them.

The second thing is to make a choice. Commit to shifting the negative mood into a positive one. You must make sure you are committed.

\[
\text{You must always be aware of your feelings. Distinguish your feelings.}
\]

The third step is to investigate. What or who is this mood about? What is the narrative you tell yourself about this mood? Is this narrative grounded on an assessment (interpretation) or an assertion (fact)? What standards are you using to make this investigation?

The fourth step is to plan for action. What is missing? Why are you in a negative mood? Do you need to make a complaint? Do you need to apologize? Find out what actions or realizations you must come to in order to shift your mood.

The fifth step is to take action. You must identify whom you must take action with and by when you must do
this. Finally, the last step is to complete the mood. Look for new opportunities that are opening up. What request or offers could you make for others and for yourself to completely shift your mood?

**What Now**

1. What is most challenging about mastering your mood?
2. How can you help others master their moods?
3. Why do you need commitment to shift your moods?
More Resources

DiMaggio, J. (NA). “The power of context and the courage to create.” Retrieved from
http://landmarkinsights.com/landmark-forum-leader-article/the-power-of-context-and-the-courage-to-create/


Kelly, K. (2008) “Temporary Becomes Permanent,” Kevin Kelly’s Lifestream, 8-13-08,

Maurice, M. (NA). “Myth busting – context is the game changer.” Retrieved from
http://landmarkinsights.com/landmark-forum-leader-article/myth-busting-context-is-the-game-changer/


forum-leader-article/navigating-our-lives-what-really-matters/
Scriptural References

1st Commandment
1 Proverbs 16:32

2nd Commandment
1 Proverbs 25:26

4th Commandment
1 Ecclesiastes 1:1-18