

'Let Go And Enjoy The Ride' **(Some thoughts on Emotional Logic after a conversation with a friend)**

We are living in a world that is becoming ever more concerned to find answers and solutions to all of life's questions and problems – to conform all of life's wonder and mystery into the simplicity of 'black and white', where, within ourselves, feelings, attitudes, relationships, experiences etc. are judged to be either 'good or bad' – and just like bank accounts drifting into the 'red' – anything that is considered to be *bad* must, by definition, be unacceptable and need to be restored to its *good* state as soon as possible, end of story – or is it?

As our humanity is squeezed and suffocated within boxes and labels, we are forced to conform and to sign up to this thinking – to deny the uniqueness and the intricate beauty of who we are as human beings, moving within an equally intricate and beautiful universe.

How often have we suspected that something is not quite right, and yet, who are we to rock the boat? – the world outside must be right and we must be wrong – how could it be any other way? – and yet – how many times have we felt that we are 'back here again' – after all our efforts to change – after all the exercise regimes, the dieting, the changes of image, the rungs up the social ladder – here we are again, making the same mistakes, feeling the same pain and confusion – we did everything that we were told to do – how can this be?

Sometimes we feel as if we are attached to a starting block by an enormous rubber band – we run and we strive and we think we are pressing ever forward, but just as we think we are in the final straight, just as we are about to pat ourselves on the back – zap! – we are back on our knees at the block again.

'Change', true change, is obviously not what we imagined it to be – we can pretend of course – we're really good at that – but if we are going to be honest with ourselves, we know that deep down, where it really counts, we are trapped with the person we were born with – the best we can do is to keep him or her well hidden as we seek to develop and grow – what we learn to call 'maturity' is for the most part, a simple hardening of our hearts – the peace and contentment we think we are experiencing is in fact a numbness and denial towards the 'real person' that is crying out within us.

And so – we come to realise, whether knowingly or unknowingly, that change – true lasting change – the breaking free from the habitual cycles of destructive emotions and their bitter consequences – the chance to truly embrace this change is no small thing, it is in fact a miracle.

It is an ironic truth that human beings only seem to achieve real inner growth through times of trial and pain – when we are feeling content and secure we are quite happy to let things continue as they always have, however fragile and tenuous the situation is that we find ourselves in. In order to open our hearts and minds to new possibilities, we need to be nudged from our 'comfort zones' – our contentment and security – our smugness and self-assuredness – we need to feel 'desperate' before we are able to ask the simple question – what if.....? the question that is in fact the simple key to an open mind.

Little do we know when all seems dark and hopeless that we are in fact standing before an open door – a door that can lead us to a life of new and exciting possibilities – a life in which we can embrace and not shun the person we are inside, where all the stored up energy and wisdom from past experiences and hurts can be released into the present – a life in which we are not helpless victims to the whims of our emotions – a life where we can embrace relationships in honesty and open-ness – a life infinitely richer and more 'real' than we could ever have imagined.

This is the moment that counts – the choice that you make right here, right now – forget about lotteries and dream holidays – this is the moment of a lifetime – this is the chance for change – to become the person you always hoped you could be – not to wait until things get better – but to take one positive step, however small, in the midst of your pain and confusion

– this is the moment that could be the one you look back on as being the best moment of your life.

It is a simple choice, and yet so many turn away – it is a choice between hardening your heart to the pain – giving in to bitterness and despair – or stepping out into the unknown with an open and trusting heart – being willing to explore this seemingly strange new world that waits before you – being willing to hurt but at the same time, learning to show yourself all the patience and compassion and understanding that up until now has been reserved for others alone – this is your moment – how will you choose?

This is the moment in which Emotional Logic seeks to hold out its hand to you – to walk with you through these challenging days – not to impose or dictate – not to judge or persuade – Emotional Logic comes as a simple gift – one that will remain with you throughout your life – one that you will long to share and pass on to others.

Emotional Logic will help you, not by imposing from the outside, but by releasing and nurturing that which is, and always has been within. It will help you to explore and make sense of the emotional patterns that you are experiencing – no matter how bad they feel – you will discover and harness the natural energy contained within these emotions – energy, not for harm, but for healing and growth – energy to release the uniqueness of who you really are.

You are here in this moment because of your `connectedness' with life – with the world around you – we experience loss, pain, grief, despair because we are part of the web of life – not because we are isolated from it – as we care and love – as we form attachments and bonds – we are expressing our humanity – if we `feel' then we are vulnerable to being hurt – this is the reality of life.

Right now, you could choose to list all the things about yourself that make you vulnerable to being hurt – maybe there are things that you've considered to be weaknesses, faults – things you've wanted to change – but truthfully, wouldn't you rather live with yourself as an open, caring and sensitive human being rather than someone who has hardened their hearts to the storms of life.

Would you really want to be the sort of person who could never be hurt or betrayed or let down? Emotional Logic offers you the wisdom to celebrate, nurture and empower your humanity – so that you will not have to put your life on hold until each trouble has passed – you will learn how to embrace and enjoy life with an open heart – right in the midst of the darkest storm.

In this way we may let go to our preconceptions of what is good or bad in our selves, in our lives, in the lives of others – we will come to learn that, as we use this new found insight into our emotional energy, we are able to move into a place where all things can work towards the realisation of a rich, honest and abundant life – we just need to let go into the mystery – we need simply to start to let go and enjoy the ride.

`The deeper that sorrow carves into your being, the more joy you can contain. Is not the cup that holds your wine the very cup that was burned in the potter's oven?'

Kahlil Gibran