

Le Troisième Pôle

5 TOOLS for emotional balance

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During this period where “normal” life is halted, we may experience anxiety or worry for our loved ones. Not knowing what is to come may also be a source of stress. Perhaps our emotional life is turned upside down.

But how can we take care of it? We are used to run after our life and our obligations keep us from being in touch with our inner being.

The practice of these 5 tools builds an unwavering foundation for emotional security, whatever the circumstances. Inner peace, knowing that life is benevolent, and self-trust will be your allies allowing you to face any change serenely. Relationships are more harmonious and meaningful.

And though travel is not allowed these days, you can still go on the best adventure of all: the discovery of your own depths to meet your divine self.



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1. Meditation. Allow everything you are feeling without restraint.



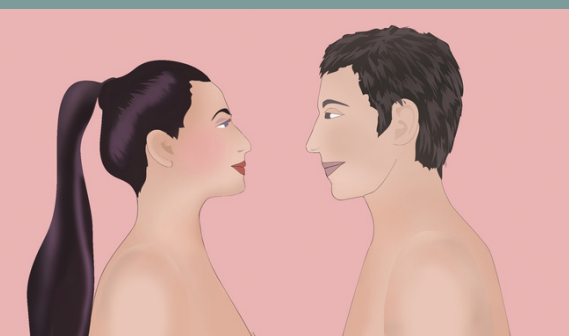
2. Daily review. Stop worrying and make space for your inner benevolent witness.



3. Catharsis. Empty the emotional containers you have been filling since childhood and see your emotions mature naturally.



4. Meet your inner child. Become your inner child's good parent and heal the wounds of the past.



5. Conscious communication. Understand the gift hidden in your frustrations, allow yourself to be vulnerable and enjoy truly harmonious relationships.