

Invisible Insight: How to Cross an Emotional Bridge You Cannot See

Emotions are awesome and none is better or worse than the other. Every emotion has its job to do and has a certain aspect of healing that it points out for you. We are NOT our emotions and they are also not meant to be taken on as who we are because they are not. They are FEELINGS, and they are FLEETING. They are meant to flow in and out of our existence like rain...but if we grab and hold them, they will fester under our ego's attempt to control them.