

In the emotional intelligence programme, I found an even deeper awareness, worldview widening and seeing situations in a new and different way, which gives us new, unsuspected chances. Flexibility, adaptability, self-assertiveness and self-preservation, following one's sensations and living here and now are only a small part of what I added to my knowledge of partnership with clients. As they say, things done with passion are not work but pleasure.

People who have mastered their emotions are more balanced, happier, healthier and more satisfied.

Here is a parable about the joy of life.

The delight of drinking a cup of tea: It is only in being aware of the present that your hands feel the warmth of the cup, the flavor and the sweetness of the drink. If you are thinking about the past or worrying about the future, you will totally miss the joy of drinking a cup of tea. You will look down at the cup and the tea will be gone.

It is the same in life. If you are not fully vigilant about the present, you will look around and it will have ended. You will miss the scent, delicacy and beauty of life. It will seem as though life has passed by you like a movie.

The past is perfect. Learn from it and let it go. The future is not even here yet. Plan it but do not waste your time worrying about it. Worry is meaningless. When you stop living through what has already happened, when you stop worrying about what may never happen, then you will live in the present moment. Then you will start feeling the joy of life.