



Emoções que Curam: 1 (Portuguese Edition)

Wanderley Oliveira

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Em nosso cotidiano somos movidos por sentimentos como a raiva, o medo, a culpa, o orgulho e a mágoa. São emoções primárias que fazem parte da nossa singularidade humana, de pessoas em processo de evolução.

Você já se perguntou o que essas emoções podem fazer por você?

Aceitar as emoções é uma forma terapêutica de viver porque quem as aceita faz uso de duas medicações essenciais para sua cura: a adequação do pensamento à realidade e o desenvolvimento da autoaceitação. Evitamos assim o autoabandono.

Esse clima interior de acolhimento à realidade produz a resignação e evita fixações nos aspectos sombrios da vida. A cura e a redenção são caminhos individuais e intransferíveis, frutos do merecimento e do trabalho pessoal e solicitam o concurso louvável do tempo, da paciência, da disciplina e da persistência. O amadurecimento emocional nos convoca a enfrentar nossas emoções pelo bem de nossa própria sanidade e de nossa libertação.

O futuro acena para a singularidade humana e não para cópias uns dos outros. O importante é florirmos como somos e onde fomos chamados. Quanto mais padrão, menos legitimidade; quanto mais uniformidade, menos criatividade; e quanto mais normas, menos autenticidade.

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