

„Emotions are messengers that carry information. Spiritual growth depends upon receiving that information and using it.”

Gary Zukav

Many people think that emotions can be divided into two groups: good and bad emotions. I believe that every emotion is useful in a way because it is an inner feedback to yourself about your personality. You can use them as guidelines in leading your life to ultimate happiness. And what is the purpose of life if not being happy? I use my emotions to tell me what to do less of and what to do more of. They guide me in finding my profession, my friends, or my love. Emotions: they are there all the time, so use them. And use them wisely!

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