

What has been the lesson that has taken you the longest to learn?

“How to be Wise”

There is the **rational mind** and the **emotional mind**

We are all able to experience our life if we are **mindful**

Am I operating from a rational space today or an emotional space?

Rational – Cerebral, Intellectual Space, Thoughts, Facts, Pragmatic

Emotional – Operating from the Heart

Wise – “sits in the centre”; where you are both emotional and rational at the same time and those two things meet and you become wise – that was the lesson that she learnt

How she coped?

Medication – which she took reluctantly at first

Her psychiatrist then assembled a team for her

She went away to a place she does sometimes, still when she needs a reboot

And she relied on a set of pills

To keep herself spiritually sound and centred,

→ she practiced meditation

→ talk therapy