

Trust for Freedom

The vitality that you loved in your partner when you met him or her, often later seems to be the thing that people want to try to tame or control. Sure, if you are getting married, having kids, then you need to be sensible to a degree, but surely you don't want to stop your loved one doing the things they love, the things that make them who they are? Love needs to allow freedom and trust so that your partner can be themselves.

A natural balance will find its way in organically as you each adjust in your own ways to your responsibilities as needed, but it is crucial to still have fun, socialize, be creative, play, explore, dream - that's what makes us human. We need to think, do, make, and evolve. It is okay to stop being childish as you mature, but we should never stop being child-like – maintaining our curiosity and innocence.

Whether you have commitments or not, the wild thing in yourself should be allowed some freedom - don't bury it, be ashamed or afraid of it - reach for the stars!

The artist pursuing his art, the musician with his music, the writer with her poems or books or articles - all need to feel that wild thing leaping and wriggling within them, and journey with it into their poem or painting or song. Yes, sometimes we create amidst beautiful calm - but we need to nurture both sides of us if we are to be true to our hearts.

Subduing the wild thing is dangerous - it leads to suppression, depression, break-ups, break-downs, and half-life.

Julia Woodman – Life Coach, Counsellor, Stress Consultant, and Writer



Advice Line 0905 620 1396

£1.02/min - from a BT landline. Calls from other networks and mobiles may vary. 18+

see my Greatvine profile page for availability, call request, or email buttons

<http://www.greatvine.com/julia-woodman>

I have meditation guides available to download from the greatvine website

<http://www.greatvine.com/julia-woodman>

Meditation Guide 1 – Information

Principles / Energy and Breath / Protection / Grounding / Safety

12 full pages + 4 pg bonus informative book review.

Meditation Guide 2 - Practice

23 full pages of techniques & examples to use from simple to advanced.

Includes some meditations for groups and for couples.

£12 for BOTH guides in one bundle as a download here

<http://www.greatvine.com/julia-woodman>
