

PERSONAL THERAPY 2

The primary purpose of therapy is to help the individual take back control over his or her own life. Therapy is not a panacea for all ills. It is not about achieving perfection. Successful therapy takes one from a place of damage, despair and dysfunction to a place of clarity, stability and healthy control. The individual stops being a slave to circumstance and becomes aware of how to carve out a more rewarding path. The conclusion of therapy does not mean nothing negative remains, it simply means that which is negative no longer reigns. For most it will be the first time in their lives that they really feel they have a say in their destiny. It is a wonderful, liberating feeling. But it must be clearly understood that the end of therapy is in fact only the beginning. The beginning of a new life, a new way of being, a new way of looking at the world. This new beginning will take some adjustment and acclimatisation before one is really comfortable with it.

When the therapeutic process has concluded the biggest challenge to our growth is sustaining all the positive gains, increased awareness, understanding and greater sense of healthy control. Those who lose their way once the therapeutic journey is complete find it is in this area that they fail because it is so easy to forget the steps that brought about their ascension. Once our lives have been raised to a new platform of well-being, it's easy to get caught up in the celebration of our achievement, so much so that we don't pay proper attention to the maintenance of those practices, disciplines and attitudes that have helped us to recreate our lives. Complacency is the enemy, and we need to be aware of this and avoid it at all costs. It is important to understand that life is about the movement and interaction of energy. Everything we see around us is a dance of energy, a beautiful interplay of different forces. That subtle dance even includes our moods, interactions, outlook and the way we feel. Therefore, to create some kind of stability in our lives, we need to respect and apply the laws of energy to our lives, particularly the law of entropy.

The way the law of entropy applies to human life is quite simple. We cannot expend what we don't have. If we place five gallons of fuel in a car and it affords us thirty miles per gallon, it can only take us 150 miles. If we try, therefore, to go 180 miles without replenishing that fuel, we are not going to reach our destination. Using this as our analogy for understanding the self, once we have arrived at our destination, if we wish to go any further, we must continue to take on board fuel (i.e., continue to enrich our lives with positive endeavour). In other words, we must continue to refuel ourselves with affirmation, still time, creative visualisation, mirror work, the use of positive literature, tapes and other uplifting activities and resources. Ask yourself, what's the point of arriving at your destination and then being unable to both sustain and then move on to the next stage in your life? You get out of life only what you put in and so the law of entropy guarantees you the fruit of your positive endeavour. To ensure stability and growth, continue to embark on those paths that are personally enriching and uplifting. No sincere, genuine effort is ever wasted.

For most this journey will be a wonderfully positive, enriching, and empowering experience, providing you with more resources than you will need along the way to help you achieve your aims and objectives. However, we are under no illusion; we can only take you as far as you want to go. For your part there has to be willingness, commitment and active participation if your destination of well-being is to be reached and if you are to taste the sweet fruits of success. Finally, remember therapy is not the end of your journey, it is in fact the opportunity for a new beginning.

