



# Emotional Stability

Emotional stability is attained through inner conviction.

This conviction results from our trust in our faith and the ideas we profess.

This is what gives us a sense of security.

It reflects our firm spiritual belief and helps us to keep a stable balanced attitude regardless of the problems we must face along our evolutionary path.

Emotional stability overcomes the fear generated by past errors; it also allows us to pursue our superior ideals and be of service to others whenever we wish to do so. It neutralizes environmental instability and helps us to face pressures or facilities with equal poise, reframing from excess and extravagance...

Ask yourself what you expect from life, how you plan to achieve it and why you want it.

Appraise the contents of your aspirations and compare them with the Teachings of the Gospel, then choose the most sensible course of action.

Ponder over what you have been through, what you have already sown and reaped.

If you are not sure about the right choice, stop and pray, seeking inspiration from the higher realms. Answers will certainly come that will enable you to perceive what is real and most convenient for you, how to achieve it, and why you want it. Your emotional stability needs prompt and deep care.

Start to work inside yourself to renew your mental attitude.

Decide resolutely to overcome sorrows and pains so that you may attain self-balance. Whatever you want intensely, you shall get.

By *Joanna de Angelis (Spirit)*  
Book: *Living and Loving*