

EMOTIONAL FREEDOM

by:
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It has been seven years since I graduated from college; seven years since I earned my Bachelor's degree; seven years since I passed the licensure examination; and seven years since I entered the corporate world of Human Resource. On the past seven years, this is the only year when I questioned myself something that should already been answered seven years ago. A question that made me doubt my own ability, intelligence and passion. A question that made me think twice, which should have stopped me from pursuing this vocation, seven years ago.

For seven years, after graduating in college and passing the licensure exam, I started working to provide the needs of my family, to achieve my own dream. I never doubted myself since then because I know that I have my own capabilities to achieve my goals, although I also have my imperfections but these can also be another step towards success. I received praises from top management and from my colleagues, but as I took a glimpse from the past, I feel that I haven't achieve any!

Why did you took Psychology? Why do you want to work as an HR Practitioner? These are the questions popping on my mind whenever I doubted myself, after seven years of hard work. Did I already achieve the personal dreams I have? Frankly speaking - NO! NOT YET! Maybe after those seven years, it is not yet my time, not now.

As I have my time alone, I had my chance to reflect about the things which had happened for the past seven years. I admit that not all of them brought victory, and through these difficult situations, it had moulded me to be a stronger version of myself. But when I accepted the fact that I am not yet in full bloom to bring beauty and glow in

the garden I am in, I can find peace in my heart and experience each passing day of life more deeply. That we have our own timeline.

For the past seven years, today, I came to the realization that life is too beautiful to be wasted with negativities. Life maybe full of imperfections, that's why God has given us two eyes to look closer and focus more on the good things around us. There maybe a lot of times that I doubted myself, but I know that my God has better plans ahead of me.

Not yet. Not now. Maybe, the past seven years God is busy cultivating my roots to make it strong enough to hold onto the conflict of life. I will forever put my trust on my God. That I don't have to compare my success to others because my God made me realize that each of us have different purpose and beauty. So, I'm going to continue watering the seeds I had planted, to let my heart feel the happiness it deserves, until the right time that I will glow to spread kindness and beauty after those seven years.

References:

<https://www.typeathought.com/c/emotional-freedom-well-connected-feelings>