Cerrando Círculos

por Paulo Coelho

1. Siempre es preciso saber cuándo se acaba una etapa de la vida. Si insistes en permanecer en ella más allá del tiempo necesario, pierdes la alegría y el sentido del resto.
2. Cerrando círculos, o cerrando puertas, o cerrando capítulos, como quieras llamarlo. Lo importante es poder cerrarlos, y dejar ir momentos de la vida que se van clausurando.
3. ¿Terminó tu trabajo?, ¿Se acabó tu relación?, ¿Ya no vives más en esa casa?, ¿Debes irte de viaje?, ¿La relación se acabó?
4. Puedes pasarte mucho tiempo de tu presente "revolcándote" en los porqués, en devolver el cassette y tratar de entender por qué sucedió tal o cual hecho.
5. El desgaste ya a ser infinito, porque en la vida, tú, yo, tu amigo, tus hijos, tus hermanos, todos y todas estamos encaminados hacia ir cerrando capítulos, ir dando vuelta a la hoja, a terminar con etapas, o con momentos de la vida y seguir adelante.
6. No podemos estar en el presente añorando el pasado. Ni siquiera preguntándonos porqué. Lo que sucedió, sucedió, y hay que soltarlo, hay que desprenderse.
7. No podemos ser niños eternos, ni adolescentes tardíos, ni empleados de empresas inexistentes, ni tener vínculos con quien no quiere estar vinculado a nosotros.
8. ¡Los hechos pasan y hay que dejarlos ir!
9. Por eso, a veces es tan importante destruir recuerdos, regalar presentes, cambiar de casa, romper papeles, tirar documentos, y vender o regalar libros.
10. Los cambios externos pueden simbolizar procesos interiores de superación.
11. Dejar ir, soltar, desprenderse. En la vida nadie juega con las cartas marcadas, y hay que aprender a perder y a ganar.
12. Hay que dejar ir, hay que dar vuelta a la hoja, hay que vivir sólo lo que tenemos en el presente...
13. El pasado ya pasó. No esperes que te lo devuelvan, no esperes que te reconozcan, no esperes que alguna vez se den cuenta de quién eres tú... Suelta el resentimiento.
14. El prender "tu televisor personal" para darle y darle al asunto, lo único que consigue es dañarte lentamente, envenenarte y amargarte.
15. La vida está para adelante, nunca para atrás. Si andas por la vida dejando "puertas abiertas", por si acaso, nunca podrás desprenderte ni vivir lo de hoy con satisfacción.
16. ¿Noviazgos o amistades que no clausuran?, ¿Posibilidades de regresar? (¿a qué?), ¿Necesidad de aclaraciones?, ¿Palabras que no se dijeron?, ¿Silencios que lo invadieron?
17. Si puedes enfrentarlos ya y ahora, hazlo, si no, déjalos ir, cierra capítulos. Dite a ti mismo que no, que no vuelven.
18. Pero no por orgullo ni soberbia, sino, porque tú ya no encajas allí en ese lugar, en ese corazón, en esa habitación, en esa casa, en esa oficina, en ese oficio.
19. Tú ya no eres el mismo que fuiste hace dos días, hace tres meses, hace un año. Por lo tanto, no hay nada a qué volver. Cierra la puerta, da vuelta a la hoja, cierra el círculo.
20. Ni tú serás el mismo, ni el entorno al que regresas será igual, porque en la vida nada se queda quieto, nada es estático. Es salud mental, amor por ti mismo, desprender lo que ya no está en tu vida.
21. Recuerda que nada ni nadie es indispensable. Ni una persona, ni un lugar, ni un trabajo. Nada es vital para vivir porque cuando tú viniste a este mundo, llegaste sin ese adhesivo.
22. Por lo tanto, es costumbre vivir pegado a él, y es un trabajo personal aprender a vivir sin él, sin el adhesivo humano o físico que hoy te duele dejar ir.
23. Es un proceso de aprender a desprenderse y, humanamente se puede lograr, porque te repito: nada ni nadie nos es indispensable.
24. Sólo es costumbre, apego, necesidad. Pero cierra, clausura, limpia, tira, oxigena, despréndete, sacúdete, suéltate.
25. Hay muchas palabras para significar salud mental y cualquiera que sea la que escojas, te ayudará definitivamente a seguir para adelante con tranquilidad. ¡Esa es la vida!

Closing Cycles by Paulo Coelho

One always has to know when a stage comes to an end. If we insist on staying longer than the necessary time, we lose the happiness and the meaning of the other stages we have to go through.

Closing cycles, shutting doors, ending chapters whatever name we give it, what matters is to leave in the past the moments of life that have finished. Did you lose your job? Has a loving relationship come to an end? Did you leave your parents’ house? Gone to live abroad? Has a long-lasting friendship ended all of a sudden?

You can spend a long time wondering why this has happened. You can tell yourself you won’t take another step until you find out why certain things that were so important and so solid in your life have turned into dust, just like that.

But such an attitude will be awfully stressing for everyone involved: your parents, your husband or wife, your friends, your children, your sister, everyone will be finishing chapters, turning over new leaves, getting on with life, and they will all feel bad seeing you at a standstill.

None of us can be in the present and the past at the same time, not even when we try to understand the things that happen to us. What has passed will not return: we cannot for ever be children, late adolescents, sons that feel guilt or rancor towards our parents, lovers who day and night relive an affair with someone who has gone away and has not the least intention of coming back.

Things pass, and the best we can do is to let them really go away. That is why it is so important (however painful it maybe!) to destroy souvenirs, move, give lots of things away to orphanages, sell or donate the books you have at home. Everything in this visible world is a manifestation of the invisible world, of what is going on in our hearts and getting rid of certain memories also means making some room for other memories to take their place.

Let things go. Release them. Detach yourself from them. Nobody plays this life with marked cards, so sometimes we win and sometimes we lose. Do not expect anything in return, do not expect your efforts to be appreciated, your genius to be discovered, your love to be understood. Stop turning on your emotional television to watch the same program over and over again, the one that shows how much you suffered from a certain loss: that is only poisoning you, nothing else.

Nothing is more dangerous than not accepting love relationships that are broken off, work that is promised but there is no starting date, decisions that are always put off waiting for the ideal moment. Before a new chapter is begun, the old one has to be finished: tell yourself that what has passed will never come back. Remember that there was a time when you could live without that thing or that person. Nothing is irreplaceable. A habit is not a need. This may sound so obvious, it may even be difficult, but it is very important.

Closing cycles. Not because of pride, incapacity or arrogance, but simply because that no longer fits your life. Shut the door, change the record, clean the house, shake off the dust. Stop being who you were, and change into who you are.One always has to know when a stage comes to an end. If we insist on staying longer than the necessary time, we lose the happiness and the meaning of the other stages we have to go through.

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