**This story, although simple, is profound and really can be life changing:**

**The Princess grew into a beautiful and wise queen who after marriage gave birth to a son who, eventually was tall and handsome, and much admired.**

**The queen and the king passed on their knowledge and insight to the prince as they watched him grow.**

**As many princes do, Harry enjoyed polo, and had a special relationship with his polo pony.**

**One day prince Harry’s polo pony ran away.**

**His friends herd of this, rallied round, and went to him with many condolences:**

**"What terrible luck!" They chorused sympathetically.**

**But the prince was young, but wise, and just smiled and said:**

**"Maybe."**

**The very next morning the horse miraculously returned, bringing three other beautiful and healthy wild horses with it.**

**"What wonderful luck!" said Harry’s friends and neighbours.**

**But again, all prince Harry was:**

**"Maybe."**

**The following morning prince Harry tried to mount one of the wild stallions.**

**He fell off and broke his leg.**

**Now Harry’s friends and neighbours came to him with more condolences.**

**"We feel so sorry for you and Megan!**

**What misfortune!"**

**But of course, Harry just said "maybe!"**

**Soon after a stupid prime minister called Tony, felt the hand of destiny on his shoulder, and decided to take the country into an unjust, fatal and hopeless war.**

**A war where many brave family loving men and sons would die.**

**The recruitment officer came to the palace looking to conscript Harry to go into battle for his country, but on seeing him nurturing his broken leg passed him by and looked elsewhere.**

**Once again Harry’s friends and neighbours congratulated the price Harry on how well things had turned out.**

**"Maybe,"**

**Said Harry.**

**And so the story continues.**

**Strong emotions make us jump to perilous and self-defeating conclusions.**

**In this way they tyrannise us.**

**The depressed person jumps to hopeless conclusions, “there is no hope”.**

**The person with anger riding on their back is convinced of their rightness.**

**To see life more realistically so that we can master more situations we need to relax the tendency to prematurely assume and jump to conclusions.**

**Here's to opening up our life, not shutting it down into response to emotions.**