



dealing with negativity & aggravation

There will always be something negative happening in our body, in our mind, in our surrounding, the environment. Even when we talk about negative things, we are not just complaining, we are trying to find out what we can do about it, so that is positive. When we think or talk about negative things and stop there, that is pure negativity. It doesn't help. But when we look at the things happening in us and around us — the negative things and try to understand very deeply and see what we can do about it and how we can reduce it, it is positive. That is what we should do.

forgiveness

Some people say "forgive and forget" but forgetting is not good. We should learn from it, understand, learn, never forget. If we forget without understanding, unconsciously it will control our life again. In fact we can never forget anything at all. So, forgiveness is not forgetting. By forgiving the people who hurt us, we do not erase painful past experiences from our memory. We are not erasing painful past memories. We are learning from it. Forgiveness is a way of reaching out from a bad past and heading out to a more positive future.