

Pause Often In Stillness

10-21-11

To have peace, give peace. To be happy,
make happy. To feel loved, give love.

2:45 p.m.

This is very simple and is a part of all
the world's inspired teachings. But it
cannot be understood by a mind that
refuses to pause. Stepping outside of the
box of life, gives your mind a chance
to reflect on the emotions of reality.

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How was your day?