

Do Not Allow The Body To Reflect

12-13-11

Your Attack Thoughts

10:31 a.m.

The notion that the negativity of the ego should be outwardly expressed ("vented") comes from my assumption that if I "get it out" it is no longer "in." Whereas the opposite is true. When I allow my words (or my silence) to express my decision to attack, my negativity deepens and becomes more enraging, and I stir up the other person as well. Now the problem is more complicated and takes on a life of its own. Spiritual damage control is acting with kindness even when I don't feel like it.

Write Me At:

Rechell Williams #V-69138

P.O. Box 5242

CORCORAN, CA 93212

Web Address:

<http://betweenthebars.org/blogs/507/rechell-williams>