

Healing And Growing

1-27-12

9:45 a.m.

When my mind focuses on a failure, it's imbued with the sadness of the subject. When it focuses on Truth, it heals and grows strong. So, I must acknowledge all weaknesses and shortcomings if I am serious about healing my attitudes and strengthening my motivation. However, that is not my intent if all I do is stay sprawled in a pool of old sins and chronic inadequacies. The ego justifies cruel thoughts and destructive behavior by first telling itself that it is the injured party. Failure can be either a reason to attack or a reason to improve. Only one of those choices makes life a positive factor in the world.

Write Me At:
Rechell Williams #V-69138
P.O. Box 5242
CORCORAN, CA 93212

Focus On How far You've
Come.

1-27-12

10:55 a.m.

Today I will look at how far I have come rather than how far I still have to go. It's not making a mistake, but remaining within that past event, that shatters my mind. Self-censure is neither virtuous, humble, nor honest.

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