
Part Two:
**“Eternity Bends
When A Moment
Begins”
(Unknown)**

1) Dwelling in the Past Won't Change A Thing.

Realize that what has happened has already happened and that mentally dwelling in the past won't change a thing. Dwelling in the past won't help the present or the future. Life at times is likened to a car on the open road. If you choose to stare in the rear view mirror, focusing on what you have already passed, ignoring the windshield and what's going on right in front of you in the present, you yourself are bound to get lost, hurt or damaged. Not only that, you will lose, hurt and damage others in front of you as well as those with you in the car or your life in the process. Sometimes we have hard feelings that won't go away easily. We carry them around expecting that at some point that they will just go on away and disappear. This situation plagues lots of people. What we need to realize is that feelings don't just go away; they need to be vented through some process of sharing. With very deep and powerful feelings, many people make the mistake of talking to someone untrained, like a close personal friend, which just spreads the misery, possibly creating a dangerous emotional situation that the untrained friend is unable to really handle. This is when they need to talk to someone trained to listen and respond to expressions of deeply-seated powerful emotions, namely a licensed therapist. Talking to a therapist about the hurt and pain will allow the person to let go of the hurt and pain from the past while allowing them to move emotionally into the present where they can have new feeling, even happy feelings without being plagued by the old ones. So try to remember that dwelling in the past is truly for the dead. Dwelling in the present is truly for the living. Dwelling in the future is truly for ideas. So dwell in the present and let yourself be entertained by the ideas of future possibilities.

2) The Things You Do Always Finds Their Way Back Around To You.

How strangely true that the things you do always finds their way back around to you. Some people live their lives in a state of daily conscious denial, hoping, like a magician, to escape the turnabouts that they create in their own lives. It's just the basic physics of everyday life, causes and effects. What you do will domino effect throughout your life and come swinging right back around to you in the form of lessons that you can see either as curses or opportunities, you decide. Some effects come back to you quickly while other effects come back around to you later on. But rest assured that they will eventually come back. Many of the people dwelling in denial actually walk around feeling and thinking that they are cursed by life itself as though some mysterious higher power has it in for them or just hates them for some unknown reason. To the contrary, life just continues to test you and tests you fairly, on tests that life itself attempts to prepare you for, way before the tests come back around and is found sitting in your laps and faces. The very moment that you comprehend what you need to know and act accordingly, the lesson switches to a new lesson, one relevant to your newly achieved level of learning and thinking. What this basically means is that it's as if life's lessons progress as you progress. You as a true component of life actually create your own lessons and tests by what you know, don't know and deny of what you send out consciously and unconsciously. Some people use this basic knowledge to their advantage by intentionally doing, thinking and sending out as much good and positivity as they consciously can. This action forces them to have to deal with vast amounts of positivity when it comes back around to them. This positivity returns in the form of lessons that they must consciously grow from and through to be able to move on from as in them helping people only to learn later on in life how to let people help them. You can't outrun yourself.

3) Be Kind, Courteous, And Caring.

Be kind, courteous, and caring as much and to as many as possible because you never know who you will need kindness, caring and courtesy from in your own future. Caring is an act of power. Inner weakness and fear of being taken for granted, abused or being seen as weak are what many times prevents us from exercising it. It's not just the smart thing to do and the smart way to be; it is also just the right thing to do and the right way to be. Caring is truly one of our greatest powers to possess. It can seem kind of self-centered of you to be kind, courteous and caring to people now so that in return people can be kind and courteous to you later on in life. But the truth is that life is likened to a game with choices that should always be played consciously. Smart and prudent planning is a big and important part of your life if you want to have any kind of say-so in your future. You can and should always make plans for later. From birth to retirement, from retirement to death, one should plan for those rainy days that are guaranteed to come. What you send out can and does come back to you, so you would be wise to send out kindness, courtesy, caring, patience and compassion to leave yourself open to receive, as needed, later on in your life. You don't just plan your retirements, you hope and plan to retire with both comfort and happiness. Just like your financial deposits and investments secure your financial needs for your futures, so does your deposits and investments of kindness, courtesy, caring, patience and compassion secure your happiness in your future to come. So try to remember to be kind, courteous and caring, because it does make a difference.

4) Forgiveness Is An Act Of Greatness In Will And Power.

Forgiveness is an act of greatness and power. Feel free to exercise it. It is sadly funny how many of those who are unwilling to forgive are so afraid that if they show mercy and forgiveness to someone, that they will be seen as a weakling who is a powerless pushover who lacks any real spine and dignity. These same people are often seen being outwardly mean, malicious, vindictive while seeking revenge toward those who have fallen short, missed the mark or who have mistakenly committed a wrong. The fear of being seen as weak by others and mostly themselves have caused them to become wishers of ill will upon others, and through ignorant judgment, vanity, and insensitive pride they are prompted to emptily seek unquenchable revenge. By closing themselves off to forgiveness and mercy, they open themselves up to receive ignorant judgment, insensitive pride, vanity and revenge in their own lives. Sadly as they are merciless to others who have messed up, so will others in life be merciless to them when they have messed up. Ultimately, that is just the way things go. In life you want to bring and invite good things to come your way. To do that many times this will require a choice to be made by you. You will have to choose to be the bigger figure by choosing the higher moral ground. It's for yourself that you forgive others, not the other way around. When you forgive others, you free yourself of the emptiness, empty vanity, empty vengeance, empty malice and empty judgment allowing yourself to be free of feeling that angry emptiness. So remember that forgiveness is an act of greatness in will and power, and do feel free to exercise forgiveness by practicing it.

5) Acknowledge Your True Potential, Serenade Your Wondrousness.

Acknowledge your true potential, serenade your wondrousness, and be open to the beauty that is you. Truly accept being yourself and acknowledge the perfection of your own purpose being fulfilled daily right before your very eyes. Discover your own flow. Brush your shoulders off, dust off your shoes, get out of the mud, and enrich your surroundings as you can. Embrace your own ability to transform without ever truly needing to change your true self. Acknowledge the multifunctional, multi-adaptive you. Embrace your strengths and bravely see your true power. Locate and exercise your rich ability to forgive, to empower, to help, understand and to congratulate. Without being passive, be merciful, compassionate, patient and also slow to take offense. Outside of being loving, caring and thoughtful, these are some of your greatest potential strengths and some of the last and most difficult to be uncovered. Strive to be a greater person or a bigger figure. Watch and witness yourself open up and unfold like a butterfly, revealing your true uniqueness to yourself and the world. Dare to appreciate and reflect the greatness of others and others will reflectively see their greatness through you. Your life is a miracle, your opportunities are a privilege provided by that miracle, so without wasting a moment, make full use of both. Learn until your heart stops and make use of every opportunity to increase and elevate your consciousness. All judgments aside, try your best to realize how you are the offspring of greatness. Proudly acknowledge your potential. We say this because until you realize this truth, you are basically living a life where twisted lies of judgmental ignorance are sadly blocking your own vision of yourself, your own truth. Meaning that what you see is not all that you are and what you are is not all that you see. Know yourself.

