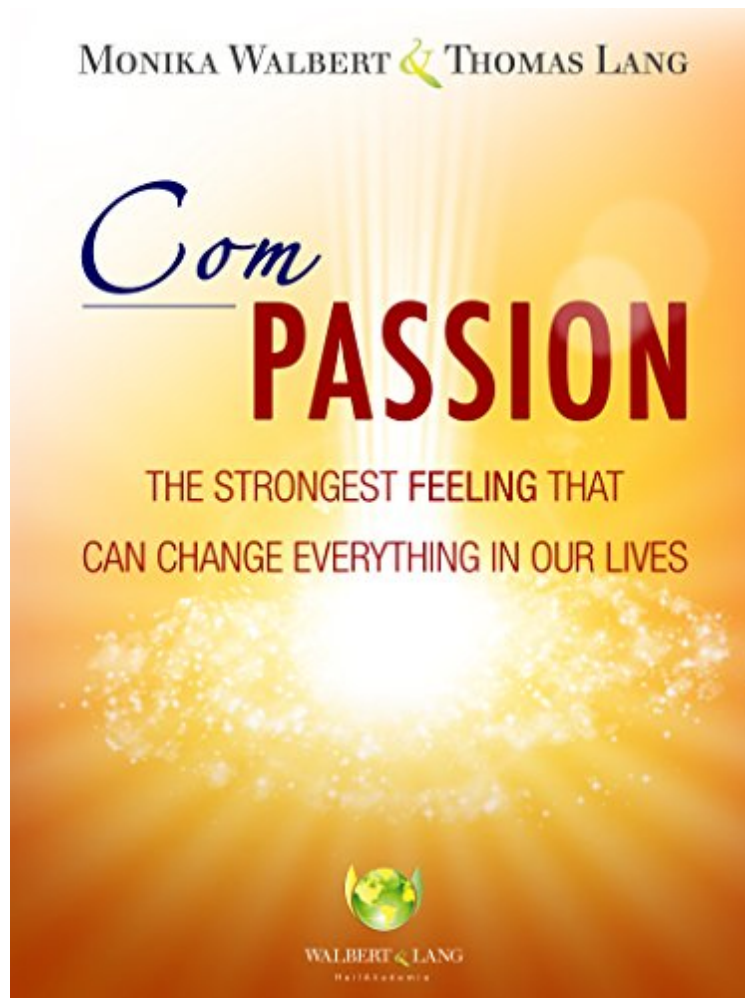


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Compassion: The strongest feeling that can change everything in our lives

Von Thomas Lang, Monika Walbert

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GenialVon Rosenduft17habe schon viel ber dieses Thema Gelsen, hier wird einem in wenigen Worten ein sehr interessante Sichtweise gezeigt. Kann es nur jedem empfehlen der Interesse hat zu dieser thematik

Kurzbeschreibung Many people don't feel well most of the time, which is mainly the result of us spending too much time in expressing negativity. Just the example of our health systems shows that the main focus is about treating diseases and less about maintaining our health. With that we are being limited to our few, little opportunities of diversity in our reality. The reason why so many people day in and day out have such bad feelings is, that they don't know, that eventually they are responsible for them by themselves. Namely most people believe, that their feelings are being effected by other people or circumstances. Luckily these people are wrong when they blame others for how they feel. If they would be right, we would indeed be at the mercy of other people and circumstances. Its not always the force of habit, when we engage ourselves with negativity. To engage with negativity means therefore, to create negative feelings, which in its final consequence wrack our bodies and maneuver us into a not wanted reality of feelings.

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