

MAKE THE RIGHT CHOICE

To the degree you understand that it's impossible to cling to who you have been, and be free (of yourself) at the same time, are you empowered to let go and outgrow painful negative states. The following insights have been prepared to help you make the right choice, at the right time:

We can go on resenting, fearing, or regretting what we think life has done to us; allowing, as we do, negative reactions to roll on—unchecked—collecting the associated thoughts and feelings they need to substantiate not just the reasons why we're in the midst of that painful experience, but what we must do in order to protect ourselves from it at all levels: mentally, emotionally, even physically.

And by the time we're that deeply identified with the movements of this unconscious nature within us, we are also well into the dark hands of whatever it tells us we must do to defend ourselves *from the condition that it has created*.

OR... we can learn to use these same dark reactions to free ourselves from them.

But just hoping to be liberated by the insights above isn't enough. We have to be willing *to see* the truth they illuminate, and then dare to act on it... if we want to be set free.

— Guy Finley