

FORGIVENESS MAKES ROOM FOR HARMONY

One of my primary goals is to live in oneness with others. I do what is necessary to keep the peace. When I forgive others, it makes room for a harmonious existence.

Each day I face uncomfortable situations that require wisdom to deal with them. Wise thinking guides me to be civil and respectful to those around me. When I begin difficult interactions with respect, it is easier to find common ground.

I avoid feeling offended when someone says or does something unkind. By allowing myself to forgive, I am able to guide our interaction in a positive direction.

In family situations, I avoid letting familiarity overshadow the importance of harmony. Even though family members are accustomed to my mannerisms, I am careful to respect their feelings.

I am conscious of the importance of harmonious family life. The unit I am a part of serves as my primary support structure. I treat it very carefully.

When a loved one points out how my words hurt them, I am quick to apologize. It is important to let others know that their emotional well-being is a priority for me.

Today, I am committed to going into each situation with a positive mindset. My goal is to ensure continued harmony among my family members, friends, and professional peers. It is easy for me to forgive when I see its impact on relationships.

REFLECTION QUESTIONS

1

How does forgiveness contribute to a harmonious existence in my life?

2

What are some recent situations where forgiveness helped me maintain peace and understanding?

3

How can I cultivate a habit of forgiveness to enhance my personal and professional relationships?