

Unity and Processing Anger

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When I am feeling angry I use a phrase that I learned from Millie's latest book "I'm sorry. I forgot. I love you". I said it to myself directed at the other person in my mind (and from my Self!) several times and the anger is gone and my tummy is relaxing again. It is a great way to remember the unity that we all are one. Even the parts that I create anger from reacting to!

(Millie's book is called *Crafting a Community* - recommended)