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How to heal yourself?



Have you felt that people hurt you and you were in pain? Do you really blame others for creating the pain? And if you feel, the pain has come from outside, then healing of that pain also comes from outside, right? Is this true?

You can be in this illusion and the whole life you can spend finding the right healer who can heal you and still, you will not heal yourself..you would still feel, you held that pain after going to different healers...

Did you think strongly, the hurt which happened has caused you the pain, anger, sadness and is caused by others and only others are responsible for it? Are you creating, generating and propagating poisoned thoughts which has worsened the situation more than what really happened? Has it created more pain with your habituated compulsive and so called illusionary real thoughts?

Will you like to see with different views, angles and perspectives that you are the only one who is responsible for that wounded hurt with constant pain, with your own creation of thoughts and ongoing generated propagating thoughts which created more and more of pain?

Our responses can be our habits, nature and personality, which are real..what we think, feel, belief, behave, speak, is all in us, our creation, all within us...if we want a change, we need to change our ways of thinking...

Are you still wanting to blame others for what went wrong for you and how they were wrong...what should have done and what should not have been done by them.. or are you ready to take the responsibility for yourself as the creator of that pain and heal yourself? Or are you waiting for some magic?

*With Divine Guidance for your best life
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