



The Pledge to Renounce Negativity

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As our heart becomes liberated from emotional burdens and purified, we need to begin to strive to express its positive qualities. First, we need to pledge to commit ourselves not to give in to any kind of negativity. Not just in action but also in thought negativity directed towards others but also towards ourselves and these two are very much connected. As you now very well know, even in the face of adversity while you encounter negative energies directed towards you by others you should not allow yourself to manifest any negativity. Human relationships are very complex and there are plenty of reasons to be upset or angry.

Others may project on you all kind of things which are not true or at least exaggerated and you may respond from the place of righteousness defending the truth of yourself. And while there's nothing wrong in expressing your opinions or contradicting someone or correcting someone what you need to watch out is for the emotion which is behind expressing yourself. When you generate anger or animosity what it actually means is that you are yourself hurt and you can very easily verify it by looking into your heart that something in your heart is hurt anxious uncomfortable. So while you may have this compulsion just in that manner of anger upset when you realize that actually your heart is hurting you'll understand that the problem are not the others the problem is yourself. So beware of all these justifications of negativity you can use euphemisms, I'm not calling it

negativity but deep down it is negativity when a person such and such behaved or responded in such a way and it's not right. Yes, perhaps it's not right but what is the emotion in you?

Is that emotion right? Are you feeling hurt? Why are you being hurt? Is it something objective? That if someone relates to you in certain manner or responds to you in certain manner you are supposed to be hurt or is there still pain inside you that the other person triggers through their behavior which creates, which causes you to respond emotionally in an exaggerated manner. So watch out for negativity in yourself because it is a tricky area. There are many types and shades layers of negativity and the mind has is very clever in justifying its negativity and its righteousness to be negative.

You do not want to be negative for two reasons, one is because you are hurting yourself. Your energy of anger or upset towards others is hurting you and is actually coming already from the place of pain. It means that the moment you respond negatively in that very moment when you have this compulsion to do so you are not actually dealing with the issue at hand which is your pain which is your hurt which is still something wounded inside you. So imagine that there is a situation that you are about to respond negatively getting all emotional and righteous but in that very instant you stop and look into your heart and you will see that it hurts and it hurts not because of what the other person did it hurts because there is still an open wound in your heart or let's say wound which is not entirely healed since you are in the process of healing. So maybe you have healed it to some extent but you are opening it again by succumbing to negativity so you are not allowing yourself to fully heal the second reason is an understanding that everything is God everything is not just manifestation of the Divine but the Divine manifested. Meaning that the one who is upsetting you that person is actually Divine just Divine outside of you Divine which maybe is more lost than you Divine who has his unique angle of perception Divine which has maybe more pain in the heart than you and you need to have through that understanding you are able to access another level of compassion and empathy you will be able to feel their heart as your own heart and then you will pay less attention to their external expressions you will be more concerned about their pain you will care more about them rather than about some of your own psychological insecurities it does not mean that you have to be passive and doing nothing or somehow correcting others if they are wrong there is a right space for that but you do it without negativity negative energy expressed through thought and emotion and then through words is a form of an attack a form of violence if you express your critique towards someone suggesting them to change, for instance, certain things this can be done without negative energy from heart from clarity of course there is always a possibility that they will feel like they are being attacked but that is

just their own insecurity that is just their own pain which it is beyond the realm of your responsibility all you can do is to be kind and speak from your heart and feel compassion to another human being so no negativity towards others.