



“Mistakes and Mentors are the Greatest Teachers ”

- Scott Thomas

...and so are your reactions!

Whenever someone or something irritates you, upsets you, hurts you or really makes you angry...be grateful.

Your reactions can be your greatest teacher. The reason you react negatively to a situation is because it triggers something within you on some deep level.

It's probably subconscious therefore you're not even really aware of what the trigger is but I'm telling you, the way to know that it's true is simply by feeling your reaction.

If someone tells you that you're a lazy good for nothing loser and you know it's not true, it likely won't bother you if you love yourself and are confident in who you are. You may brush it off. You may see that they have a problem but there's no real reaction on your part. Perhaps you may even feel compassion for that person knowing they have to make themselves feel better by putting you down.

If however you have a BIG reaction to their statement, then pay attention. That reaction is telling you something. You're feeling guilty, you do believe on some level that you're lazy, you do feel like you're good for nothing at times and they've hit your hot button... or you feel that you work hard but nobody recognizes it. Perhaps you react because there is a wound or weakness deep inside you that has been touched.

Every reaction you have is a wonderful teacher for you. Pay attention to your reactions... and if you're not sure what they are telling you find a spiritual teacher or mentor who can help bring light to them.

Paying attention and learning *from* your reactions is **sacred** living.

Blaming and reacting negatively is living **scared**.

Enjoy the day,

Monique