

i have uttered every single word of my physical body
and its realm of experience as innocently and openly like a child
my book has not been altered
no words have been changed
whatsoever i wrote came spontaneously
with only one request to the printer
not to change a single word...however it came...
no alteration...no correction...no addition...

question *i have some negative things in me and i wonder
what to do with my negative parts...to transform ?
to accept ? to love ? how to deal with my negative sides ?*

first thing
do not label...
do not judge yourself...
there is nothing negative in anybody
the negative is that which others do not accept in you
it is not acceptable to others
hence it becomes negative

do not label yourself
you are far beyond that small little label
you are such a vast being of light
to label any part of you in an ugly manner is not beautiful and correct
it is simply not true

that stone that is blocking you
is helping you create desire to overcome it
is it negative ?
perhaps it is the positive !
it is creating friction within you to transcend it
it is your friend in hiding

everything that you label negative in you
is your friend hiding within you...
is helping you move along
so it is not negative
it is a sleeping friend
understand that your dormant energy is your energy
make friends with it
accept it totally and you will see it dissolves
and becomes part of your positivity
everything within you can be transformed
to become your friend

just imagine a river that is flowing straight
pure boredom !
no movement to the left and to the right
just imagine that river flowing straight
how boring !!
hallelujah...hallelujah...
you need a little dance !

there comes one rock along the way and blocks you
and you have to move to the left
and when you move to the left...
the river has to move to the right...
and there comes another rock and you say
ah...i just battled with that guy and now you are here to trouble me
and then you have to move to the left...
and another stone and you have to move to the right...
these are your friends !
they are giving you life
it is not negative
you have to understand everything is part of your being
stop labelling
find the beauty and the strength in you
if you have to start labelling start seeing what is the beautiful in you