

Sarah's Healing Touch for Women

THE SECOND TEN COMMANDMENTS

Thou shall not worry,
for worry is the most unproductive of all human activities.

Thou shall not be fearful,
for most of the things we fear never come to pass.

Thou shall not cross bridges before you come to them,
for no one has yet succeeded in accomplishing this.

Thou shall face each problem as it comes;
you can only handle one at a time anyway.

Thou shall not take problems to bed with you,
for they make very poor bedfellows.

Thou shall not borrow other people's problems;
they can better care for themselves than you can.

Thou shall not try to relive yesterday for good or ill;
it is forever gone. Concentrate on what is happening
in your life now and be happy.

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Thou shall be a good listener,
for only when you listen will you hear different ideas from your own. It is hard to learn
something new when you are talking.

Thou shall not become "bogged down" by frustration,
for 90 percent of it is rooted in self-pity and will only interfere with positive actions.

Thou shall count thy blessings, never overlooking the small ones,
for a lot of small blessings add up to a big one.

Author unknown.

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