

Seeing With Softer Eyes...

Lately I've been learning something quiet but I thought powerful.

When someone acts unkind or difficult. Instead of thinking, "they're a bad person".

I try to see them as someone who might be hurting.

Or someone who doesn't know peace yet.

It doesn't excuse the behavior. But it softens my own heart.

It reminds me: I don't have to carry their energy.

I can witness it, breathe, and let it pass without anger.

This isn't always easy. But it's something I'm practicing.

And maybe... I hope it can help you too.