

My beloved child, break your heart no longer by Swami Kripalu, Bapuji.

My beloved child, break your heart no longer
Each time you judge yourself, you break your own heart
You stop feeding on the love which is the wellspring of your own vitality
The time has come, your time to live, to celebrate, to see
The goodness that you are...
Let no one, No thing or ideal or ideas obstruct you
If one comes, even in the name of "Truth,"
Forgive it for its unknowing
Do not fight.
Let go
And breathe into the goodness that you are.

~ ~ ~

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