

Learn the Habit of a Calm Attitude

Contributed by Christ Michael
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Christ Michael.

Subject: "Learn the Habit of a Calm Attitude."

Received by: Joyce Benton

Michael:

"My brothers and sisters, as little children you learned from the attitudes of your parents and the people in your family. You learned many habits from those who surrounded you. And, you were taught many attitudes, which you now teach to those who presently surround you.

"Examine your attitudes and you will know in an instant if there are childish habits that need replacing. And you will know instantly in the challenges if you are accepting or fighting the inevitable.

"The challenges are necessary. And I am here repeating this statement, because it is important that you learn to accept the difficulties in life. Accepting the difficulties quickly will make the path far easier for you to travel. So many times have you caused yourself far too much unnecessary difficulties!

"We have earlier discussed that anger is counter productive. It prevents rational thinking. In the difficult situations simply learn the habit of a calm attitude. Yes, a calm attitude is a learned habit.

"Understand now that every attitude is a learned habit, and, in due time, with a concentrated effort, you can replace all the childish habits. Worry, anger, disappointment, and yes, resentment, are all your learned attitudes to the difficulties that the path presents. My beloved ones, let us simply change our attitudes to those that are productive and lay aside all those that are not." © The 11:11 Progress Group.

Michael est Toujours au Volant.

Michael is Always at the Steering Wheel.