

JOURNEY OF THE SOUL

One of the qualities that you can develop, particularly in your older years, is a sense of great compassion for yourself. When you visit the wounds within the temple of memory, you should not blame yourself for making bad mistakes that you greatly regret. Sometimes you have grown unexpectedly through these mistakes. Frequently, in a journey of the soul, the most precious moments are the mistakes. They have brought you to a place that you would otherwise have always avoided. You should bring a compassionate mindfulness to your mistakes and wounds. Endeavor to inhabit the rhythm you were in at that time. If you visit this configuration of your soul with forgiveness in your heart, it will fall into place itself. When you forgive yourself, the inner wounds begin to heal. You come in out of the exile of hurt into the joy of inner belonging.

JOHN O'DONOHUE

Excerpt from the book, *Anam Cara*