



Marc & Angel Hack Life Blog

From 8-115-19 Blog post-

One Sign It's Finally time to Let Go TODAY...

Remind yourself, there's always a fierce battle between two hungry forces going on inside you. One is negative—anger, jealousy, greed, resentment, regret, etc. The other is positive—love, joy, peace, hope, compassion, kindness, etc. The force that wins is the one you feed the most.

I learned that lesson the hard way...

Eighteen years ago, after a stressful day at work, I remember snapping at Marc and locking myself in our home office to work on a web app I had been coding on the side. Marc's grandmother, who was living with us at the time, knocked on the office door a few minutes later. "What?" I screamed. She didn't answer. When I opened the door in frustration, she smiled and said, "Honey, someday you will think it's funny that you were so darn serious today."

Boy was she right! And now, every time I catch myself in a similar state of mind, I take a deep breath and do my best to let it go. Today, I encourage you to do the same:

* Do YOUR best to let life's small annoyances GO! Move through the rest of the day consciously. Make an effort to notice at least one insignificant little frustration that you would normally get frustrated about... and simply let it go. Experience, in this little way, the freedom of being in control of the way you feel. And realize that you can extend this same level of control to every situation you encounter in life.

At almost any given moment, the way you feel is the way you choose to feel, and the way you react is the way you choose to react. It's all about the thoughts you're feeding on...

When you think better, you live better!

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