We are not perfect. No matter how much we learn and no matter how many enlightened moments we receive daily, we still will make small mistakes.

During some of our days, we may also forget our teachings and we may find ourselves going in an opposite direction to the truths that we know are right in front of us.

And when we do, we should not give up. The sooner we bounce back onto the better pathway for our lives, the easier it gets to return, when we detour.

These messages are here only as a tool to guide us. We have the daily choices to pick them up and take hold of them or to leave them behind.

From day to day, our choices may change. However, the more we choose to use them, the clearer our daily paths become.

Whatever our decisions may be during a day, we must remember that if we fall, we can get back up. We can dust ourselves off and we can start all over again. We should never give up.

When we give up, it is a sign that we have not forgiven ourselves or others and that we are holding some type of blame in our hearts.

Un-forgiveness can be an ugly thing. It can gradually settle in and destroy a person’s character.

It is better to forgive and move forward. Besides, we should forgive ourselves when we make mistakes. This is how we develop a deeper love towards ourselves and towards others.

By the end of a day, we should be able to say, “It is well, with my soul”.