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https://www.100test.com/kao_ti2020/496/2021_2022__E8_8B_B1_E8_AF_AD_E5_9B_9B_E7_c83_496458.htm Gazing Upon Goodness The Importance Of Seeing The Good In All Our perception shapes the lives we lead because the universe adjusts itself almost instantly to our expectations. When we look for negativity, we are bound to come across it in abundance. Conversely, we create positive energy when we endeavor to see the goodness around us. As easy as it is to criticize the people and situations that frustrate or hurt us, we do ourselves a disservice in the process. It is important to see the good in all as there are blessings hiding in every aspect of our outer-world reality, and the potential for grace exists in all human beings. When our lives are flooded with challenges, grief, and pain, we may be tempted to believe that some individuals or incidents are simply bad. But if we look for the good in all, good reveals itself to us, easing our doubts and reminding us that the universe is a place of balance. There is a perceptible energetic shift that takes place when we choose to see the good in all. The unnecessary tension that came into being when we dwelled on negativity fades away and is replaced by sympathetic tolerance. We can forgive those that have wronged us because we recognize in them traits we admire, and we may even discover that we can bring out the good in one another. Though loss still grieves us, we recognize the beginning of a new phase of existence that abounds with fresh opportunities. Each new challenge becomes another chance to prove ourselves, and we learn to show

great patience in the face of difficulty. There are few pleasures greater than gazing outward and seeing beauty, wisdom, and harmony. These are the attributes of the universe that help us to cope when we encounter their opposing forces. Since you create your reality, you make your world a better place each time you acknowledge the good in your circumstances and in the people you encounter. As you draw attention to the positive aspects of the world around you, your understanding of the affirmative nature of all existence will grow. There are few lessons you will learn in this life that will prove as instrumental to your happiness and satisfaction. In appreciating the all pervasive goodness that exists in the universe, you internalize it, making it a lasting part of your life. 100Test 下载频道开通，各类考试题目直接下载。详细请访问 www.100test.com