

Solution to Negative or Suicidal Thoughts or Emotions

When you get a negative (bad) thought or emotion you don't take it personally and you don't get upset emotionally.

You think to yourself: Everything originally came out of God, pure and perfect. This negative thought that just came to me got dirty in its travels; and it came to me to clean it.

You then mentally surround the negative thought with light to clean it and then send the clean thought up to God.

Since the mind is a bully it will not give you any more negative thoughts because you did not take the negative thought personally or react emotionally.

Compiled by Jack W.