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## A Different Approach to Anger Revenge

Thoughts of revenge create an energy of imbalance and is best dealt with by releasing your anger.

There can be times when we get so angry with someone that we find ourselves imagining ways to seek revenge for the hurt they've caused us. Remember, however, that the thoughts you've just had are energetic creations.

In order to keep yourself from having to take part in the rebalancing of energy, it is important to release the person and the thoughts into the care of the universe with forgiveness.

Before we allow ourselves to invest our energy into negative thought or action, we can remind ourselves that everything has a purpose. We can then consider that perhaps the actions of the other person or people may have had nothing to do with us. If we don't take their actions personally, it may be easier to release them.

Remembering that every interaction is an opportunity to make a better choice, we can take a deep breath before responding, allowing

us just enough time to connect to center and make the choice to respond from our higher self. We can never know all the circumstances that may have led anyone to do anything.

By not passing judgment on anyone, and instead sending hope for their healing, we may create something positive out of a difficult situation. We can then release it, since dwelling on it can cause an energetic drain in our system, causing us to really only hurt ourselves.

When we can release our hold on negative events and interactions, we leave it in the ! hands of a wise universe to work out the best solution for all involved.

In every moment we have a chance to make a choice to bring light into the world.

When we bless others with the gift of our positive energy, instead of letting circumstances affect us negatively, we bring a little peace to the world every day.

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## Florida Keys... Top Reasons to Drink

- Work sucked.
- You just realized half the Heat players are younger than you.
- Happy hour prices make you happy.
- Hair of the dog.
- Your parents are visiting tomorrow.
- Your girlfriend went back to her ex and you lost your turn.
- It's raining.
- It's not raining.
- Air conditioner broke.
- Boat broke.
- Car broke.
- Bicycle was stolen.
- The drunk guy is buying.
- The hottest girl in the bar is a lesbian.
- It's your birthday.
- It's your friend's birthday.
- It's some guy at the bar's birthday.
- It's probably somebody somewhere's birthday.
- It's only Wednesday.
- You're not going to make it to work tomorrow, so you might as well keep going.
- Pizza just doesn't taste right without beer.
- The music is great.
- The music is horrible.
- Free drinks at the funeral.
- Your team won.
- Your team lost.
- You just got a new job.
- You just got fired.
- Someone put a beer in your hand.
- You have money in your pocket.
- There are sober people in Africa.
- It's what Hemingway would have wanted.



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