

Break your heart no longer. Each time you judge yourself, you break your heart. You stop feeding on the love that is the wellspring of your vitality, but now the time has come, your time, to live, to celebrate and to see the goodness, that you are. There is no evil, no wrong, in you or in any other. There is only the thought of it and the thought has no substance. You are dear, divine and very, very pure. Let no one, no thing, no idea or ideal obstruct you. If one comes even in the name of truth, forgive the thought for it's unknowing. Do not fight it, just let go and break into the goodness that you are.

From Hindu Monk Kirpal Venanji