

Let the Healing Begin

When we love,
the pain of our past
is bound to rise up in us.

It is a call for healing.

Until we are mentally equipped
to recognize this
and
deal with it,
it will sabotage
our current relationships.

When the pain
is met
with fear or anger,
it
perpetuates
the cycle.

When it is met
with love,
the healing begins.

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