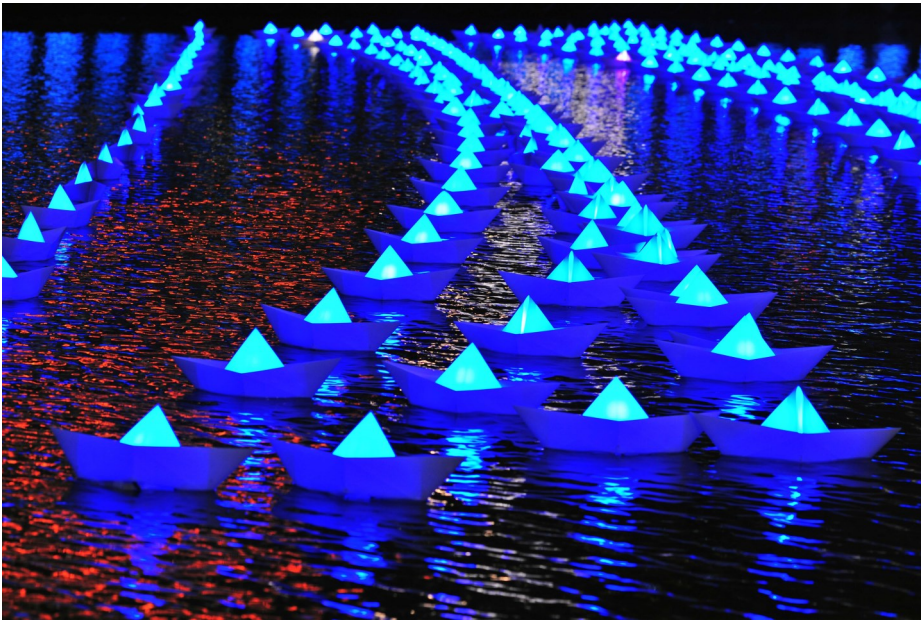

Seventy-Seven Days of Mercy

Day Nineteen



“Anger is like flowing water; there’s nothing wrong with it as long as you let it flow. Hate is like stagnant water; anger that you denied yourself the freedom to feel, the freedom to flow; water that you gathered in one place and left to forget. Stagnant water becomes dirty, stinky, disease-ridden, poisonous, deadly; that is your hate. On flowing water travels little paper boats: paper boats of forgiveness. Allow yourself to feel anger, allow your waters to flow, along with all the paper boats of forgiveness. Be human.”

C. JoyBell C.
