

Forgiveness for Calm



It's hard working with people each day. Disagreements can happen. Feelings are hurt. Boundaries are crossed. Apologies aren't always given. It can make one feel angry, taken for granted, disrespected, indignant, ignored and resentful.

And going to work day after day when you feel this way is painful! It can affect the quality of your work, relationships with colleagues, your home life and your physical and mental health.

Fortunately there are things that you can do to help you get through these tough times! One amazing tool that you can use is The Brain Walk - A Journey for Peace of Mind®.



This exercise was developed by Betska K-Burr, otherwise known as the Guru Coach™.

Betska writes, "I developed The Brain Walk® – A Journey for Peace of Mind when Mr. George Bush attacked Iraq. I was furious at this man who seemed to thirst for bloodshed. The Brain Walk was developed for me, Betska, first. I knew that I couldn't hate the guy for the rest of my life. That wasn't fair. I had to get rid of my anger. While the first of the series of Brain Walk exercises was developed in 1997, The Brain Walk for Peace had one objective – inner peace = inner contentment = inner happiness. My anger at George Bush is now a distant memory."

You can access this positive thinking tool [here](#) for free and if you really find it helpful (like me!) then you can get the app [here](#).

This tool can also be used when you feel stuck, when you can't decide on something and when you want to discover the subconscious negative thoughts that are getting in your way.

And speaking of forgiveness - don't forget to forgive yourself too. We can be so tough on ourselves and beat ourselves up over the slightest thing. But this doesn't help the situation either.

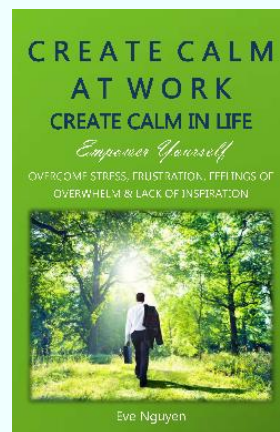


Work can be challenging at times, and holding a grudge against co-workers can make it even worse. So why not make a resolve to investigate and use the tools that are available to help you to make your working life a little brighter?

Wishing you calm in abundance,

Eve Nguyen BHSc Naturopath

[Author of Create Calm at Work Create Calm in Life](#)



P.S. Because forgiveness and apologizing are such important aspects to creating calm at work, I have recently updated my book with information, research and case studies showing how vitally important these can be and tips that may help you with forgiveness.