Understanding

“Look deep into nature, and then you will understand everything better.” ~ Albert Einstein

UNDERSTANDING is having a clear insight into ideas and feelings. We are mindful of what is most important. We go the extra mile to put ourselves in somebody else’s shoes in order to forgive. We treasure knowledge and use our minds to explore what is real and true.

The practice of understanding...
• I reflect on the meaning of ideas
• I have empathy for others’ feelings
• I am mindful of meaning
• I am a discerning listener
• I call on empathy in order to forgive
• I value knowledge and perceptiveness

“Everything that irritates us about others can lead us to an understanding of ourselves.” ~Carl Gustav Jung quotes