miracle mind Already"
Justified

Psychologists are out there justifying the possibility of grievance. And then asking the consciousness - after you've given him justification for it - to attempt to remove his own justification. It's absurd!
*iracle mind

You're asking him to repair what you've already justified in his own mind.
$\square$ Now what are you going to do?
As an unhealed teacher, you're going to share that justification of the grievance.
*iniracle mind
Why don't you just say to him, "It's impossible to be unjustly treated"? You know why? He doesn't want to hear that. Are you going to hear me or not? He doesn't want to hear 'It's impossible to be unjustly treated.' Why? It's impossible to be unjustly treated! If he heard that, he couldn't stay in the world, could he?

## *miracle mind

It's impossible to be unjustly treated! You say. "Well, I can treat myself unjustly." That's absurd! You're not going to treat yourself unjustly. It's the same idea as you're causing your own pain.

Miracle mind

Say you're working with addicts... He is inflicting pain on himself - that's inherent in this teaching. You know that before you go to the meeting. However there's a guy who cuts you off on the road - I always tell the story, because it's a good one, it's very basic - he cuts you off, gives you the finger, and you've got all the resentment in you now for what he did to you..

## spiracle mind

You don't realize how true this really is. He's very happily whistling, and the more he's happy and whistling. the more you get pissed about it. But the fact of the matter is, at that moment you are inflicting pain on yourself.

## Aniracle mind

And all of the subsequent moments
that you hold onto that resentment, you continue to literally inflict pain on yourself for an incident that's already past. If you don't forgive it, you'll inflict pain on yourself forever..

