

## Life In The Arctic

Kill Hannah

Your presence of mind becomes a Presence in mind and body for good,  
so you are less affected by the negative pressures and principalities.  
Don't resent what comes to light.  
Bear the pain of failings.  
Don't blame anyone.  
Be aware of your past.  
As it comes to light don't force don't dig it up.  
Be aware of your part of the past or present trouble or involvements.  
Noting the compulsiveness of your own behavior and attitudes,  
you might then have some compassion upon those who mistreated you in the past.  
Can't help yourself, realize that you condemn ourselves.