



FYI: this post contains brief strong language. As you can tell from the photo outside my front yard, the snow and ice still linger. Spring is not here yet, but let's hope it's getting there. In the meantime, the ice looks pretty on the trees, though getting hit by an ice limb is unpleasant. Don't slip! These are words of advice from someone who's experienced these events (aka me).

I had a most unpleasant moment driving in traffic today. A truck was pulled over and blocking traffic, and I happened to be behind another truck that had come to help. A man got out of the truck ahead of me, and I slowed down so as not to hit him. There was a car close behind me clearly impatient, and the driver decided to honk his horn. The man who had gotten out of the truck turned to me and called me a dumb bitch, thinking I honked the horn. I drove past him confused, at first not knowing if the man was talking to me or the driver who actually honked. The car behind me went into my lane and turned down another street. I was still confused, but ticked off that someone would say such an awful phrase to me, and I wasn't even the one who honked the horn. I wish I could've said something to the man who said those words, but I thought if someone would say something so strong like that, it'd be best not to entertain it.

If you've ever experienced something similar, I'm sure you've had a broad range of emotions. It sounds easy to let the situation go, but frustration is understandable. I've tried to have compassion and not take the situation personally. We have to be guarded in how we spend our emotions and energy. Spending too much time in anger is only draining and gives power to the people who've hurt us. I must continually work on this as someone who tends to take on environments and people's emotions easily, even if they don't have much to do with me. A quote I've used most recently is the Ho'oponopono: "I love you. I'm sorry. Please forgive me. Thank you." We don't have to delve too deep in the meaning, but it's a powerful phrase to use at any time, no matter what is going on within or around us. Have a peaceful week.