

SANITIZE HEART

Some of us are pros at keeping our body and surroundings clean. But we hardly think about cleaning the heart.

Various viruses like fear virus, envy virus, excuse virus, addiction virus etc.. Are available within our hearts.

Let's see how to sanitize our heart against viruses.

Do not dwell too much on **fearful** news. The more you think about it , the more you let the fear virus make your heart weak. Whenever fear strikes you, stand up straight, with shoulders broad, thump your chest and say" All is well".



If you notice the **envy virus** creeping its way into your heart. Wash it off by reminding yourself that you are a wonderful and worthy person, that you have a significant role in this world which no other person can fulfill, except you.

The **excuse virus** is known to stop people from achieving anything. It makes them faint-hearted. Destroy the virus by taking action for the things you want to get done.

The **addiction virus** is widespread. It's destroying more relationships than any other virus. Make a list of your addictions and stop feeding them. The virus will starve to death and you'll be free again.



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You probably heard about the phrase **forgive and forget**. You may not forget the wrong or injustice done to you but you can let go of the **resentment virus** by not engaging in self-pity. See yourself as a stronger and wiser person than a victim.

Courage, love, kindness, compassion, helping hand and integrity are best sanitizers for keeping the heart clean and strong. Use them every day.

Make your day joyful



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