

We’re human, not machines, and somehow people still manage to find the exact buttons to push.

But not everything deserves access to our emotions, our energy, or our peace of mind.

I found a possible antidote:

> “HOW TO STAY UNBOTHERED IN ANY SITUATION:
>
> 1. Not everything deserves your reaction.
>   Silence is not weakness — it is mastery. The Buddha taught that anger is like holding hot coal with the intention of throwing it at someone else. You burn first. Let go, and free yourself.
> 2. Detach, don’t disconnect.
>   Care deeply, but don’t cling to outcomes. Peace begins when you stop forcing life to go your way. Attachment creates suffering; awareness creates freedom.
> 3. Observe, don’t absorb.
>   Not every emotion around you belongs to you. Watch situations like clouds passing through the sky. Be the sky — vast, calm, untouched.
> 4. Protect your energy wisely.
>   The people around you shape your inner world. Stay close to those who bring clarity, peace, and growth — not chaos, gossip, and negativity.
> 5. Master your mind before it masters you.
>   An untrained mind reacts impulsively. A disciplined mind responds with awareness. Meditation is not escaping life — it is preparing yourself for it.
> 6. Let people be who they are.
>   You cannot heal everyone, fix everyone, or make everyone understand you. Acceptance brings peace. Expectations quietly create suffering.
> 7. Stop taking everything personally.

Most people act from their own pain, fears, and conditioning. Their behavior often reflects their inner world, not your worth.

8. Remember that everything is temporary.
   Good moments pass. Difficult moments pass too. When you deeply understand impermanence, you stop drowning in temporary storms.
9. Build peace within yourself.
   When your self-worth comes from within, outside opinions lose their power. A strong inner foundation makes you unshakable.
10. Choose calm over ego.
    Not every battle deserves your energy. Sometimes the most powerful response is silence, distance, and inner peace.

> Stay unbothered not because nothing hurts you anymore, but because you've finally learned that your peace is too sacred to be controlled by temporary people or situations."

I love this writing and can so identify with it. I believe peace is one of the greatest blessings God can give a person. Not the kind of peace that comes from having a perfect life ('cause then we wouldn't find it at all), but the kind that remains steady even when life isn't perfect at all. And protecting that peace is not selfish. It's wisdom.

May you stay peaceful, my friends.

What are you thankful for today?

Until next Thursday's post…si Dios quiere.

"God, grant me patience… because if You grant me strength, somebody's getting slapped."
-Unknown

"The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control."

– Galatians 5:22-23



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