Anything that annoys you is for teaching you patience
Anything who abandons you is for teaching you how to stand up on your own two feet.
Anything that angers you is for teaching you forgiveness and compassion.
Anything that has power over you is for teaching you how to take your power back.
Anything you hate is for teaching you unconditional love.
Anything you fear is for teaching you courage to overcome your fear.
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