

## Who You Are Not

*If man is good, and God is good, why is there so much suffering?  
Why is there war, cruelty, and inhumanity? And what about ME . . .  
Why do I think negatively and behave badly?*

People say that man's misdeeds, large and small, prove that man has an evil nature. Horsefeathers! Look . . .

People may do bad things, but they feel bad about it when they do. That proves man's *goodness*, because only the *good* feel bad about bad.

**Example:** *You steal something from a friend. You may have gotten what you wanted, but you feel guilty anyway. That's because you are not bad, you are GOOD.*

Doing bad things doesn't *make* you bad. It just makes you *feel* bad—and that's good. That's how *good people* feel about bad.

The wrongs you've done, the bad choices you've made, were simply mistakes. They do not change who you are or what you can do. No matter what you've done or how you feel, you are inherently good, and you have the potential to live a good and beautiful life.

