The Virtue of Understanding

VOICE FOR THE Horse ™

Understanding is using your mind to think clearly, paying careful attention to see the meaning of things. An understanding mind gives you insights and wonderful ideas. An understanding heart gives you empathy and compassion for others. Understanding is the power to think and learn and also to care.

You are practicing Understanding when you

Concentrate and pay close attention

Reflect on the meaning of things

See the whole picture

Resist distractions

Put yourself in other people's shoes

Forgive others and yourself when you make mistakes

Affirmation

I have an understanding mind. I see the truth about things. I have an understanding heart. I have empathy for other peoples feelings.