



## Healing Feelings

We all have our ups and downs in life. Whether there are problems in our marriage or with our children, money worries, stress, loneliness or other things - we can sink into a depression, become bitter and resentful and do things we might not do otherwise – like overeating.

Feelings like anger, sadness, bitterness, resentment, shame etc. will continuously drag us down and make us feel bad. Many people try to suppress those negative emotions and put on a “happy face” for the outside world to see – however, those feelings will eventually surface and come back to hound us. The only way to get rid of those unwanted feelings is to address them and handle them fully, so we will be the best that we can be. Only if we are free from negative feelings can we look forward with a clear conscience and focus on the task at hand.

Past experiences - what we did, didn't do, should have done, did poorly or wrongly - are always with us in some way. You are not your past, yet may still be living as if you are.

In this section, you get clear of the past, doing what you can and letting go of the rest.

When you have unresolved matters, you

- continue to repeat it in some other way
- react to life's unresolved matters, instead of flowing with it

When clearing unresolved matters from the past, you

- feel free of what you've done, yet responsible for it all
- can be yourself, as you are today; no compensating
- are able to set your goals and reach them more easily



**Identifying unresolved matters**

Unresolved issues give you unhealthy energy. Look at each of the signs of being unresolved and write down where they show up in your life and what you tell yourself about them.

Regret

Frustration

Shame

Anger

Denial

Continuing Sadness

Now that you've identified the issues that drag you down, deal with each one of those problems until they are all resolved.

Do whatever it takes to completely handle them. This might mean that you apologize to someone, own up to something you did, make peace with someone, end a relationship, change jobs, get professional help, forgive someone.....

## Forgiveness

*We must develop and maintain the capacity to forgive. He who is devoid of the power to forgive is devoid of the power to love. There is some good in the worst of us and some evil in the best of us. When we discover this, we are less prone to hate our enemies.*

*- Martin Luther King*

Sometimes, what it takes to move on with your life and heal emotional burdens, is simply to forgive. Forgive those who hurt you. Forgiveness is a powerful choice you can make to heal your life. It doesn't mean that you were wrong and the other people right – not at all. I'm not saying that what happened to you is now ok. If someone hurt you and you feel anger, resentment or hatred towards them – they have a power over you. But it does not have to be that way. You can choose to forgive them. By doing so, you free yourself from the hold they had on you. Forgiveness is not about them – it is about you.

By making the choice to forgive, you rise above the pain and forgive the person who hurt you. Everything they have done to you, they have already done to themselves. If you allow people who have hurt you to keep you imprisoned, then they win. Don't worry about when or how they will get their judgment – it will not come from you, but from a higher place. You have the ability to forgive them – not for them, but as a gift to yourself.

*The weak can never forgive. Forgiveness is the attribute of the strong.*

*- Gandhi*



## **Steps to clearing unresolved matters**

- ☐ Develop strong compassion for yourself: "get" that we always do our best, even when we know we aren't.
- ☐ Come to see how staying unresolved with someone or something in your past gives you unhealthy energy.
- ☐ Make a list of all the things you have unresolved and start working that list down until it is at zero!
- ☐ Make a list of all the actions you took against others or lies you told; then communicate them fully. On your "clearing" conversations, expect nothing of the other person; it's about you clearing, not their response.
- ☐ With someone you really trust, share the things about you that you feel worst about and/or are your biggest secrets.