

Blueprints for Change

RELEASE RESENTMENT AND IMPROVE YOUR HEALTH

Disease can be healed and health improved if we are willing to change the way we think, act and believe. Resentment causes major problems in our bodies and in our lives. We get frozen in the pain of yesterday and forget entirely that we ever felt better. Further, we find it inconceivable that we might feel more positive in the future.

Resentment comes from blaming others and not taking responsibility for our own experiences. When we take 100 percent responsibility for everything in our lives, then there is no one to blame. If we find ourselves saying things such as "Everyone always does such and such to me, criticizes me, is never there for me, uses me like a door mat, abuses me" and so on, then this is OUR pattern. There is some thought in us that attracts circumstances that will prompt us to think and act this way. The more we think in this manner, the more we attract these situations into our lives and the more we can prove to ourselves that we were right -- "See, I knew that would happen", type of thinking. If we change the way we think, these situations will no longer be attracted into our lives.

Resentment that is long held can eat away at the body and even contribute to a serious illness such as cancer. The past is over and done. We cannot change it now but we can change our thoughts about the past. It makes no sense to punish ourselves in the present moment because someone hurt us in the long ago past. Why should we give away OUR power to another person or situation! It is important that we not wait until we have a serious illness to dissolve the resentment, because then we have other feelings such as fear and panic to deal with as well. When we are in a state of panic, it is very difficult to focus our minds on the healing work -- we have to take time out to dissolve the fears first.

Each of us has a variety of roles in life that can hook us into suffering the emotional consequences of resentment. It is important that we take some time to look at these roles and the resentment we have about them and then actively debate the irrational beliefs. We need to CHOOSE to release the past and forgive everyone, ourselves included. We may not know how to forgive and we may not want to forgive, but the very fact we say we are willing to forgive begins the healing process. The act of forgiving does not mean we condone the actions of the individual we need to forgive. It simply means we are taking back control and no longer allowing that situation/person to have control over OUR feelings and thoughts.

Mental imagery is a process that may be applied to dissolve resentment. There is an old Emmet Fox exercise for dissolving resentment that is very effective. He recommends that you

Sit quietly, close your eyes and allow your mind and body to relax. Then imagine yourself sitting in a darkened theater. In front of you is a small stage. On that stage place the person you resent the most. He or she could be in the past or present, living or dead. When you see this person clearly, visualize good things happening to them. Things that would be meaningful to them. See them smiling and happy. Hold this image for a few minutes, then let it fade away.

You may also want to add another step. As they leave the stage, put yourself up there. See good things happening to you. See yourself smiling and happy. See yourself free of any health challenges.

This exercise dissolves the dark clouds of resentment that most of us carry. For some, it may difficult to do but the implications for healing and a healthy life are worth the effort.

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