



# **Resentment: What'll it Get Ya?**

So life's been pretty amazing as I make a new commitment to myself for my next 50 years to take better care of myself, not just physically, but in mind and soul/heart too! I KNOW by now, that when I do this, I automatically take better care of others, too, and that benefits the world, instead of harming it, which tends to happen when I'm NOT true to myself!

Part of all this is learning to love myself a little more all the time, including those parts of me I used to not like, and so, healing (or at least steps towards healing) have to come about. It's nothing you have to force; it'll naturally happen on its own to follow the desires of your heart. So we all have those people that wronged us in our lives...some of us could make a hell of a list and justify each one of them to make a soap opera series! The reality is, we all have our own little soap opera going on, somewhere. Don't be fooled into thinking only you were targeted for this bullsh\*\*; everybody's got it! Those that don't show it have just come to realize it doesn't get them anywhere sharing it or dwelling on it.

We KNOW the truth: Holding on to anger and resentment (or any of the really negative emotions) hurts us more than the person you're angry at. Honestly, the person you feel owes you something could probably care less; you think they would have done it in the first place, if they cared that much? Even when they are aware of your grudge, do you REALLY think they care? Really, they don't, so what's the point in continuing to inflict self-harm because of something THEY did to you? You don't need them in your life to hurt you anymore because you're hurting yourself just fine, without them!

I KNOW it's hard to let things go, trust me! I recently had a run-in with the person I hope is the biggest challenge of this life, because it's about killing me. Seriously, I've been told for years that my liver is stressed, and guess what? All the experts say that the liver is where we hold anger and resentment! I've eliminated every other physical stressor of the liver, to my knowledge, yet that poor thing continues to work overtime. I very often feel it ache a little, as I do now, as I'm writing this! (Maybe it's cheering me on, to release this dirty, icky, sticky resentment for this person, as I write!?) At this point in my life, I DO believe that sometimes, and maybe all times, physical ailments are often the heart/soul's way of trying to get our attention on something or to shift our lives back to what we're really here to learn. For me, I tend to heal quicker when I take the time to acknowledge how I'm feeling about things and take some steps to honor and respect what I want out of life. It's worth a try, if you've got any aches or pains or issues going on!

Anyway, whenever I'm reminded of someone that was crappy to me, I know it's in my best interest to find the lesson that was there for me, appreciate that they were the teacher, acknowledge they were doing the best they could dealing with their own lack of self-respect/self-love, and MOVE ON! I've learned that suppressing it or ignoring it, like it never happened doesn't really do it. For me, I need to appreciate the interaction for what I learned, kind of observing the scenario as it replays in my head, instead of holding on to the "poor me, the victim" attitude. I have found that if I DON'T acknowledge the good in it, a similar situation comes up in a new place in my life to take another shot at trying to help me learn what I need to learn. I have to re-live the hell, all over again, sometimes many, many times! ARGH!!!

So this time, it was obvious that I needed to learn AND ENFORCE a couple of things. First, I needed to stop enabling this person by picking up the phone when they call; I had NO obligation to this person anymore, so why did I think I had to answer? No, from now on, I will always let those calls go. If there's an emergency, they can leave a message and I'll decide if I need to call them back, when I want to call them back. Second, even though this person was significant in my life for a very good part of my life and we have connections through other people, it was time to realize the relationship does not need to be in my life anymore. I don't need to be punished for the rest of my life because I was in a relationship with this person. I don't need to punish myself for making a "mistake in judge of character." I realized soon after everything exploded that no interaction is ever a mistake! Everything that happens in our life is to try to help

us, in some way. We ALL do the best we can; there truly are no mistakes and certainly, while we can apologize when we hurt others, there's no benefit in punishing ourselves or suffering long-term because of it! I don't know about you, but as long as I'm human, I'm bound to behave in ways I'm not proud of, sometimes. Learning to be sincere with an apology is good for me too, once in a while, so I remember how to be compassionate and understanding to others; we all need it at different points in our lives!

Third, I was reminded that we are not all the same! Not everyone's priorities in life are the same as mine, but I still need to respect everyone else's life journeys. Only God knows why they are so adamant about putting other things first that I feel are low priority, but I do know something more. If we didn't have these people and events tripping us up and making us stop to take notice, how could we ever work through learning to accept people that are different from us, and respecting them as a fellow human being? How would our ability to LOVE ever evolve? We all know, it's easy to love someone that loves us for who we are, but what about those that don't? Can we find a way to love them too? (Deep down, we all know there is bliss in loving and accepting everyone; we just don't know if it's humanly possible, do we?)

So I've learned a couple of new things, reinforced some things, and I'm sure I learned more than I realize, but I was happy about some big things that came out of it. I didn't get lost in my anger this time, and allow it to ruin my night in progress with people I love dearly. I KNEW THEY were what I needed to focus on, not the ridiculous phone call I chose to let interrupt our fun! I apologized to them a couple of times, until they begged me to let it go. I love them for reminding me I had the choice to just LET IT GO! If it came to mind again the next couple of days, I needed to look at how it could HELP me and what else I needed to learn. Here it is, 5 days later, and I'm still learning and trying to put it to good use, but it's better than holding on to it for the rest of my life! I know, I DON'T NEED TO HOLD ON TO ANY "ICK" IN MY PAST!

So is it over, just like that? Well, honestly, my liver aching a little bit right now tells me there's still a little ways to go, but I'll keep working on learning how to heal from this. Naturally, this person's junk isn't the only thing in there, but I found it easier to work through letting smaller things go, especially from people I haven't seen in years. Little by little, I say a prayer or send out some love and appreciation to them for what I learned from them and wish them well. It just feels like the right thing to do, and I know to listen to what makes my heart feel good for guidance. It's the only way to go.

There must be a reason I feel the urge to go public with this today, so I'm guessing some of you will lovingly send me some feedback to help me continue addressing my sore liver problems. It's amazing how one little new idea can expose the doorway that's been out of view, so I appreciate all input from any of you. Not only is my liver tired of dealing with this one, but the rest of me is, too. Much love to everyone; take good care of your livers now too! ~Mary Anne

*"Raise \$1 million for charity while making the world a happier place!"*

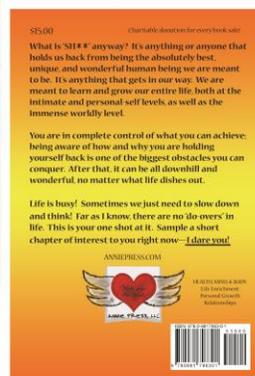
*-Mary Anne, Author  
RISE ABOVE THE SH\*\*!*

©Copyright Annie Press

More FREE notes and book info at:  
**ANNIEPRESS.COM**

**Tell every Teen you know about:**

**TEENS  
RISE ABOVE**  
TeensRiseAbove.com



-  Make life incredible, no matter what!
-  Raise your eyebrows and your standards in life!
-  Considerate gift for anyone 13 years & up!
-  We donate funds to charity for every book sold!