

Resentments & Angers – Exercise 1 Explanation

By Christine Breese

This isn't just for people with cancer. You can do this long before you have to get sick to force yourself to do these exercises, but if you have gotten to the point where you are sick, it's time for clearing house! Cancer, or any serious illness really, even emotional and mental illness, is an illness of old, unresolved hurts in life that are really just lessons. Sometimes they are also karmic balances for teaching us how we have misused our own power. We will look at these hurts, take responsibility for possibly causing some of them ourselves, and release them.

One quote that always really stuck with me that puts anger in perspective is, "Being angry is like drinking poison but hoping the other person will die."

This exercise is to help you find where your traumas, resentments and angers are still active in your cells, memory, emotions, thoughts and still live in you in the form of grudges or issues with things, people and places that have harmed you in your past. If you have an illness, your cells are still holding anger. Every single one of these is like a dagger in your back heart chakra. If there is anyone or anything you feel angry about and contract when you think of them, there is still a dagger in your heart about it. You have not released it or fully embraced the lesson that it was.

A. Identify The Resentments Or Angers, The Negative Experiences, All The Way Back To Day 1 Of Life

First is identifying the resentment or anger that is still there. Make a list of all your unresolved disappointments, betrayals, let downs, angers, resentments, anything from the past that is unresolved and has piled up into blockages of your divine flow. Go all the way back to Day 1 of life! If you have womb memories, go there too. *(We'll deal with past lives and ancestral memories in another exercise if you have leftover stuff from that, but for this exercise, stick to just what is in this life.)*

EVERYTHING has to go if you want to heal. You may end up with a very long list, and that's fine. You may find that you fill out more than 400-500 of these worksheets for every injury in this life if you've had a lot of doosies, so this can be a big process and take some time. Don't worry, that's not a number you have to reach, maybe you only have 100, but List EVERYTHING, even the seemingly tiniest things that you're wondering if they are even worthy of being on the list. EVERYTHING.

Every hurt, betrayal, trauma, disappointment, devastation, even the smallest things. Just name them one by one on a paper, or two, or ten! Line by line name each thing first. Then transfer each of these things one by one to the one-page worksheets and go with this exercise. Everything counts if you want the incredible lightness of being that is possible for you.

Some of those people or situations who have hurt you in the past are just "chalk it up to karma" things, and there isn't much to do with it but release it and say thank you for the lesson. Some of them are pretty huge and complicated emotional knots to untie. Some will be easier than others, and some very difficult. It will take a real stretch to let it go and finally release it on some of these things and you will have to really push your heart to do it. Make each one of these resentments a full on exercise and meditation unto itself. Don't speed through them.

Be willing to do the work, and you will make quantum strides in your healing. This is THE most important work, beyond even the physical work of healing. You can do everything right physically, but if you don't do this part, it's for nought.

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B. How Does This Serve Me To Keep It?

Holding on to these things takes effort, more effort than it does to release actually. There is a reason you are holding onto this, and it may not be a good one, but look for the logic of why you are holding onto this hurt, hate, anger, resentment or grudge. Ask yourself “how does this serve me to hold onto it?” You will find that in most situations there is nothing it serves to hold onto it and with surprise, you’ll say, “it serves me in no way whatsoever to hold onto this pain.” OR you might find that it makes you feel powerful to be angry with that person, place or situation. Or maybe it keeps you in victim state instead of taking your power. How does it serve you? What are the results you get by holding onto this?

Face it. They have long forgotten you, most likely, and maybe they even think you deserve to be hurt. It doesn’t pain them anymore and maybe it never even did in the first place that they hurt you, never gave it a second thought. In fact, it might have even given some people pleasure you got so hurt because you let them down in some way too. This is the case in most adult situations. Both parties feel hurt. You might be on their list of traumas and resentments too, if they ever make one.

It’s not up to you that they learn their lesson. Can’t make them. Your only responsibility is what you learned from it or even what you’re simply learning now in this process of releasing it. This is the time to let go of it and stop finding reasons to hold on. Remember, it takes a lot of effort to hold on. Letting go and being free of it is effortless.

C. Subconscious Programming

The next thing to look at is your subconscious programming that may have come up around it. What do you say to yourself or about the world because of this experience with that person, situation or place? Have you gotten some bad programming from it?

In just about every resentment or anger there is going to be some sort of negative programming that you got from that experience, which doesn’t serve you anymore and is not actually the truth about things. It is up to you to reprogram yourself in a positive way instead of retaining the negative programming. The negative programming is literally poisoning you. You’re taking the poison out of you by changing your programming.

For instance, “people are dangerous, they can’t be trusted” when you have experienced betrayal. Or “I am not loveable” because someone has abandoned or neglected you. Or “the world is not on my side” because you kept running into people who blocked you. “Everyone and everything is out to get me” because you keep attracting those harmful types of people, especially once the negative programming has set in and cause reality creation results.

I have another exercise for reprogramming, but right now, just identify the negative programming that has resulted from that experience.

D. Did I Hurt That Person, Place Or Situation Too?

This is a very important part of resolving resentments. This is taking responsibility for your part in the situation and if there is anything you did to make this experience a reality, it is important to learn what your lessons are in creating this hurt and harm toward yourself. Perhaps someone was reacting to you and hurt you because they perceived that you were hurting them too.

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First, I caution you to realize this is an adult question, not a child question. If you were a child and your parents were doing it wrong, none of this is your fault, and you were not responsible for what your parents did wrong. Even if you were acting out as a child, your parents were supposed to be proficient enough to teach and redirect that child on how to handle itself and its emotions, for instance if you were throwing a temper tantrum. The parents are supposed to be the teachers in this situation. So if you are blaming yourself for causing your parents to treat you badly, or any adult for that matter, even an older brother or sister, they were supposed to know better.

OK, back to asking if you did something to cause this harm to come toward you. Did you betray the other person or hurt them in some way, even if you didn't mean to? Most hurts that happen toward people aren't because any of us mean them, but they do happen because we are in the midst of lessons and learning. If you hurt this person who might have wanted to do some damage to you after you supposedly hurt them, what are YOUR lessons to learn about the situation so that you don't draw harm toward yourself in the future. Sometimes we don't realize that IF we didn't do this or that, that person wouldn't have even said those things or felt like that wanted to harm us. Maybe we should have just let them go more quietly, or gently, or maybe we shouldn't have said what we said to them.

Another thing to ask yourself, did you do nuclear damage to that person, their reputation, their surroundings or try to hurt them as badly as you could in reaction to their perceived hurt toward you? It is important to take responsibility for your own mistakes in this situation.

Realize that you don't HAVE to find an error on your part in this situation. If you didn't make any errors, be honest with yourself and don't blame yourself unnecessarily if you didn't do anything wrong. Sometimes people hurt us and we really didn't do anything wrong and shouldn't have been treated that way. Often, we are long suffering and allow someone to abuse us for a long time before finally we've had enough, only because we want to please them and we're trying to get love. That in itself is an error, but not necessarily a hurtful thing you did to that person to blame yourself for.

E. Releasing – Forgiving – No Blame

Next step is to release. Only do this if you're really ready to let go of it. You may need to return to this step a few times UNTIL there is no hardness left in your heart toward the other person or toward yourself for making mistakes. You are only finished with this when your heart is happy and free when you think of this person, place or situation and there is no negative emotion that comes up anymore when you think of this one. Do this as many times as you need to until there is nothing left in the negative department.

There are three steps to this, releasing, forgiving and then the last step is no blame.

Releasing means you let it go. Literally open your hands, your arms, your heart, and see this leaving you now. Ok, "this doesn't serve me to keep this, this is taking up room in my heart, emotions, mind and poisoning my physical vehicle. I may have not thought about it a lot lately, but I found this debris from the past and I'm sweeping it out the door back into the nothingness from where it comes from. It's just an experience that came and went and this is no longer my present moment condition anymore, not if I

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don't want it to be. This is ancient history now, it's a dream that has passed, it's over now, and I don't have to hold onto this anymore. It is time for this negative energy to leave me now."

Forgiving means you start to let your heart open to the person, place or situation that made you close your heart into woundedness. This is the beginning of taking your power back. The forgiveness is for you, not for them. They may not even feel they owe you an apology for it. You will never get the apology you were waiting for, so forgive them for not apologizing too. Everything around this, forgive it. "I forgive you for hurting me, not even caring that you hurt me, and I forgive myself for hurting myself by holding onto this." Then BOOM! Just let that space that has been taken up by this in your heart be empty and clean now. Whhhhhoosh! Outta there with a breeze and sparkles of love.

No Blame is mastery and full empowerment. This is the level you have to take it to if you really want a complete and full healing. All of these people, places and situations in your life were there as life's vehicles for lessons and karmic completions. Some of these are even ones you have soul contracts with to promise to hurt each other in life so each can learn. If you want to know the truth, the people who have hurt you the most are your BEST FRIENDS at the soul level. Only someone who loves you a lot could come and play some of these roles for you. This may not make sense at the human level, but check out the truth of it at the soul level. The only reason that person really COULD hurt you is because there was a lot of love between you at some point in the relationship. You loved them, they loved you, and something broke. All of that was planned. Life is a ruthless teacher and we come to play roles for each other in life's lessons.

If you really want your power back from that situation and your full free space in your heart, have no blame for that person. It was their turn to do it wrong, and learn from it, or not, just like it has been your turn to do things wrong and learn from it, or not. We all get a turn to do it wrong and learn. They didn't know better, just like you didn't know better like you do now, when mistakes were made. This is a school and we are meant to make mistakes so we can learn from them. So have no blame for anyone who is making mistakes. It's part of life. Even if they made REALLY bad mistakes, it's still something they were supposed to learn from, even if they didn't.

F. Now For The Mastery – Wish For Their Well Being

If you want to truly be a master on Earth, it's time to wish for the well being of that person, place or situation that hurt you. This is the final healing of this hurt, resentment and anger, and it's not truly done until you are the bigger person in this and you are the master. You fully take your power back from this situation when you care about that person's healing and well being.

In this part of the exercise write a prayer and wish for their well-being. If this person, place or situation is something you love deeply, what would be your well being statement? For instance: "I hope for you the deepest happiness and peace in your life, all abundance and prosperity, and may you be at peace and successful in your life. May everything you ever wanted come true for you and manifest around you. I envision you smiling, happy, dancing, and enjoying your life and having reached your highest potential. May you be a heavenly being of light in this world reaching your most beautiful dreams. I love you and care about your happiness. May all good things come to you. I release you from anything I expected or

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wanted from you and completely understand why you couldn't give it to me at the time. I pray for your highest evolution and manifestation of self in a beautiful way.”

You're welcome to use this statement if it helps! Try to make it truly personal for that person though, if you can. Make it your own statement as much as possible.

G. Gratitude - Thank You For The Lesson, Karmic Balance, New Skills, Etc.

Now for the final step. Gratitude. Gratitude is the highest frequency you can possibly hold. It's even higher than love or joy, which are also just products of consciousness like hate and anger. It is easy to be grateful for the enjoyable things in life, but you reach true mastery when you can be grateful for the difficult things in life that make you grow. When life brings you lessons, say thank you.

In this step thank the person, place or situation for the growth that you have experienced because of them, no matter how traumatic that experience was. This is how you take your power back from the situation of the past and come fully into the present as a person who is no longer a victim of the past. Now you have the chance to hold power, take responsibility for your healing, take responsibility for what you create from now on, and grab the gifts!

This is the moment to look at what you actually got from the experience. What are the gifts? There ARE gifts here even if you don't realize what they are yet. It may take some thought on this part of the experience, but somehow you got something out of it, so really take the time to think about this part of the process. This is the reward for going through this release!

CONCLUSION

This exercise, and each one of your worksheets, will take some time and you may have extra epiphanies even after you thought you were finished with the exercise. Let those come and add to your worksheet as they show up. This is a BIG exercise and a quantum leap in your healing.

Whether you are sick or not with some illness, and it doesn't matter what the illness is, this is THE most important step to your healing. All illness starts in the emotional and mental bodies. When you let go of the emotional and mental ailments, the physical ailments disappear as well if any have manifested in your physical body. Whenever illness manifests physically, the emotional and mental, even spiritual homework have not been done yet.

This is the moment to set yourself FREE! It's more fun, easier to be free, and a heck of a lot better ground to be manifesting your life from! Enjoy your new lightness of being!

Aho, Mitakuye Oyasin



