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HEALING YESTERDAY'S HURTS

Most people have experienced hurts inflicted by people and events of yesterday. The key to living a fuller, happier life is to make sure that you have permitted the healing of the hurts of yesterday to take place; to hang onto those hurts is to prevent their healing. To carry around those hurts is like being a long-distance runner who would enter a race with a ship's anchor tied around his leg – how far would he get like that? Perhaps we believe it is our fate to be trapped by such pain.

One of the major steps for inner healing of hurts is acceptance. Acceptance doesn't have to mean that you must like what happened in your yesterdays, because that would be a lie. The only one who can change is you.

The next step in achieving inner healing is to understand two types of people: "dumpers" and "dumpees." A dumper gets rid of all his problems and garbage by dumping it all on another person. The dumpee takes this, perhaps thinking that, like an oyster, he can make a pearl out of it. Not so. Yes, he has the right to be miserable as a dumpee, but his solution is simple: Have a funeral and bury it deep and don't go back and dig it up later.

When hurts and irritations come to you, be angry, but don't be destructive with your anger; solve the problems now. Unresolved conflict and anger turn into depression.

Bitterness, resentments and hate are parasites of the mind and body and are very difficult to dislodge; they block both emotional and physical healing. If some person has hurt you, visualize them in some sort of ridiculous situation, to realize they are only human, and decide not to let them hurt you again. Also give yourself permission to cry away that hurt; let it heal and forget it!

From: I Hurt Too Much for a Band-Aid

By: Dr. Ken Olson

Read by Ken Haystead

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