



The Baggage Handler

July 17, 2008 *What's In Your Bag?*

Feature: Purpose... Purpose... Purpose...

Written By: **Alethea M. Pascascio**, author of *Bag Lady*, *Help Wanted: A Woman's Guide to Strategically Position Men In Her Life*, **and** *Womb Child*.
Visit her at: www.alethea.queenpublications.com

There is a specific purpose for your life. Your particular life's journey has happened so you can be an asset in the lives of others.

So be sure to seek your purpose whole-heartedly because the longer it remains at bay, the longer those lives suffer, because you have the information, insights, process, support, testimony or product that will bring them out of their situation and free them up to live their purpose.

Take time to consider this, "What is your purpose?"

LOOK FOR OPPORTUNITIES TO USE YOUR EXPERIENCE(S) TO HELP OTHERS.

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Disclaimer: Although I have studied psychology and sociology, I am not a doctor, therapist or clinician of any type, so please use the advice associated with this newsletter at your discretion.

Forgiveness Radio Talk Show

Last year we kicked off National Forgiveness Month in September.

If you've watched any amount of television, I'm sure you are aware that MSNBC, CBS, and other networks had special feature presentations about the importance of forgiveness.

Therefore, as mentioned in the last newsletter, I will be hosting an online radio talk show during the month of September.

I will be needing several guest to discuss/tell their stories of forgiveness. And by all means, don't keep this opportunity to yourself- share it with someone else.

All email in response to this awesome opportunity should be sent to:

Ask Alethea

QUESTION:

Dear Alethea,
I'm usually not a very suspicious person but lately I've been feeling something is not right with my boyfriend. Do you think it's wrong for me to take a peek through his things to see if he's involved with someone else?

Snooping In San Diego

ANSWER

Dear Snooping In San Diego,

I can definitely tell you from experience that snooping is almost always bad even with the most innocent of intentions. There are so many things you can come across that can be misconstrued as proof of guilt. This of course will lead to the deterioration of your relationship because upon confronting him with whatever you find, you'll have to admit to violating his privacy. And that certainly will not go over well.

Then on the other hand you could snoop and find absolutely nothing yet he could still be guilty as sin.

As such, I would strongly advise you to sit and have a

Alethea@queenpublications.com

What Forgiveness Is and Isn't

Forgiveness is the process of canceling conditions, demands and expectations held of ourselves or others.

When we do not forgive, we hold on to hatred, resentment, and bitterness.

We block the flow of love towards others and ourselves, which not only reduces our happiness and effectiveness, but can literally make us ill. Forgiveness releases the block so we may step back into the flow of life.

Forgiveness does not, however, mean reconciling, excusing, forgetting, or pardoning someone's behavior.

Forgiving is for you. Once we allow ourselves to be free-flowing, the anger, hurt and grief will dissipate, as well as the sense of betrayal, and the sense of abandonment.

I challenge you to take a slow walk through your life today and stop to deal with anything and/or anyone needing to be forgiven.

heart to heart discussion with your boyfriend about your sudden uneasiness. If you've been with him any amount of time, I'm sure you know when he's being disingenuous. If you find that he is, then you must decide if you want to remain in a relationship with a liar. Even then- you still don't have to snoop because there is one cliché I found to be true no matter what the scenario, "What is done in the dark will come to the light."

BE ENCOURAGED!

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