

# The Baggage Handler

November 1, 2007 *What's In Your Bag?*

## Feature: New Beginnings

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A spouse... significant other... employer... or friend...

The end of any type of relationship can often leave you feeling a sense of loss, especially if you didn't initiate the separation. A swell of emptiness seems to engulf everything within you leaving a void encrusted with bits of bitterness and resentment. I've personally experienced this after the end of a relationship.

It would take many years for me to look back over my life and realize that the end of a thing is actually the beginning of something else. Usually, this **something else** is better than what you've released. I use the word *released* instead of *lost* because it bestows upon you the power to control how you feel about the situation.

But first, you must understand that all things, people, and situations come into our lives for a reason, season, or lifetime. (And most scenarios are the first or second) So when it's over, either the season has passed or the reason has been realized.

Therefore, what we need to say to everyone and everything that has been apart of our lives but isn't any longer is, "Thank you for being apart of my journey, but now it's time for me to chart a new course that doesn't include you. I know your time in my life was not in vain because you helped me reach higher, dream bigger, and take my life to another level."

***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.**

**\*\* Winners of National Forgiveness Month Contest \*\***

WHY I NEED TO FORGIVE SOMEONE

FIRST PLACE:

The intimacy of forgiveness makes its power infinite. That is why I have chosen to explore the final frontier by offering forgiveness to myself. Living

## Contest Winner's Continued

THIRD PLACE:

I am a domestic violence survivor. The daughter of my father was my attacker and for months following our breakup I lived in fear and let my memories haunt me. I decided to forgive him and move on with my life. Now I can look at my daughter who is the splitting image of him and love her conditionally and let her know that her daddy loves her even though we weren't happy together. Now I no longer fear him and my memories are just that; memories of the past that I no longer relive.

Crystal Alexander  
Staten Island, NY

## Testimony

**Testimony From 1st Place Contestant**

... This is about so much more than winning a contest. My essay has penetrated my being which allows me to move on to higher heights. It has also given me the jumpstart I need to begin writing again. Thank you again for this opportunity. I am looking forward to reading *Bag Lady*.

Bridget Body  
Florissant, MO

in the past and searching for answers to past mistakes and missteps has been defeating. Today I forgive myself for bad decisions that have allowed heartbreak, guilt, and shame to become my crutches and smother my gifts. Today I will let my crutches fall and forge ahead to new discoveries.

Bridget E. Body  
Florissant, MO

SECOND PLACE:

...The person I need to forgive is my self, I have carried the burden of past hurts from deep friendships and relationships into my new self, and I many days I still feel like that little girl with the big smile but empty inside.

I am tired of being the poster child for the "good person/friend". Regardless of how people treat me I still listen to their woes, borrow them money, lend them things, and watch their children just so they can say "she is a good person" for what? I am not that person, I can say no, and I am learning to be an advocate for myself and to not let others make me be what they want me to be.

April Foster  
Minneapolis, MN