

The Baggage Handler

July 10, 2006 *What's In Your Bag?*

Filling Your Bags With Purpose

As we work on emptying the negativity from our bags, let's also work on filling them with something that is worth discovering and keeping around... our purpose!

Most of us are not fulfilling our purpose. What did you envision or dream for your life before you gave up and settled?

Think on these things for the next few weeks and write your thoughts.

---Make a plan. What is it you like to do best? Even if it is only one talent, start putting it to good use today...right now. And then get the training you need to sharpen that talent and ask God how you can use it to serve him and help others so you can make your life count.

Don't wait for opportunities to fall into your lap—they may or may not come. Make your own opportunities and don't give up. It only takes one thing to go right for your entire life to soar.

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.

ASK ALETHEA----ANONYMOUS ADVICE COLUMN----

contact: ask@queenpublications.com

Dear Alethea,

I recently let go of an eight year relationship. It started off fun and exciting and very romantic. We did everything together...sex was great, but in the last five years he has made many babies, he also has a drug addiction problem. He does not come home. There are times I will have to go and find him to bring him home to eat and to get cleaned up. This is where the babies come in; he will go to these ladies to get money to support his habit. I used to give him money but not any more, so he gets it from them. I haven't had a desire for sex in the past 3 or 4 years, he demolished that hormone in my body due to me not being able to trust him. There are too many diseases out in the world that can not be cured. He used to be very violent but now not so much, but when things do not go his way- he breaks things. I finally put him out he took my new car and drove it. I had given him my other car and he sold it so when he took my car by force I called the authorities. It has been one month and I miss him. Why do I feel this way? He was a good man but he let his habit control him. And that is something I do not understand because I guess you can say... I am square but proud of it. I really love him, I guess, but the way I feel is devastating. I feel I can not trust men. I will always be weary and build a concrete block around my heart and have no desire for sex. And I am young- 30 something.

Ms. C

ANSWER:

Good Day Ms. C,

You should be breathing a sigh of relief for being rid of a situation that could have been quite detrimental to you. Although the beginning of your relationship left you such fond memories, the fact is, it was only the courtship phase. The first few years of relationships are usually romanticized because the men want to capture their prey and the women- their prey- want to be captured. However, every show must end and when it does we sometimes find out that the person we have is not who we perceived them to be. Most people would say you were crazy for putting up with this abusive, drug-addicted, baby-making, lazy, adulterous shell of a man –

Positive Affirmation

"I accept myself with love and I know that the doorway to greatness is opened before me. I walk through it with joy."

Recommended Reading

NON-FICTION

Battlefield of the Mind:
Winning the Battle in Your Mind

by Joyce Meyer

FICTION

BAG LADY
by Alethea Pascascio

If you would like to purchase an autographed 1st edition of Bag Lady with matching bookmark, for \$12.00 (shipping included), go to www.queenpublications.com- click on Links- Click on Paypal. Then email me the name(s) you want on the book(s). Send email, subject line-Autograph, to: apascascio@comcast.net.

for five more years. But I'm going to give you a pat on the back for not marrying him or producing any offspring. However, you need to dig deep and find out why you settled for less, for so long. Yes, the man may have been nice at times, but Osama Bin Laden's wife would probably say the same thing.

Mr. X has some demons he's fighting and the only thing you should be offering him is a prayer. Don't enable him (like his women in the street) by letting him rely on you in any way whatsoever. You've already wasted too many of your 'young pretty' years, learn from it and move on. You can't get those eight years back. And do you know what? I missed my no good ex's too, it's only natural. But most of all, I missed having someone, company, and companionship. Here's a trick for you- when you consider taking him back, think about the abuse, the other women, the drugs, and him taking things from you. And when you really feel weak, think about the possibility of contracting HIV or AIDS.

And Ms. C, I know it's hard to believe right now, but not every man is a dog. I speak from experience. I kissed a few frogs before I finally found my prince. And just think, if you shut yourself down to the possibility of happiness with someone else, you lose and Mr. X wins. He's out doing whatever with whomever, while you're stuck behind a wall still devastated about things that have rolled off his back like water. Do yourself a favor, get it together spiritually and emotionally, so that you can attract Mr. Right and not Mr. Right-Now. If nothing else, this extremely bad relationship should have taught you some valuable lessons and one lesson should be, 'When someone shows you who they are the first time... believe it. And if who they are conflicts with who you are, say good-bye with grace and while you still have your dignity.'

PRESS ON!

Only Blessings,

Alethea

POCKET CHANGE! Feature Article: **FORGIVE AND FORGET**

By Jessie Jamie Coleman

Over and over, time after time, we have heard the old adage, "To error is human, to forgive is divine." But what does it really mean? We as humans will always do things we shouldn't do, say things we shouldn't say and make plenty of mistakes. But how willing are we to forgive others of their indiscretions against us? Many people will say they always forgive except. . . Except for what? Except for people who have really crossed them. I know about this saying because I have used it myself. But now I know better. To forgive someone for a wrong is not an easy thing to do, but it pays in dividends because holding a grudge against someone is stressful. Remembering and reliving old and negative emotions does not feel good. In fact, it keeps you stuck, stuck in the past. Then the so-called enlightened folks will say, "I will forgive but I will not forget." But I have news for you, if you're still thinking about it, you have not forgiven yet.

Jessie Jamie Coleman - Author of "Sex on the Side"