

The Baggage Handler

June 10, 2006

What's In Your Bag?

Introduction

Hi.
I'm Alethea Pascascio, author of Bag Lady. Although, the book is named after an Erykah Badu song, the story between the covers contains a fictionalized account of some of the situations I've encountered in life. The statement 'truth is stranger than fiction' is an understatement.

I started my novel after reading through journals that I had written in over a course of thirteen years. And to see how my life had transition from year to year was truly unbelievable. I also realized something that I hadn't noticed before. I had ended each journal entry with statement about something I wanted to change about myself or a goal I wanted to achieve. And to my surprise 85% of my goals and desired changes had been accomplished. So, writing what you want to happen is probably more essential than writing what has happened.

Anyway, after a number of years, I quickly realized that all of my experiences (positive and negative) weren't in vain. Not only had I learned some valuable lessons, but others could as well.

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.

Identify-Confront-Conquer

"You can't conquer what you can't confront and you can't confront what you can't identify." Remember this statement.

You've subscribed to this newsletter, so obviously, you've identified an issue that you'd like to get over or conquer.
Whether it's the lost of a relationship that you thought would last forever or been a victim of abuse or betrayal or some other scenario that has caused you pain, these are some of the reasons you have difficulty moving beyond it.

- Part of you is frozen in time since the moment of the event/scenario
- Pain is more comfortable than pleasure because its what you are used to
- You don't want to talk about it
- Nobody wants to hear you talk about it
- You think that your grudge/unforgiveness is hurting the other person, but in reality unforgiveness is like you drinking poison and waiting for the other person to die.

Now, I have an exercise that will deal with the confrontation part. Please try it:
In private, write a letter to the person/people who has/have harmed you. Say every single thing you have thought but never said. Say everything you've tried to say that no one cared to hear. Express your feelings, your fears, your pain. If you want to go completely off... do it! BUT... when all is said and done, read the letter to yourself. Make sure everything is on that piece of paper then completely destroy it. Shred it, if you need too.

Next, write a letter to yourself. Now that you've acknowledged how it has been, inform yourself of how it will be from that moment on.
For example my letter read:

"Alethea :
Things are going to be a lot different around here. I will no longer feel sorry for

Positive Affirmation

"Within me is the potential for greatness."

ASK ALETHEA -----

ANONYMOUS ADVICE

COLUMN---- contact:

ask@queenpublications.com

QUESTION:

My fiance of three years, was out of town off and on for his job. While he was on a business trip, I slipped and had sex with my ex-husband. I think I was just missing the touch of a man while my fiance was gone. I was faithful before this happened and have been faithful since then. It has been two years and for some reason I think I should confess it. What do you think? To be honest, I really didn't love myself back then but I do now AND I have a deeper love for my fiance.

Ms. Slipped in San Antonio

ANSWER:

Ms. Slipped,

Let's be clear about something first. There is no such thing as 'slipped and had sex'. Did you just accidentally fall onto his genitals? I don't think so. Everything starts with a thought. So please don't try to minimize the act by saying "slipped and had sex". However, you will need to search your heart and soul much deeper to determine why you REALLY did it. As far as confessing... sweetheart, leave well enough alone. If you dig up two-year old garbage, it will certainly be rotten. It will be worse than it was when you buried it. In other words, your fiance will not only be mad about the infidelity, but also about you hiding it for so long. It's been two years and you've managed not to 'slip' again, so

myself. I competed against about 5 million other sperm for a chance at life and I won. If I can beat those odds, I can do just about anything. I am not a product of my past. I am going to move into the destiny God has prepared for me. I forgive the people who harmed me. They wouldn't have done it, if they knew they were only going to make me stronger. I'm better, stronger, and wiser because of it. I'm going to love myself everyday because I have to give myself what I wish from others....."

I'm sure you get the idea. Read the letter you write to yourself and aloud for the next 30 days and put some action with it. If you used to sit around saying "poor me", get up, treat yourself to a massage or nice dinner, or do something that clearly illustrates that the other person's action against you no longer controls you or your emotions.

Be sure to try this, no excuses. When you always use an excuse, you give up the power to change.

Try this and you will be well on your way to being a conqueror.

Also, I'd be remiss if I didn't express the awesome power of prayer. Pray without ceasing!!!

Send all comments and success stories to: newsletter@queenpublications.com

Until Next Time...

POCKET CHANGE! Feature Article: **DYING TO QUIT**

By Jessie Jamie Coleman

With the increase of cigarette's prices, smoking bans in all but a few public places, and all the warning labels of how dangerous cigarette smoke is to your health, people are still lighting up every day and every night. Why? Because cigarette smoking is one of the most addictive habits there is, more addictive than heroin and cocaine. I ought to know. I was a chain smoker for 10 years, up until seven years ago when I quit on my 50th attempt. As challenging as it was to withdraw from such a disgusting habit, I attribute my success to a few things.

- (1) Quitting first begins in your head. You have to want to quit and you have to want it badly.
- (2) Determination and persistence. Though I failed numerous times, I was determined to keep trying until I succeeded.
- (3) Nicotine patch. Cravings for nicotine can be quite severe which keeps true smokers lighting up to dissipate the cravings.
- (4) A substitute. I needed a substitute in the place of smoking so that I would have something, rather than nothing. I chose hot beverages. I drank teas and coffees in the morning, after a meal, while watching television, before bed- almost all of the time. Basically, where normally I would smoke, I sipped hot beverages.

As good as most of this advice is, it won't count for much if the drive to quit is not intense enough.

Wishing you much success.

Jessie Jamie Coleman is an author and screenplay writer. Her most recent book, *Sex on the Side*, is available through Amazon.com. She can be contacted through her website: www.jessiejamiecoleman.com. She'd love to hear your ideas for other articles.

let's just chalk it up as a moment of insanity. Please continue to stay on the right track.

Recommended Reading

NON-FICTION

Maximize The Moment
by T.D. Jakes

FICTION

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