

Question: I am the victim here - why should I let them off the hook? They deserve my wrath!

Reply: Research from the National Institute of Health-Brain Bio Research Dep't (Candice Pert-"Molecules of Emotion") says that every thought we think places a molecule -a neuropeptide- into OUR bodies. Bruce Lipton, 20 year medical researcher/cell biologist has shown (Interview-New York-"A Better Way" TV show) that those neuropeptides hook into receptor sites and that OUR cells replicate that neuropeptide chemically inside of US. WE get to live with the chemistry of our own thoughts-they impact no one else but us.

Lets suppose that you are right, and everyone else that has "victimised" you really did do it to you. That being so, they certainly deserve the wrath you pour upon them - no question! But, seeing as you are the one who chemically experiences the impact of your wrath on a cellular structure, do you really deserve it . . . AGAIN?

I invite you to go look at the research yourself. You have, in your mind, with all your past, been able to successfully demonize the current bad guy in your life - but Why Is This Happening To You . . . AGAIN?! I promise I didn't make up the research that can show you what you continue to do to yourself and I invite you to let it go, at least from your body. Don't let anyone "off the hook"! My last email was simply asking you to look at what your mind energy is doing in your body. I'm just inviting you to decompress all that rage and forgive it from YOUR HEART (unconscious) and I hold you as free from all of that.

Of course, I can't tell for sure, what all those accusations and associations you make mean for you, I can know that if it were me that dragged all of that up, it would be vile and vicious in my body. I get, from the way it has flowed out of you in the past emails you have sent, that it is a pretty serious violation of your own tissue. Rather than throwing the baby out with the bathwater, may I suggest at least do some Reality Management Worksheets to clear that pain out of your tissue. I think there is more here than meets the eye. Perhaps it is a chance to let go of all the times you have been and felt violated and/or all the violations and guilt trips you did in the lifetime where you implied you became a master at guilt tripping and manipulation.