

## LET GO

“Holding on to pain, hurt, anger, and disappointment manifests itself in our bodies. The end result runs the gamut from chronic illnesses to life threatening diseases. Sooner or later, our baggage causes our bodies to give out.

When we spend our time focusing on negative people and negative experiences, we end up missing opportunities and blocking our blessings. We can't see the future because we're too busy living in the past. Meanwhile our perpetrators go on living their lives; oblivious to the hurt they've caused. So why are we really hurting? How many relationships have come together on crutches?

Most women know they have no business getting involved when there are unresolved issues within. Still, due to fear of being alone, or of 'missing out' on a good man, we cover our wounds with tight hairdos, beautiful clothes, and a fake smile. Forging ahead into an alliance with someone who has no idea we're still hurting over what that so-and-so did to us in 1995, or over the father that never came home. As time passes, the wounds get harder and harder to hide.

When they're finally exposed, he is history! In the grand scheme of things, the only thing that is stopping us is us! True, we have no control over what others do or say to us, but we can control our reactions. And as for the baggage, it's nothing to be ashamed of.

We all have issues. The shame is not in having baggage, it's KEEPING it. So to all my Bag friends, search yourself. Be honest. Ask yourself What's in your bag, and then do whatever you got to do. PRAY,CRY,SCREAM,GO TO CHURCH, GO TO THERAPY... Do whatever it takes. Just let it go. Let it go, let it go!