

HOW TO LET GO OF INVISIBLE HATE, ANGER, & UPSET!

Hate may often be invisible. Some of us, based on our childhood wounds or upbringing, grow up hating cheaters, liars, thieves, bullies, other religions, races, etc. Perhaps we even hate qualities in certain individuals, such as 'bossy people' or 'know-it-alls', or 'lazy men', or 'controlling women', or perhaps our families just hated "THOSE KIND OF PEOPLE". In any case, certain programming or beliefs cause us to justify what we hate, and thus we can feel no guilt/shame/or inappropriateness with regard to our hatred. We may even feel proud, a certain comradery with others of similar mindedness, or even right and good for hating certain kinds of people or qualities in them. Thus, there may be no negative feelings or "red flags" inside us signifying anything is wrong. So hatred can stay buried, and even invisible, when using any of our other clearing methods. This process can be used to remove hate, and find love.

(Note: Always be sure to do this process out-loud, where no one will hear you.)

Step 1: Ask, on a 0-10 scale, "If 0 = the purity, light, and beauty of two white roses, with not a drop of anger, hatred, or upset toward anyone or anything, (Pause and visualize them), with _____ [my subject (s)] in front of me, at our worst, how much anger, hatred, or upset do I feel in me, in them, or in the relationship between us?"

Now, open yourself up, completely unarmored, and with full sensitivity and not trying to make sense of it, rate how much unreleased anger, hatred, and upset you find inside yourself, in your subject (s), or just existing somehow in the relationship between you = "X".

Step 2: Repeat the following sentence using this rating, visualizing your subject in front of you...

"I'm feeling a "X" anger, hatred, & upset in _____ [me / my subject(s) / the relationship between us]" "I'm feeling a "X" anger, hatred, and upset in _____ [me / my subject(s) / the relationship between us]"... etc.

Repeat over and over what you are feeling using this sentence ... Periodically refresh the visualization of the subject (s) in front of you, fully validating your feelings, without trying to figure them out. Continue repeating this sentence this until at least 60 to 90 seconds pass, or the level of anger, hatred, and upset clearly subsides.

Step 3: Return to Step 1 and re-rate ... Continue with these steps until you're happy with how much all the anger, hatred, and upset has been cleared away. After clearing to a 'trace' level, you may finish the clearing process repeating, "I'm still not feeling only the purity, light, & beauty of the 2 roses..." , over and over, until you feel fully free, loving, and joyful facing your subject.

... It may be helpful to remember this adage ...

**"The anger, hatred, and upset that I am willing to feel will heal ...
The anger, hatred, and upset I try to avoid will keep me annoyed!"**

A Spiritual Solution

When we finally break through to feeling only purity, light, & beauty, and no further anger, hatred, or upset, we will see that we never had to ask anyone to make even the slightest change in who they were or how they felt or acted, yet there now is a feeling of only purity, light, and beauty in place of how we previously felt.

Most of us are seeking a worldly solution to our problems: we try changing others; we try ignoring, numbing, or armoring ourselves in our relationships; or we try running away from (or avoiding) people who push our buttons, or cause us some degree of pain or upset. If we realize, instead, that relationships are a mirror for our own past wounds (our emotional buttons), we see that running away from, ignoring, or trying to make changes to another person results in only a temporary avoidance of our discomfort. Clearly, if we have a person who is a ‘mirror,’ reflecting and showing us our own past unhealed wounds in front of us, we know it won’t help to try to alter our ‘mirror’, change the lighting, or turn away from our reflection, since our wounds will still not be healed. Instead, someone else will mirror them again for us when they push our buttons.

By using this process to face people for whom we feel anger, hatred, or upset, we release our inner emotional wounds and pain, and our outer relationships completely change to reflect this -- breaking what otherwise might be long standing and recurring patterns in our lives with others. We thus realize a “spiritual” solution to the difficulties in our relationships: instead of trying to change or avoid others, we focus our work on our own inner-healing.

So How Can We Stay Free of Anger, Hatred, & Upset

We know life is likely to present us with challenges every day, so how can we stay feeling purity, light, & beauty in the midst of the relationship challenges which keep coming our way?

We take showers or baths every day to keep our bodies clean – even though we will surely get dirty again. We brush our teeth every day – even though they will probably be in need of a brushing after our next meal. Some of us do physical exercise regularly, despite so many forces – including ageing and even gravity itself -- which are constantly acting against us.

But what do we do for our daily mental peace? Regularly doing something to “clean” or clear the mind is important, in the face of so many forces in our day to day lives acting to disturb it.

This is something we have forgotten, because no one has to teach children how to regularly “clean” their minds in the face of whatever is disturbing them in life and their relationships. They innately know how to release their daily stress by crying, throwing a tantrum, or expressing their upset feelings – after which, they quickly return to being light-hearted, free, loving, and joyful again.

We can definitely feel that way again as adults, finding our way back to regaining our youthful light-heartedness, love, joy, and glowing energy in our relationships if we take a few minutes time daily to do clearing practice

