

SPARK 071

(Matrix Code: **SPARK071.00** for StartOver.xyz game.)

DISTINCTION: No amount of processing will ever remove the hooks of resentment from your heart.

NOTES: Resentment is insidious. Resentment is the feeling that you get when you remember what somebody did to you, or what they forgot to do. The memory makes you angry. Your anger cannot be appeased because the event was in the past. Conscious or unconscious anger about something that happened in the past is resentment. Even if you take responsibility for your part of what happened, even if you talk about what happened with a therapist or friend, even if you speak directly to the person who offended you and they promise never to do it again, the resentment stays.

It is astounding that intelligent, loving men and women committed to relationship hold grudges with their mates. Resentment destroys intimacy. Yet we seem unable to break the grip of certain events on our spirit.

How can you be free of resentment? Why are your reactions so persistent? Why does resentment stay even if you see the damage it causes?

Resentment stays because resentment is self-inflicted. You are doing it to yourself.

By tracking your resentment back to its source you will find that you have been grievously and unjustly wounded – terribly betrayed. Resentment is the Box's self-generated reminding factor that insures you never relax your guard enough to get wounded again. Resentment is a righteously self-aggravated emotional scar. Feeling resentful is painful, but not as bad as suffering another wound.

The worst thing that could possibly happen to you has already happened. Resentment is your Box's way of not letting history repeat itself.

All of us are wounded. Some of us try to stay in denial of the experience of being wounded. But deep down inside we all feel pain. Let us consider a different perspective on being wounded. It may be a shocking idea but the idea is this: being wounded is necessary for your natural development. Being abandoned, abused or betrayed is the way you lose your innocence and thereby gain the chance to become responsible for creating a better future.

But there is a trap. Through developing responsibility you eventually discover that you are imprisoned by resentments. You can do nothing about the wounding because the wounding happened in your past. You *can* do something about your resentment because it prevents you from being present. Analyzing or processing can be endless and ineffective. What helps is to grow up and take the hooks of resentment out of your heart. No one can do this for you. How do you proceed? Practice with these five experiments:

EXPERIMENTS:

SPARK071.01 One by one take the old hooks out of your heart. To take a hook out of your heart, vividly re-experience exactly what happened. As the experience passes by let it turn to dust and decide without negotiation that, "This does not matter to me anymore. This is absolutely irrelevant to my present and future life. I do not care anymore about this. (No one but you can decide to not care.) I drop it completely forever." Take quiet time to do this self-surgery. Without hooks in your heart, your heart quickly heals and becomes whole again. Resentment vanishes into meaninglessness.

SPARK071.02 Decide that you trust yourself enough to take care of yourself around anyone who might cause another wound. You are not a powerless child victim anymore. You have enough practical experience to avoid most pitfalls. Decide that you are alert enough now and no longer need old resentments to remind you to stay alert.

SPARK071.03 Make the radical promise to the universe: "By free will, I make the decision to never take revenge or get a payback about being wounded. I will never seek satisfaction." This means that your connections to the others involved in past incidents are untied and disentangled. You free the others and let them finally go home. By freeing the others you too are freed.

SPARK071.04 Whenever resentments arise use the Disk Of Nothing so that hooks cannot hook onto anything. The Disk Of Nothing is a Possibility Manager energy tool carried conveniently on the tool belt. The Disk Of Nothing is a ten-centimeter diameter, liquid mirror surfaced gold ring defining a gateway into endless nothingness. The Disk instantly pops into your fingers between your heart and any approaching hooks. The hooks enter the Disk and of course find nothing to hook. You are effectively unhookable.

SPARK071.05 Whatever pain arises use it. Pains such as sadness, anger, and fear are extremely useful. Use the pain as fuel to love more. What does this mean? If you recognize and claim your own pain as if it were a friend to you, then your pain forever informs you about the pain of others. You experience openness, acceptance, compassion, empathy, and understanding. These qualities help generate the space through which love happens.