



Trash bag

- By Véronique

Not long ago, it was difficult for me to explain why I was feeling comfortable with some people and why, on other occasions, I was feeling vampirized. As you may know, life is brilliantly well-orchestrated. My spiritual guide and several of my friends have recently addressed the issue of energy. I wish to add my two cents.

Moment after moment, whatever thoughts and emotions we focus on infuse our energy. This fuel can either be like nectar filled with love and comfort or take the shape of the worst meal ever. Exactly as if we were filling up our car with gasoline, every time you choose certain emotions and thoughts, it will be what your whole being will feed on. You can feed on negativity, joy, love, sorrows, shame, regrets, ...you are the only one who decide.

I remember when I was dwelling on the bad that had happened in my young life. Harsh words of a supposed friend, regrets, quarrel with an ex-boyfriend and hurtful remarks formed a thick and foul-smelling soup that I was mixing over and over again in my head. For quite a long time, I chose to hang on to a huge trash bag without realizing the impact it had on me and the people around. I was feeding on my trash and was expecting the people I knew to do the same. The energy I needed to be able to hang on to my trash bag was enormous. I was able to create that energy out of blaming myself and others, playing out the victim, feeling that life had abandoned me, in short, choosing anything but joy, love and gratitude.

Dealing with my trash bag was not easy. First, it was necessary that I realize that I had one and that I was the only one to choose to hang on to it on a daily basis. Nobody imposed it to me. I then had to sort my trash to understand the origin of the energy that I was wasting. Finally, it was necessary that I find gratitude in my life experiences rather than let these pollute my existence. This process continues today.

Energetically speaking, holding on to old quarrels and hurtful words, blaming ourselves for choices or actions we made, etc, are identical to choosing to never throw your trash, never clean your home or never go to the toilet. I do not know about you, but I do not know anyone who takes pleasure in living in a house congested by dust or who likes to be constipated!

Sustaining our past or our anxiety about the future demand considerable energy because you are asking your entire being to access something that is anything but the present moment. Your energy level is weakened, you become irritable and eventually, when you feel drained, burned out, discouraged ... you will suck the energy of the people around you so you can keep holding on your back your trash bag. The misery that you decide to carry feeds on blame, regrets, judgment, malice, jealousy ... and the list goes on. You choose to suffer and have forgotten the essential: love.

Letting go of thoughts and emotions that no longer constructively serve you is therapeutic. While sometimes this famous “letting go” comes hand in hand with pain, the feeling that follows is light because you place yourself in receiving mode. When you let go, you are both ready to receive the gifts of life and welcome the opportunity to give. You merge with life and become one with your surroundings. Everything becomes suddenly much easier. The disputes from the past no longer matter. The pain experienced in trying to control or change things is insignificant. You trust and are finally in harmony.

Pain is inevitable on this Earth. It is part of human experience. It gets us out of our comfort zone by offering us to learn one of the hardest lessons in life: letting go. Pain is inevitable, but suffering is optional. When choosing the past over the present, you suffer. When choosing the uncertainty of the future, you suffer. In order to remain active in the present, suffering feeds on whatever energy it finds, including in you and everybody around. To choose this avenue is to decide to commit violence on to you and other people. Why?