

My Anger
by DorothySessa.com
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Why am I so angry? Why do I fight to have things go my own way? Why does it bother me so much when friends speak in another language, around me, when they know how to speak English? I told them I don't really understand their language even though I've been listening to them for so many years!

What's really going on, what triggers this anger?

Why do I want control? Is it because I grew up with things out of control? Why do I feel left out, like I don't belong or feel ignored? Why do I feel not worth being loved? Why do I feel rejected? When I feel these things, I get angry and think, "I'm going to make them pay attention to me." I'll be silent & miserable or I totally go out of control.

Now that's not the real me, what the hell is going on here anyway? Have you been there B4?

This misery comes out in negative ways. I remove myself emotionally. I start not caring, and revenge begins. Along comes depression. I make sure my husband knows I'm not happy.

I think it's all about LOVE. I don't understand LOVE. Do you?

I don't recall my parents ever telling me they loved me. How could they, if they don't know LOVE? As I remembered my parents I was encouraged to find something to be thankful for. I became thankful for my birth! What about you? Are you thankful for being born?

The next step I took, I spiritually forgave them for not loving me the way I thought LOVE should be!

Then I thanked God for sending those who trigger my anger so I could learn about LOVE.

When I forget about LOVE I am not who God created me 2B! When I remember LOVE, what others do or do not do, say or do not say; means nothing! That's why I need a savior. His name is Jesus. Would you like to get to know this Jesus? If so send me a note. Click on the contact icon on DorothySessa.com for the mailing address.

As I considered letting go of the old me (shame) I imagined being in a fiery furnace with God as I was ready to become nothing so I could begin again, complete and whole, filled with the LOVE of God as I was created from the beginning.

As I longed to feel this LOVE I lifted up a prayer to God, "Please teach me what LOVE feels like." I knew in my head that God loved us unconditionally and his LOVE was so incredible

that He sent his one and only son Jesus Christ to die for our sins, yet I wanted to feel this enormous LOVE.

What happened was, he brought to mind, my Grandson. My Grandson LOVES me unconditionally, **I surrendered to this LOVE** this gift of LOVE that God brought back to me, just at the right time when I needed it.

God is LOVE. LOVE was born into the world; the world tricks us to believing there is no LOVE or we are not worth being LOVED! Would you like to believe in LOVE? If you felt LOVE would you be able to be still and know how much He LOVES you? Would it help stop you from always being on the run?

As I am able to **RECEIVE LOVE** from God and to be reminded what unconditional love is from my grandson, I can also Thank God for caring enough to answer my prayer. Will you ask God to teach you about LOVE?

As I desire to feel this LOVE I think I'll hang around children so I can be around this natural innocent LOVE.

God please help me to be like a child so I can enter your kingdom. Friends please forgive me for being an imperfect human being!

I truly want 2B who God created me 2B, don't you?

Friends, please pray for me to remember God and His LOVE!

Thanks to Dr. Susan Janssen for facilitating my journey with Jesus where I learned more about LOVE as I prepare my heart for heaven.

To book a journey with your God and Dr. Susan Janssen BSc. ND call 403.288.4880

My feelings are all about me. I want to feel all of them!

May you be blessed and have a wonderful day.

Love Dorothy

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