

Making Amends – *A High without a Crash*

“The purpose of making amends to others is to heal our Spirit, to clear our conscience, to dump any baggage from the past that we are still carrying. We do this for ourselves. Often the other person doesn't even remember an incident that we make amends for. Sometimes the other person is hateful and bitter still. We can still make amends for our side of the street, even if they are not owning their side of the street. We are not making the amends so that we can all make up and be friends, although that is certainly possible sometimes we are making them to free us from the past, we are doing them as a Loving thing to do for our self. We do not have the power to get others to do what we want them to, so we need to focus on what we do have the power to change. We can shine the Light of Love and consciousness into any dark corners within so that we can stop giving power to the past.

Making amends is about forgiveness. Healing the wounds from the past is the Loving thing to do for ourselves. Seeing more clearly so that we can own our responsibility in situations that we are still carrying resentments about, helps us to let go of those resentments. Carrying a resentment doesn't hurt the person we are resentful of - it hurts us.

I have found that the reason I had resentments that I couldn't let go of, was because I hadn't forgiven myself. I was holding onto feelings of self-righteous indignation about how I was victimized, because I couldn't face the shame of admitting that I set myself up in some way. By trusting that person, or letting them into my life, or whatever.

Making amends for the ways in which our behavior has hurt others is part of the process of healing self. And making amends is much more than saying "I'm sorry." Making amends is about changing the dysfunctional behavior patterns. Making amends is about doing what it takes to stop empowering the dysfunctional attitudes and black and white thinking so that we can change the behaviors. It is about becoming willing to face the terror of healing our emotional wounds, so that we can stop reacting and hurting other people and our self with our behavior.”

Doing this lights the fire of desire to be clean and sober, it lights the fire to change, and it lights the fire to heal! It truly is a high without a crash.