

BOX OF FEELINGS

Recently, our Studio Manager, Benjamin Olson, was in a puppet show. His character was a big box, big enough for him to stand behind, so you know it was good sized! It had sticks so he could manipulate the eyes and mouth. Unfortunately, I was unable to attend the show so I'm not sure what the role of his character really was.

His character was called "Box of Feelings". And, of course, that got me to thinking. Again, not seeing the play I'm not really sure what "Box of Feelings" was but it may have been a place for the other characters to put their feelings they didn't want to feel. Feelings like anger, hurt, resentment, sadness, fear, etc. Just lock them up in the Box of Feelings and "everything was fine"! Really?

For years I had a "box of feelings" where I locked up all the feelings I didn't want to feel. I had issues in my marriage that I didn't want to face--so, I just locked them up like they weren't there. I had issues with my work--which I locked up and did my best to pretend "everything was ok". Because of those negative situations in my life I also developed an addiction to alcohol and recreational drugs to medicate and help me forget those feelings existed. Those "things" I had locked up in my box of feelings were still there--under the surface and having an effect on all my other thoughts, actions and feelings.

Regrettably, it took losing my marriage, and probably played a part in losing my employment at the time, for me to "wake up and face the music"--if you'll forgive my pun! It was a hard lesson to learn but, hopefully, I now know that when I have negative feelings about events or others in my life they have to be cleaned up--not just locked up and ignored. If I am angry about something or towards someone, I need to feel that anger and deal with it before I can let it go. Simply telling myself it doesn't exist and shoving it under the rug, or locking it up in a "mental vault", doesn't fix the problem.

Much like the buzz in a guitar or amplifier or a 60 cycle hum in a vocal microphone in music tracks, those locked up, unresolved feelings continue to degrade our quality of life. We may not sonically hear the buzz or hum in

the music tracks but they are there--and until we get rid of them we will never know how beautiful the music really is! So it is with the box of feelings we think we have securely locked up somewhere in our hearts and minds--those negative thoughts and emotions are right there under the surface creating more unwanted events in our lives.

Maybe Benjamin's character should have been called--"Box of Forgiveness". A "box" where feelings that need to be forgiven, or released, are kept until they are really purged from our lives. Sometimes those old, and I mean really old, feelings of anger, resentment, sorrow and fear can haunt us from childhood. Possibly you, or someone you know, was abused or bullied as a child. Many times the emotional trauma associated with those types of events remain buried deeply down inside--but they are there nonetheless. Simply locking those feelings up in a box, or ignoring them, will not cause the effects to go away!

Purging our minds, souls and hearts of negative feelings, thoughts and emotions is an ongoing process that must be faced and dealt with on a daily basis. Negative childhood experiences may take years to heal--and sometimes we may never be able to totally release the negative emotions we associate with them. BUT--facing them, feeling them and doing our best to let them go is a part of our personal responsibilities to have lives of love, peace, happiness and prosperity and abundance! Have you checked on your "Box of Feelings" recently?

All my best--

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