

It amazes me that no matter how old we are, we always have more to learn. I have been in school metaphorically, all this past week. Just as when I was younger trying to understand algebra, I have been dealing with some things that I just didn't understand. Unfortunately, I never did grasp the need for algebra, but I believe I've finally figured out the answers to questions that have perplexed me for nearly a year.

I am keenly aware of my tendency to be codependent. It can be excruciating to be alone when I don't want to be. Like so many of us, I look to the company of social media to keep me 'entertained', but usually just end up feeling more alone, added to a loss of valuable time, and sleep. I must admit there are some hilarious pictures and crazy people out there!

As I said, I've been dealing with something very hard to accept for quite some time. I finally faced my demon face to face, and for the first time I get it. My need to feel loved and my 'old voices' of not being good enough got the best of me, and I allowed myself to be manipulated by a very unjustified situation, for way too long. We all feel uncomfortable when people don't like us without explanation. Sometimes we are treated in such a way that we don't really deserve, and if you're like me, we want to know why.

Unfortunately, this week I learned the hard lesson that I have been treated unjustly, but it isn't for me to know why. I have to accept what is. I have not been an angel in the behavior department. I react emotionally to certain triggers, and sometimes it feels like I'm having an outer body experience, watching myself behave like a lunatic. But I'm okay with that. I would rather have feelings and express myself, having the ability to love fiercely and be empathetic to others, than to be a stone cold, heartless person.

Sometimes the truth does hurt, but it isn't until we face the truth that we can begin to heal.

I guess that is all I wanted to share this week. I'm processing my new knowledge, asking God to show me how to channel this new understanding of where I have been. Oh, my friends, if you don't have a relationship with God, I don't know how you manage. He has been by my side leading me on, carrying me when I couldn't take one more step, and covering me with his protection when I felt so alone. I have been blessed over and over again by my Lord, not because I deserve any of it. Simply because I have placed my life in his hands, and he loves me, just as I am. I hope you find him if you haven't already.

