

Melt away toxic feelings with The Anger Diet, (30 Days To Stress Free Living.)

<http://www.theangerdiet.com>

Dr Shoshanna, psychologist, speaker and relationship expert on i.village, shows us how to give up one form of anger a day and replace it with a healthy, constructive antidote. Find out how anger works, the 24 forms of anger, what to do when you're the subject of anger and much more. Dr. Shohsanna is author of many books, including Zen Miracles (Finding Peace In An Insane World), Wiley, Zen and the Art of Falling in Love (Simon and Schuster), Save Your Relationship (21 Laws of Successful Relationships), Living By Zen, (Timeless Truths For Everyday Life) Her personal website is

<http://www.brendashoshanna.com> , and she can be reached at topspeaker@yahoo.com

How To Get Rid Of Your Enemies Easily

Dr. Brenda Shoshanna

We all think the enemy is somewhere out there. We feel there is some person, force, illness, nation that wishes us ill and is out to harm us in some way. Many people's lives center around protecting themselves from their enemies, devising strategies to beat them, or at the very least to keep them at bay. Rather than living a life based upon a vision of what they want, they focus on ways of defending themselves and being safe. Even when they think they are winning over their enemies, they are losing a life of freedom, health and good will.

Common sense tells us we must fight our enemies. The peace in our lives and the lives of others is shattered because of this strong belief. Enemies consume time, attention, resources, well- being and happiness in life itself. And the odd thing about enemies is that even when we defeat one, ten more seem to immediately appear. There's a better way to deal with enemies, it's easy, safe and completely sure.

How To Get Rid Of Enemies Easily

The smartest, simplest and easiest way to get rid of your enemy is to turn him/her into a friend. It actually takes only a moment to do this. Stop for a moment and ask yourself, who decided this person or situation is my enemy? You did. Now you can turn that decision around and decide the person is a friend. You can decide to become a friend to that person, (or to that situation or condition). You can decide simply to stop fighting and to respond with kindness and care. You can choose to see other aspects of that person, which are not in opposition to you. Once you step out of the dance they are doing, how can they hurt you?

The True Enemy In Your Life

The next step, if you were ready, would be to take a deep breath and realize where the true enemy is hiding. What exactly is it that is keeping you in constant turmoil?

This is the moment to realize that your true enemy is within. It is your very own hatred, anger, fear and upset. The true enemy is the propensity we have for projecting our anger and fear outside into the world, for pinning it on people and situations and then battling with them. Until we stop this, more and more enemies will keep appearing. Ultimately, they are the creations of our own mind and heart.

The shadow, according to Robert Bly, is darkness within ourselves that we cannot accept, that we then project onto a person outside of ourselves. When we "eat the shadow", we re-absorb the projection, realize that the darkness we see in them, is in ourselves.

It is extremely disempowering to project your darkness upon someone else. It gives the other person power over you. You fear they can harm you, worry that they are dangerous, possibly, the stronger one. It is far more empowering to be willing to feel and face what is going on within. From there it is only a step to be able to see your common humanity and needs, and find solutions to the conflicts between you.

Below are some steps to take, to live a life free of enemies. Try them and see how easy and enjoyable they really are.

Step 1: Make Friends With Your Enemy

Allow yourself a moment of willingness to consider the possibility that your enemy is not that different from you. Your enemy wants the same things in life and is, most likely, just as afraid of you as you are of them.

Say to yourself - "Like me, my enemy wants to be happy and safe. Like me, me, my enemy has suffered and wants to be free of pain. Like me, my enemy is lonely. Like me, my enemy will one day face loss and death."

Step 2: Who Is Your Enemy

A) Make a list of those people (or situations) you feel are your enemies. (You may be astonished to note that even those you love are fearful to you).

Write down three valuable qualities this enemy has.

C) Write down three ways you have gained from knowing them.

D) Write down what is needed for you to see them as a friend.

Step 3: Eating The Shadow

A) Upon whom have you projected most negativity?

B) What about this person is so unacceptable?

C) Can you see these qualities in yourself as well?

D) For just a moment, can you accept these qualities in yourself? (This doesn't mean act upon them, just accept them for what they are now).

Step 4: Reclaiming Your Power

Reclaim your power. See that which is mutual between you and your enemy, see how you are alike.

A) Offer your enemy the gift of respect.

B) Offer your enemy the gift of really listening and knowing them.

C) Stop judging your enemy. Let them be who they are.

D) Give your enemy what they want and need. Just one time.

E) Do it again now.

F) Notice how wonderful it feels.

Step 5 Where Is The Enemy Now?

A) Write down the differences between you and your enemy

B) Write down the similarities.

C) Take time to notice how it feels to live in a world of friends?

(This article is based upon The Anger Diet (30 days to Stress Free Living, by Dr Shoshanna).