

Dusted Off and Ready

A Book About Making Life Great

Part 1

Pages 1-15

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Second edition

Disclaimer: While many studies show that kindness and understanding lead to a stronger sense of well-being and the potential for better success in life, the author of this book is not a healthCare professional and is not offering professional advice. This book is designed to help open up our thinking regarding community, kindness, and acceptance of ourselves and others; offering an opportunity to look at life from many different angles, while gaining new and positive perspectives. To learn more about the author and their experience, please visit dustedoffandready.com

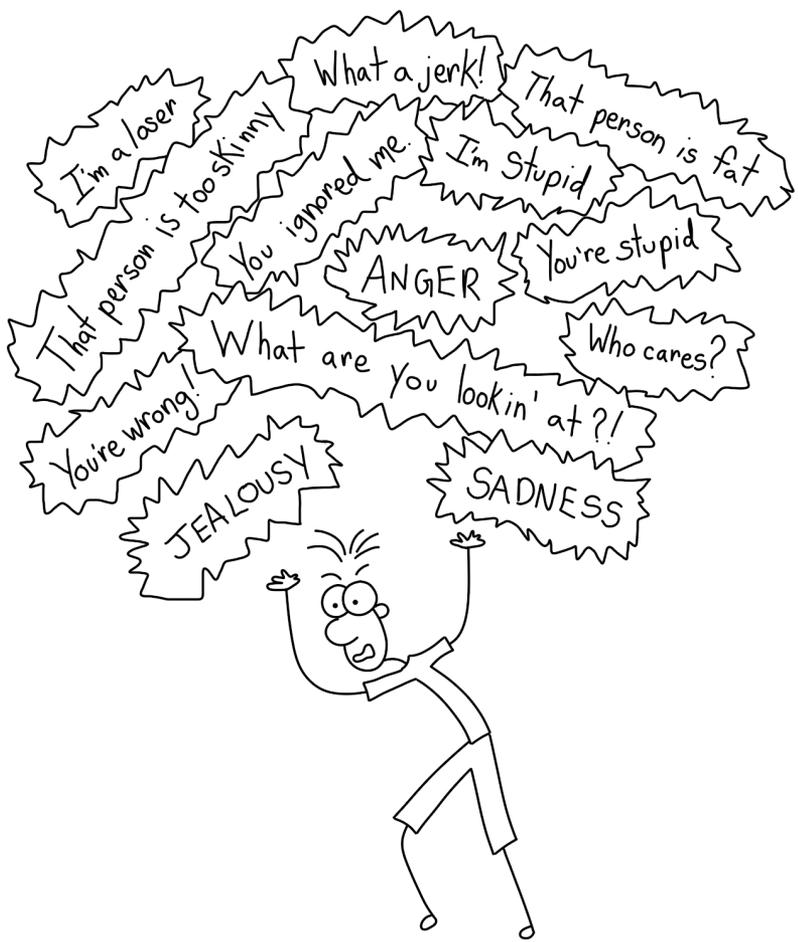
Sometimes life is good.

Sometimes the sun is shining, the birds are singing,
and a warm breeze is gently blowing by. Sometimes we
feel light and happy and full of laughter...

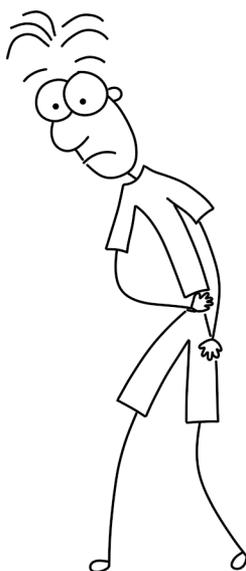


...and sometimes we don't.

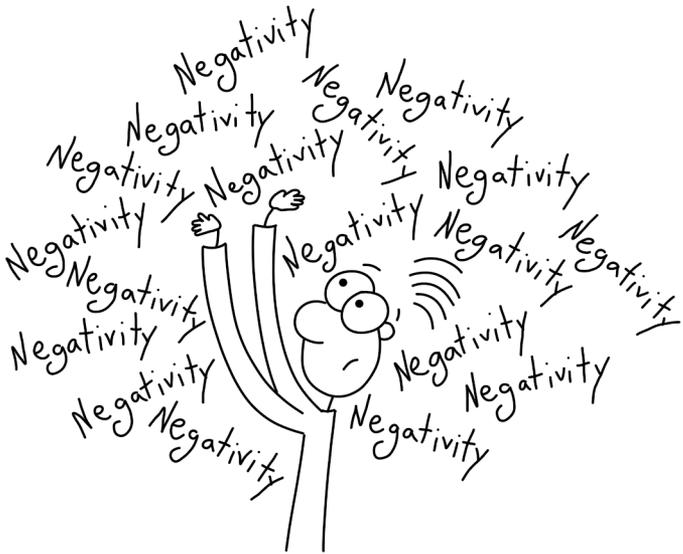
Sometimes in life, we can become so weighed down by our own thoughts (or sadness, or anger, or judgments, or jealousy) that we can actually become blocked. Blocked from the things that could make us happy, and blocked from the ability to make others happy.



Sometimes this clutter in our minds and hearts can even make our bodies feel terrible. We can feel heavy, or sick, or just plain gross.



Sometimes these feelings are just on the surface and we are only blocked a little, and sometimes they go very deep and we really need to come up for air.

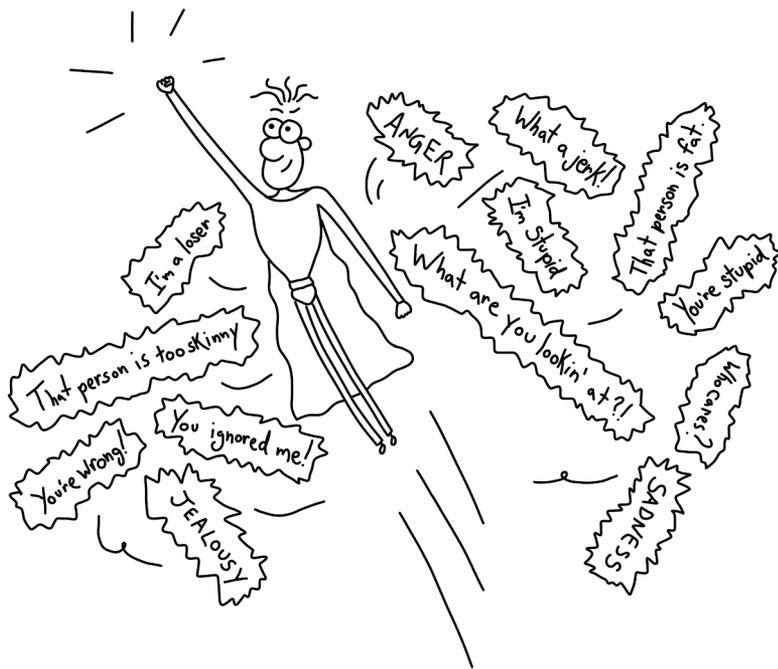


So what if we could just fix everything, and change those negative feelings into positive ones simply by wanting to?



Perhaps we are the ones feeling judged or hurt, or perhaps we are the ones causing some problems or doing the judging... or maybe a little bit of both. Whatever the case, there is a way to free ourselves.

Understanding Freedom
Forgiveness Kindness Friendship
Acceptance Happiness Compassion
love Patience

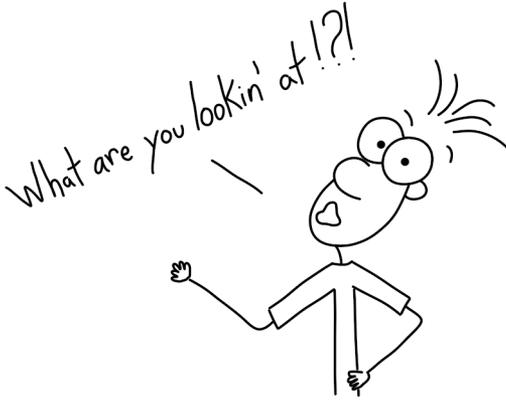


We're going to bust through all of the junk in order to reach all of the good that is just waiting to get in. We're going to get there so we can breathe in all of the life and love that will revitalize us, refresh us, and fill us with happiness and real strength.

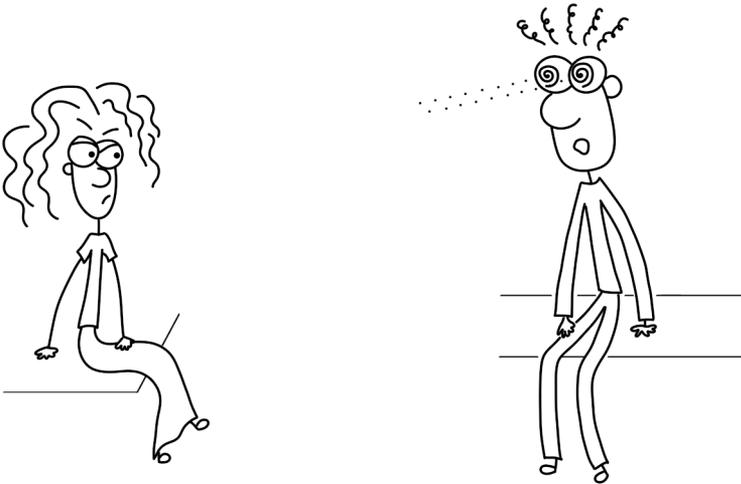
You can even try it now. Breathe it in.



Now in order to accomplish this huge task of pushing away negative junk, we're going to have to do some looking, and a little bit of work... so let's start small.



Have you ever gotten upset simply because someone was looking at you? Weird, I know... but it happens. Let's think about this one, and all of its possibilities.



Maybe the person looking at you is completely lost in thought and doesn't even realize they're staring at you. Ever spaced out like that before?

Maybe they think they know you, or you look so much like their second-cousin-once-removed that they're freaking out about it.

Maybe they think you're cute or they just want to talk.

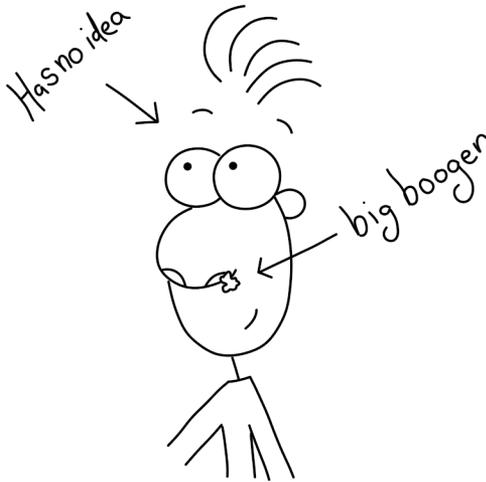
Maybe they're actually a little creepy, and you should just look away.



It could be that they are purposely trying to intimidate you because it will make them feel stronger. Well, clearly that's their issue, not yours.

Maybe you accidentally stepped on their foot and they're waiting for an apology.

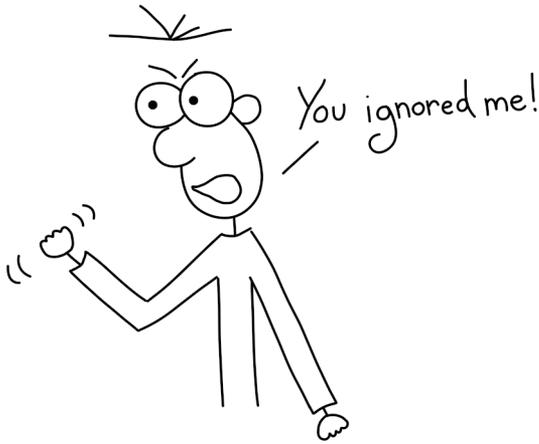
...or you have a big booger in your nose and they're trying to get up the courage to tell you.



Whatever the case, this is nothing. This is an easy one to let go of.

They looked at you. They didn't swallow your soul.

Moving along...



Okay, so this one is very annoying and might be a little harder to look past. No one likes to feel displaced or pushed aside. We all have that instinct to want to be first, and best, and to be paid attention to.

But sometimes people do things like copy things we say and act like they came up with them (not cool), or ignore our opinions like we're not even there (also not cool), or even sit where we wanted to sit at lunch. Maybe this last one isn't such a big deal, but all of these things have the ability to give us bulgy eyes and pumped up heart rates.

So let me tell you
about this great idea
I came up with...



So I think the question to ask yourself here, would have to be, "Is it worth it? ...is it really worth the angry or jealous feelings that are building up inside of me?"

Probably not. Here's why...

Something we don't usually think about is that WE are the ones who are most affected by our own anger. It's our own sense of peace that's getting messed with. And a mistake that many of us make is to think that we can make ourselves feel better by lashing out and making others feel bad too. The problem here is that the anger doesn't actually leave us. In fact, it tends to grow into a weird kind of evil satisfaction gained from causing someone else hurt... and who wants THAT living inside them? Not me.

We all deserve to feel peaceful inside. And although we have the right to get upset about stuff, we also have the ability to get through the raging emotions in a way that helps us feel right. And that IS worth it.

Count. Breathe. Think.



Jealousy and anger are just the worst. They eat up your insides like nothing else can. So if you want to feel right inside (which of course you do) then maybe letting go of some of these things, or solving them in a peaceful way, is what's best for YOU.

Can you find another way to make things okay?

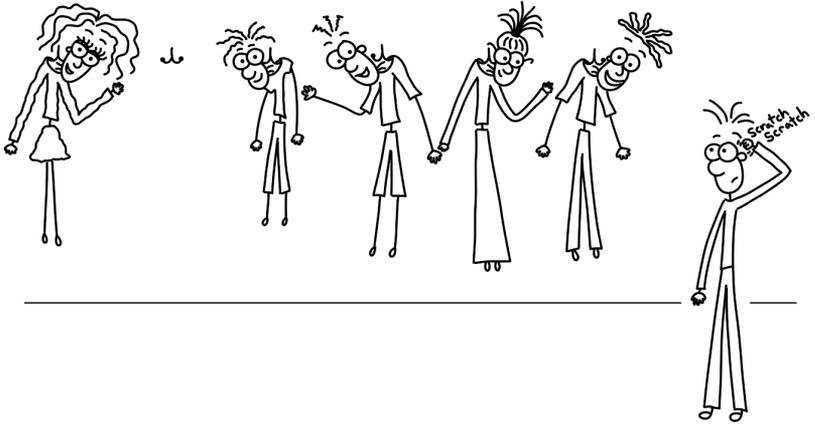


This attitude of moving on or looking at our options might even help with friendships.

Friendships are forever changing.

Sometimes the changes flow right in and things keep going along fine. Sometimes the changes make things a little trickier, and both people have to make an effort to keep the friendship strong. And sometimes changes happen, choices are made, and things just don't work out. It's really hard to go through something like that, and it happens all the time. In this case, sometimes the only thing to do is to move on.

It really should be okay eventually though, because there are a lot of great people out there who are just hangin' around, waiting for a friend to come along.



Now I'm not trying to say that we should allow ourselves to be stepped on, or that we should stop aiming for the things we want... but at the same time, it is okay to breathe, and think, and to let go of some things.

You can always talk to people about why you were frustrated (without lecturing). There's a chance they will listen. Of course, there's also a chance they'll say "who cares?" or something else rude, so that will be our next thing to tackle.