**Freedom from Bondage**

 Her mother was the subject of her biggest resentment. She had nurtured it since she was 25 years old. She blamed her mother for her lack of education, marital failures, personal failures, and inadequacy. She had forgiven many people who had hurt her, but she believed her mother had abandoned her and crippled her ability to trust others. She could not get past this betrayal.

But now, many years later, she realized that if she were to be free of her self-pity anger toward her mother, she had to let go of the past. How?

In her prayers one morning, she asked God to point out to her some way to be free of this resentment. Then, during the day, a friend of hers brought her some magazines to take to a hospital group she was interested in. She looked through them and a banner across one article caught her attention with the word “resentment”.

It said, in effect: “if you have a resentment you want to be free of, if you will pray for the person or the thing that you resent, you will be free. If you will ask in prayer for everything you want for yourself to be given to them, you will be free. Ask for their health, their prosperity, their happiness, and you will be free. Even when you don’t really want it for them and your prayers are only words and you don’t mean it, go ahead and do it anyway. Do it every day for two weeks and you will find you have come to mean it and to want it for them, and you will realize that where you use to feel bitterness and resentment and hatred, you now feel compassion, understanding, and love.”

It worked for her then, and many times since. Sometimes she has to ask first for the willingness, but it too always comes. It is said that, “the only real freedom a human being can ever know is doing what you ought to do because you want to do it.”

Adapted from Alcoholics Anonymous, p. 552.