

Article 121: Ghost Enemies.

If you haven't read Article 119, Sweat the Little Things, or if it is not clear in your mind, read that Article before continuing.

Most of the people we help and guide with Forever Living are constantly struggling against "ghost enemies" in their lives; ...in what ways are you doing the same? Where there is a "definite enemy" to struggle against or a "specific problem" to resolve, it's easy to see things clearly, remedy your difficulties, and guide you to live the life of happiness and wellbeing you desire, ...but with "ghost enemies" and problems, it's impossible even to know what's wrong, ...much less know what to do. For instance, if you have "vague feelings" of being victimized and possibly overwhelmed by individuals or situations in your life, you will either succumb to life and events ...or constantly fight against them. As a child, you may have had a domineering, abusive, or neglectful parent ...or a threatening environment to struggle against and protect yourself from. Whatever you believe was the "original cause" of today's problems and difficulties, that "cause" is long gone, ...but, like so many others, your attempts to control and manipulate individuals and events today indicate the ghost enemies from the past which you are still struggling against, ...and there is nothing you or anyone else can do about those ghost enemies from the past, for they are no longer real or even available to confront.

Many, many people have died in their desperate conflicts against of such ghost enemies ...while others have seen their desires and dreams fade and die, and still others fight on ...trying to control and manipulate these ghost enemies, such that, now, it is impossible to even speak of what they truly desire or dream of, simply because, in one form or another, their whole life, meaning, and purpose is dedicated to controlling or staving off ghost enemies.

We were speaking of these thing to a woman recently who had a domineering father, who was raised in an oriental environment of female submissiveness and service, and who rebelled against these things at an early age, ...but now, after twenty years away from home, she is still struggling and controlling, ...only now, she doesn't have her father, the environment, or her oriental teachings to blame and fight against, ...but she has many ghost enemies from the past.

Over the past twenty years, she had become a massage therapist, studied and offered Chinese medical treatments, and learned martial arts. Do you see that massage maintained her beliefs about manipulative skills, Chinese medicine developed her feeling that she must control enemies ...such as the "causes" of diseases, and martial arts taught her attitudes of self-defense ...and how to quickly dispatch her adversaries. In other words, she spent twenty years developing skills to fight against old enemies in her life, but since those particular enemies had long-faded from view, and from her life, she created substitutes to fight against, ...and of course these

substitutes were found everywhere. After pointing out that she was struggling against ghost enemies of the past, this woman said:

Okay, I see that ...I think, ...so what'm I supposed to do? I don't live at home and my father died last year, so those "real enemies", as I saw them as a child, are gone and I can't confront them, ...but I'm constantly struggling to control those "ghost enemies" you talk about. And that's probably why I don't have a decent relationship, ...isn't it? ...because, underneath, I treat my partner as a threatening ghost enemy I must control. How can I ever solve this problem? ...for control seems to control my life, ...and I don't even know I'm doing it.

Well, since there are no "real enemies" that can be dealt with ...and "ghost enemies" are too vague and elusive to deal with, you must change your habit of manipulating and controlling individuals and events.

And how'm I supposed to do that? Sure, I try to control things in my life, ...doesn't everyone? ...besides, that's not really so bad.

Okay, ...the first step is to stop justifying your controlling attitudes, words, and actions.

But I don't plan to control, it just happens!

The second step is to accept that, **just maybe**, things don't just happen to you, ...but you create those things in your life.

Soo, you're saying that the people in the WTC created the terrorist attack! ...and I just don't buy that!

"Create" was a poor choice of word, ...will you accept that events merely reveal the self and life you are living?

Well, that's certainly better! ...so, okay, ...now what?

If you are living a life of "need to control", then events, you feel need to be controlled, will constantly occur ...to reveal your beliefs, thoughts, attitudes, emotions, words, and actions concerning your need to control.

That's a bit wordy ...but it sounds reasonable, so what do I do? My controlling is as natural ...and maybe as necessary for me as breathing, ...what'm I supposed to do?

Controlling may "seem" natural ...but it's certainly not necessary, ...and not making yourself a victim to your own feelings and controlling actions would be a good beginning for creating a new self and life.

Okay! ...so then what? What should I do?

Whenever you are about to manipulate or control an individual or situation, or even if you're in the middle of doing that, stop and say, "I'm sorry" ...and move on with your life.

Who do I say that to? ...and why?

If you're controlling an individual, say it to that person. If it's an event, another driver, or a situation, say it to yourself. Actually, in either situation, whether you are speaking to a person or situation, you're saying it to yourself...

And to all of my ghost enemies, ...right? I have a feeling I'll be saying that a lot.

And that will show you how frequently you judge and try to manipulate and control others and events, ...and it will give you something to do ...other than justifying your judgments and actions ...so you can, in each situation, direct yourself to living as you desire ...instead of judging and reacting against ghost enemies dressed up in today's clothes.

Sounds too simple! Why didn't anyone think of this before?

People frequently declare that "good and evil do not exist", but they don't really believe it! Almost anyone believes in good and evil, so they aren't really directing you to end your judgments and controlling actions, ...they want you to make "good" judgments and control what is "bad"...

But ...that's stupid! Ohh, I'm sorry.

And with that, a new and desirable self and life is beginning!