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**The Skeletons in our Closet**

**By David Nelmes**

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You get what you ask for. You really do get what you asked for...problem is, we often have no idea what it is that we were really asking for and so when we get it, we are often confused, upset and quite miserable.

I remember specific moments long ago when I would draw close to God and within a short period of time, everything seemed to be against me. More problems appeared to arise than to go away. More arguments occurred and I could only imagine, at that time, that it was the devil trying to put a wedge between myself and God. I would fight to some degree, but sooner or later, I would fail and feel condemned and guilty and I would eventually distance myself from God. Having done that...things often improved...to some degree at least.

The thing that always upset me was how God could let such bad things occur when I was trying so hard to improve my life. I could only imagine a Zeus-like God, enjoying himself as I battled with the impossible wagers he and satan had made with my life. I could only imagine that the Old Testament version of an angry, jealous, bitter and vengeful God was true. Where was Jesus anyway? I kind of thought his purpose was to put God in a half-nelson for a few thousand years so that God would stop being so cruel to the people on earth.

Have you been in that place where you feel hopeless after having cried out? Have you quit trying some time afterwards because things appeared too difficult to pursue? Are you tired of not getting past your problems? Would you like to actually succeed at improving your life?

When you ask God to intervene in your life, consider first the truth in that you really don't have to ask. He already wants so much to be invited into your life and he's not waiting to be asked...he's waiting to be allowed. Your free will brings him in or moves him out. By asking, you are really just opening yourself and inviting him in. The act of asking is really more an action of you dropping the barriers that are keeping him out.

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The problem with our requests is that we are not seeing things clearly enough in this world to know what the best things to ask for are. It's like we are driving down a wintery highway at night, window all covered with ice, and the snow is falling fast and furious. The fear of this experience can grip our hearts and make the trip a terrible one. This is how our lives really are. We are totally blinded about what is really around us and we are only seeing a few inches ahead at any time, and even then, it's foggy, stormy and very fearful.

On the other hand, God is above the storm and the Holy Spirit sees things exactly as they are and he knows exactly what thing is best to occur to get you through the storm. His role is to do everything and anything that will draw you towards the light. He knows your heart, he knows what you are capable of and he knows exactly how to help you.

The first step to receiving real help is in surrendering the concept that you can somehow do this on your own, or that there is something you must do to fix it. The greatest of all things is to just be willing to change. Be willing to let God heal your mind so that you will see and experience things differently than you had before.

Having opened your heart to God and having asked for his help, the first thing he must do...before anything else can occur...is to pull out all the skeletons from your closet. In other words, he can't help you with finances if there is greed in your life...he can't help your body to be healed while you have hate or unforgiveness in your heart...he can't help you find the perfect companion in life while you are not honest with yourself. All these things, and thousands more, are blocking what you really need from God, so before he can answer the request you have made, he will bring circumstances into your life where the ugliest parts of you are exposed and/or brought into your awareness.

You may feel as though everything is going wrong...as though all is against you and that God has somehow become upset with you, but none of this is true to even the smallest degree. These circumstances are opportunities for change. There are cycles in our lives where we make the same mistakes over and over again. The sole purpose of these cycles is so we can eventually choose to react differently and make a better choice. These cycles are blessings of opportunity and when you choose differently...when you say "no" to something you've said yes to for years...when you choose not to shout back at somebody...when you see your fellow man as equals...when you share kindness and love where you shared anger before...when these things occur...you can be sure that you are on the road to real healing.

Whenever you break a cycle, a part of your mind is healed. The mind, or essence of your spirit, is the real you, not the body. The body, being just a projection of the mind, will change as the mind is healed. As with the crucifixion of Christ, he showed that the body can be destroyed, but not the spirit...and he showed that the spirit can even heal and bring back the body. With every healing, you become more loving, more peaceful, more patient, more wise and more joyful than you were before. With each cycle you break, your awareness of the world around you becomes clearer and you are less likely to start new cycles that are not good for you. Eventually, without angels descending...without thunder and without burning bushes, you will realize that your original request didn't matter at all because it wasn't the problem. The only problem was the distance that had grown between yourself and God.

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You really never have to ask. Seek God first in all things spiritual and all the physical things of this world will work out perfectly for you. When you stop trying to do things to make change, you'll learn that all change comes from being. The things you do will change as you be more loving and as you be more patient...so focus on what God would have you be and then do whatever feels best.

Still feel like asking God for help? He's not looking to trip you. He's not seeking to hurt you. He's looking to provide you with the exact situations and circumstances necessary to draw you closer to him and improve every area of your life. The more open you become to him, the less likely it is that your life situations will have to be as dramatic to get your attention. So it's in everyones best interests to be as open as possible at all times, because life just becomes much more pleasant and happy.

All things work together for good, because we all love the Lord...and even if you don't know it of yourself, he does.

\*Compliments of:

David Nelmes provides opportunities for those around him to see things from perspectives they had not considered before. His desire is for himself and all men to pursue truth and be open and willing to see what God would have us see. His influences consist of being truly open and applying the truths in both "The Bible" and "A Course In Miracles". See more at: –

### **What's In Your Closet?**

**By Arleen M. Kaptur**

#### **What's In Your Closet? by Arleen M. Kaptur**

Skeletons in the closet – we all have them and many of us desperately try to push them further into the dark realms of some tiny room set aside for storage and unused items that are no longer necessary, or that we are not ready to throw away. There they hang – ready to jump out at any unsuspecting person who opens the door and dares to peek in. Hanging around is what they do best, but really, they have no other purpose. You have to feel sorry for them. They are lonely, unwanted, and very unpopular.

There isn't a person in the entire universe that doesn't have a skeleton or two that they wish would just go away. These collections of loose bones just stay there – we know they're there but we don't want anyone else to know. So, what do you do with these skeletons? They take up precious room and they are of no use. You certainly can't use them as a decorative accent in your life because they are a reminder of some previous error, omission, or just downright mistake. You are not proud of them, but you just can't bear to dispose of them either.

The best thing to do for both you and the skeletons are to take them out of the closet, set them in a chair right next to you and face each other. When you can do that, begin to dismantle them bone by bone and throw them away. You will then be on the road to feeling better about yourself and the world around you. Skeletons will never be a part of today or the future. They are definitely relegated to be

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"the past." They have no worthwhile function except to get heavier and heavier with each passing day. These "bags of bones" will never get any better looking, and they surely will never make you proud. Until you can haul them out of those closets, benefit from the experience and lessons they did help you learn, dispose of them as quickly as you can. Don't look back, and by all means, don't feel sorry for them as they go to the refuse pile to be carted away forever. They are not a part of you as you are today. They were created by a today that turned into a yesterday. The bridge to tomorrow will never be available to them but you can most assuredly cross it whenever you please.

Skeletons in the closet should be removed and discarded. At some point, they may attempt to sneak back into your closet, but remain firm. If you don't allow them access, the only move left for them is to return to the depths of long ago and stay there. Each morning brings light, adventure, opportunities, and change. Today is not going to allow yesterday to hang on, unless someone ties them together purposely. Also, remember, that tomorrow won't arrive until we undo these ties and handle them with the gloves of cold, hard facts. They were, and therefore they are not today!

Open your closets and begin cleaning them out. The skeletons that you have tended to all these times are just dust collectors. They are not alive, but you are. You give them their strength and their endurance and only you can take it back. Closets are places to keep assorted items, and skeletons are definitely not one of them.

ENJOY!

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Arleen Kaptur has written numerous articles, cookbooks, motivational booklets, and the novel:  
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