

# Waves of Grace

## Everlasting Healing

“...depend on the world of God”

For reel change go here

[www.gracethemovie.us](http://www.gracethemovie.us)

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### **Fear leads to Anger Anger leads to Hatred Hatred leads to Suffering**

You cannot replay the negative constantly in your life. Let me re-state that. You can replay the negative in your life, constantly. However you have to realize that it will get you nowhere. So if you really want healing and movement forward you have to work on ridding the fear in your life.

Fear stops us in our tracks. It keeps us from turning that next corner. Fear keeps us from sharing. Not sharing bottles up emotions and feelings and keeps us down. Soon that fear can turn to anger. We then project that onto others, but we own it.

Eventually that constant hatred leads to suffering. We don't like suffering. So we turn to anything that will suppress those feelings. Many times that is alcohol, drugs, or any of the other countless deterrents to suffering we can get our hands on.

Essentially the idea is we suffer so greatly that we hit bottom. We pray the chain reverses and, hopefully, we climb back to some sense of normalcy where fear no longer controls us. THAT can be a long and arduous journey. THAT is what we hope for.

If we can just put one foot in front of the other and not look ahead at the mountain ahead of us we can work our way back to love, clarity and the heart of what we once were – and can be again.

You may find yourself on this very path, a mountain staring at you from the distance. You cannot fathom how you will ever be able to climb it when you reach it. But the truth is it may not be yours to climb. Your path may veer to one side or the other. We sometimes fear what we believe will defeat us. Much of that fear is created in our mind. Only by expressing it in the open and facing it head on will we be able to free ourselves from the internal

anger, resentment and suffering that binds us. It won't go away on its own.

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The theme of this writing is a reflection of the life of Gracie in the powerful film **GRACE**. Gracie is addicted, primarily, to her own story. Yes she is an alcoholic but through her story we find that her path, her mountain to climb, her fear is based on her past relationship with her mother. The fear being she grew up not having her around to love and support her. Anger and resentment grew because of that. It all eventually led to her suffering. It took love, help, understanding, and courage for her to climb back. If you are, or you know someone who is, suffering right now, this movie is a gift that may be the stimulus needed to take the first step on the path to recovery. Watch the trailer at [www.gracethemovie.us](http://www.gracethemovie.us) and see what **GRACE** can do for you.