

**Tararina Helen**

**Taking offence at men and women's health**

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The book that you hold in your hands is addressed to consulting psychologists, social teachers, broad-spectrum specialists in pedagogical and auxiliary professions, students. The manual is quintessence of 10-years-old author's experience of Applied Psychology and training on such feeling as offence. The described examples were got in the course of training and consultations on the basis of *Art-therapy East Ukrainian association* creative laboratory (cxid - art.org.ua).

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## **About an author**

Helen Tararina is one of the most titled art-theraputists of Ukraine, a business-trainer, a certificated teaching art-therapeutist, the President of *Art-Therapy East Ukrainian Association*, an organizer of *Life Like a Miracle* – the International festival of personality development and *LADA-FEST* – the International female festival, a consulting psychologist of the highest category of *New Generation* school-gymnasium, a candidate of pedagogical science.

## *Taking offence at men and women's health*

The book that you hold in your hands is addressed to consulting psychologists, social teachers, broad-spectrum specialists in pedagogical and auxiliary professions, students. The manual is quintessence of 10-years-old author's experience of Applied Psychology and training on such feeling as offence. The described examples were got in the course of training and consultations on the basis of *Art-Therapy East Ukrainian Association* creative laboratory (cxid - art.org.ua).

The author thanks her father, husband and son officially for the endless understanding, support, invaluable experience of interaction in the process of study and description of offences.

*Offences are burning embers that we hold in our hands and wait for a right moment to throw them at an offender.*

This book invites to go in search of sources of wonderful, magical and such familiar feeling of OFFENCE.

“I've hidden! Go away! How could you treat me badly?” They are similar words. And the person is filling with many footless expectations, when he is in a state of offence.

It would be interesting to know if the state of offence is harmful to a person? Or is it healthy? This book invites you to research this state in order to know what role offence plays in our life, what types of touchy people, varieties of offences and manners of taking offence were described in science, how the state of taking offence affects person's health and relationship. Why does offence arise in home life, what important function of offence is in the relationship between a mother and a child, a man and a woman, an individual and society? And what is

more, the book will help you to understand how the state of offence affects spiritual development.

Offence is coeval with mankind. Is there any secondary use of this state, however? No inventions of technical progress were able to keep a person out of offending and taking offence. So, maybe, is there any use of offence? It is possible the answer to this question is in some other sphere – in the sphere of our spiritual ego.

This book will help to answer to this and other questions, to take a different view of offence, to form your own particular ecological space of offence perception without prejudice to psychological health.

*Competent cooperation with the state of offence is one of the necessary conditions of your personal efficiency*

It is very difficult to be successful and happy, if you are not capable of safe and easy experience those difficult periods and situations that happen in life.

The first questions that will help us in advance on the topic of offence are as follows, “When you hear a word ‘offence’, how many subjects are participating in this process, in your opinion? What the first number has leaped to your mind?”

Mark this your first-ever intuitive answer, because you will answer this question again at the end of the book.

Do a simple exercise for a clear-eyed understanding what offence is. Take a sheet of paper and a pen, write a word “OFFENCE” in large letters and imagine that it is an abbreviation. Please, give the abbreviation expansion. Well, as the USA, BBC, EU, etc. Write the meaning of each letter.

**These are the most frequent answers of the participants of *Offence and Person's Spiritual Health Seminar*:**

**“O”**– objection, opposition, outrage, etc. As a rule the words that are somehow connected with the display of motion are presented here. The reason of it is that a person in a state of offence is often on the move: internal (self-flagellation) or external (condemnation of other people).

**“F”** – feeling, fury, frenzy, etc. For the most part the words with this letter describe the painful states of soul and the body. Such positive words, as for example *feeling*, are uncommon. One of the most important aims of this book is to teach a person to perceive offence as experience that leads to the development and understanding of necessary *feeling* – to be thankful.

**“F”** – fear, frustration, fury, feud, etc. Notice that there is the growth of feelings and emotions in the process of the following abbreviation expansion.

**“E”** – expression, embarrassment, evil, excitability, evolution, etc. The participants often associate this letter with different aspects of cooperation.

**“N”** – nerves, naughtiness, normality, etc. The process of offence perception is getting deeper here.

**“C”** – conflict, cause, confusion, coldness, craze, contempt, concern, etc. The state of offence is really inseparably linked with expressions of emotion – external or internal. A person is always filled with energy. What kind of energy – destroying or creating – a person is filled with? We must examine carefully this question.

**“E”** – embarrassment, eliminating, emotion, enmity, endowment, etc. As a rule the participants of the seminars often associate this letter with the words that are largely the reason of offence. Look, what word was written by you.

So, the actual understanding of offence was made by an associative method of matching words. Thus, we are in tune with the vector of our consciousness. And what is more, our unconscious is in tune with perception of offence and new visions of it.

### *The concept of offence in the different fields of knowledge*

There are some definitions of the state of offence in the different social aspects. So, offence is named the primitive form of other person's education in pedagogics, namely in education (education is the realized management by person's development). So, when we take offence at other person, we teach him, because we have no instruments of education. Or offence is the easiest method for an educator.

The concept of offence is considered as a regulation method of relationship between people in social psychology. So, by means of the state of offence people can preserve their boundaries, observe subordination, sustain authority, announce the needs, etc.

But the most interesting interpretation of the state of offence is from our point of view its definition in religion. What is the main destiny of a man on earth, from the point of view of faith? To love God, to adopt, to love others, himself and the life. Consequently, the main destiny of a man is to give love to the world. It means that the state of offence is a CONSCIOUS INHIBITION of LOVE to OTHER PERSON. This is breaking off love, inward decision-making (I can deprive you of love for your action). It was like a tap that was suddenly cut off the water. What happened to the tap? It became rusty. Imagine that every offence is turning a little tap in your soul and its rusting. Is there a lot of such taps? Firstly, these rusty taps are not visible, but as soon as you begin to communicate with a man, you feel that something is wrong

with him. People with many rusty taps are recognizable by lowered shoulders, lacklustre eyes, complaints about himself and others, frequent censure. There is an enormous amount of love in each person, and we can give it. We turn the taps, but love is there, anyway, and it does not stop to be in us and begins to circulate inside a person, only for him. People develop egoism, self-admiration and vainglory in this way.

The religious often give such example, "There are many patients in the hospital. Does nobody denounce somebody's actions there?" Offence is the same, but it is a spiritual illness. A resentful person does not feel that he is "nothing", but he often feels that he is "SOMETHING". The more human ego is, the more a person is disposed to the state of offence. A certain turbulence zone appears inside a resentful person; it unbalances him. His mind isn't precise and his heart isn't peaceful too. The state of offence is often accompanied by the situation of "messing up everything" – a person understands his rash action and its tragic effect. Offence is often closely associated with illnesses, it causes lowering of person's general energy and our protective field becomes weak and vulnerable. Popular wisdom says, "Offence is like drinking poison and waiting for the other person to die". Offence brings pain to the person, and pain is the lack of love.

### ***A Cherokee Parable***

#### ***Two Wolves***

*An old Cherokee is teaching his grandson about life. "A fight is going on inside me," he said to the boy.*

*"It is a terrible fight and it is between two wolves. One is evil - he is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego." He continued, "The other is good - he is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith.*



*The same fight is going on inside you - and inside every other person, too."*

*The grandson thought about it for a minute and then asked his grandfather, "Which wolf will win?"*

*The old Cherokee simply replied, "The one you feed."*

Is there an immunization against offence? In our opinion, YES, it is. And this immunization is expressed in a very unusual state. This is *reverse-acting* state. If you think that someone gave short something, give it or something like this to the offender; if you think that you are lacking in something, go and give it to the offender or other people. The only method to get love, attention, caring, comfort, money that supposedly were taken away undeservedly is to begin to give it to other people. **There is no distinction between "to give" and "to get" in human soul. The soul only feels that this state fills us.**

Offence is considered as footless expectations concerning other people's actions and situations in psychology. Offence is manipulating sense that a man grows into his soul in order to influence other people by it. People often take offence to feel superiority over other man, to get his hooks into a sense of guilt. This superiority becomes apparent, when we want to protect a sense of own rightness. Offence is considered as the broken expectation by EFilonova. What are expectations? . They are our conscious or unconscious requirements for reality of our own invention. When this image is ruined, we take offence. An other man isn't under our control. We can not control his behavior to meet our expectations, but we are always able to manage own expectations. Offence is considered as the subjective emotional experience of injustice by L. Orlova and I. Shipilova; it being known that a person gives himself a role of victim in this emotional experience of injustice.

*Do not wait a rain, that gives moisture to the seeds of your intention, become a rain...*

*The conscious person does not wait "magic" moments, he creates them from everyday life...*

(Amata Sarva from *The Revelation of my heavenly hearts*)

The fundamental formula of ecological (harmless to psychological health) expectations is as follows, "Let it or something better will come into my life harmoniously and bring the highest good to those who are concerned in". Simply speaking, I will be glad, if it happens, and if it does not happen, I will continue to live and be in gladness.

In family life the state of offence often arises because of divergence of expectations; what is good for one is bad for another. Everybody has an idea about some methods of proof of love. When a person gets them, he understands that he is loved and needed. The proofs of love for HER can be, for example, two calls a day, flowers once a week and symbolic presents. The proofs of love for HIM are the frequent hugging, joint holidays and entertainments. It is important to ask and understand what proofs of love are important for your partner, to keep them in mind and to realize in the life.

The state of offence very often immerses a person in the state of a victim that requires justice infinitely. Albert Einstein said, "Justice is destiny of evil, mercy is destiny of good". Offence can be also considered as a disagreement with what is happening. This is unacceptance, desire to change malice to inability of improving something. All of these feelings are the reasons of many body illnesses.

## *Classification of offence*

There are some types of offence in psychology.

They are everyday offence (at those, who I live with), family offence, scale offence (at a city, at a country), old and recent offence, active and passive offence.

It is important to understand that scale offence (at a country, laws, a city, family, fate, God), as well as other offence, is breaking of connections with a source (a source is considered as something at what a person takes offence). When we take offence, we stop getting support and supply from the main vital systems.

There are some main functions of offence:

- signal ("Look, I feel ill");
- protective ("Help me");
- communicative ("I take offence in the process of communication").

The formula of offence is as follows, "I do not want you to be such a person". It is associated with the formula of an anger, "I do not want you to be" (P. Korobchanskij).

Offence is subjectively always right. But the rightness is not identified by a man, it is objectively. We often think circumstances in our life are unjust. We think that, if the circumstances had been different, the life would had been much better and more comfortable.

One of the spiritual laws of the development is we never see pictures (situations) as a whole. We see only separate parts (puzzles).

### ***Christian Urban Legends***

#### ***Did "Einstein" prove that God exists?***

*A University professor at a well known institution of higher learning challenged his students with this question.*

*"Did God create everything that exists?"*

*A student bravely replied, "Yes he did!"*

*"God created everything?" The professor asked.*

*"Yes sir, he certainly did," the student replied.*

*The professor answered, "If God created everything; then God created evil. And, since evil exists, and according to the principle that our works define who we are, then we can assume God is evil."*

*The student became quiet and did not answer the professor's hypothetical definition. The professor, quite pleased with himself, boasted to the students that he had proven once more that the Christian faith was a myth.*

*Another student raised his hand and said, "May I ask you a question, professor?"*

*"Of course", replied the professor.*

*The student stood up and asked, "Professor, does cold exist?"*

*"What kind of question is this? Of course it exists. Have you never been cold?"*

*The other students snickered at the young man's question.*

*The young man replied, "In fact sir, cold does not exist. According to the laws of physics, what we consider cold is in reality the absence of heat. Every body or object is susceptible to study when it has or transmits energy, and heat is what makes a body or matter have or transmit energy. Absolute zero (-460 F) is the total absence of heat; and all matter becomes inert and incapable of reaction at that temperature. Cold does not exist. We have created this word to describe how we feel if we have no heat."*

*The student continued, "Professor, does darkness exist?"*

*The professor responded, "Of course it does."*

*The student replied, "Once again you are wrong sir, darkness does not exist either. Darkness is in reality the absence of light. Light we can study, but not darkness. In fact, we can use Newton's prism to break white light into many colors and study the various wavelengths of each color."*

*You cannot measure darkness. A simple ray of light can break into a world of darkness and illuminate it. How can you know how dark a certain space is? You measure the amount of light present. Isn't this correct? Darkness is a term used by man to describe what happens when there is no light present."*

*Finally the young man asked the professor, "Sir, does evil exist?"*

*Now uncertain, the professor responded, "Of course, as I have already said. We see it everyday. It is in the daily examples of man's Inhumanity to man. It is in the multitude of crime and violence everywhere in the world. These manifestations are nothing else but evil.*

*To this the student replied, "Evil does not exist, sir, or at least it does not exist unto itself. Evil is simply the absence of God. It is just like darkness and cold, a word that man has created to describe the absence of God. God did not create evil. Evil is the result of what happens when man does not have God's love present in his heart. It's like the cold that comes when there is no heat, or the darkness that comes when there is no light."*

*The professor sat down.*

*The young man's name - Albert Einstein*

### **There are some reasons of our offences:**

1. We have unrealistic expectations from other people, we want an impossible thing.
2. We do not give ourselves and other right to mistake.
3. We interpret erroneously the behavior of other people.

People suffer from what they have lived through more than from what they haven't. Offence for the most part is inhibited, reserved emotions.

There is offence classification according to the force of influence on person's health:

1. Taking offence at himself (it is the strongest and it destroy spiritual and physical health).
2. Taking offence at parents.
3. Taking offence at a husband (a wife).
4. Taking offence at children, etc.

The law is as follows, "The closer by relationship degree a person is to you, the more dangerous taking offence at him is". Relatives are parts of us. Therefore, taking offence at them is taking offence at ourselves.

**People's attitude to the state of offence can be different:**

1. Ousting or suppression. This reaction often causes illnesses of body and soul.
2. Disguise. It is a passive aggression, a reserved anger. It is an active representation as if you are not offended.
3. Gratitude. It always stimulates spiritual development of a person. If you learn to treat an offender with thanks, you will be DOOMED to the development!

Offence is a habit of childhood, we do not understand how it is in our world-view. You must know that offence always has an aim. And this aim is an influence on the feelings and the behavior of other people. As a rule, people who are ignorant of their own wishes and desires take offence frequently, and also some of them do it for no special reason. Taking offence for no special reason shows obvious unhealthy world-view and high-level distrust of the partner. Offence is considered as mental disease by many psychologists.

Are there people who never take offence on earth? If there are such people, they are in the minority. So ability to take offence as an important habit (habitual method of action) is passed on from one generation to another. What is the

mechanism of touchiness forming in the human soul? Do you know, that a tendency to the touchiness is formed under the age of a year and a half? As soon as a child was born, an important adult is with him, and he takes care of a child in a special way. As often as not this adult is a mother. A child grows up and begins to request and demand from the cradle. Mothers usually know what a child wants only by child's sounds and actions. And if they don't understand child's needs, then begin to offer a child the different variants of satisfaction of his needs, for example, she offers to play, to eat, to sleep, etc. A very important child's skill under the age of a year and a half is an ability to demand the needs aloud and it must be formed by mother! Exactly! Aloud! Foolish expectation of adult is the state when the person has imagined something and he really believes and expects that events will be in that way. But it does not happen, because nobody knows exactly what we have imagined and expected. It is important that a child tries to say what he wants by any means, and a mother must encourage this ability. If a mother guesses all desires only by child's gesture, breath, look, groaning, the child's mind begins to form a stereotype of unnecessary to demand the needs aloud. The world in the form of his mother perfectly understands him. Such child grows up, goes to the kindergarten, and EXPECTS the same way of understanding (educators and other children must know and understand his desires without words). It does not happen, and a child begins to take offence actively. By the age of eighteen such person was experienced in the state of offence, because this confirmed habit carries over from his childhood.

It is important to announce your needs to family and friends. Announcing our desires, we form partner's knowing what we expect. There are some variants of his behavior: a partner can hear us and follow our expectations; a partner can partly follow our expectations; a partner can ignore our

expectations. A partner HAS THE RIGHT to choose any of these strategies. If both partners are interested in the development of their relationship, probably, the needs of other partner will be important and a person will consider his partner's opinion. If a partner ignores your desires, you must think about the utility of such relationship for you. How much do this relationship perfect or destroy you? It is possible that this relationship has already outlived their usefulness and should be removed in the category of less important or should be completed at all.

You certainly noticed that one people is more inclined to taking offence, but other is less inclined to such state. What does it depend on? In psychologists' opinion people who wants to assume no responsibility are inclined to taking offence. They are such kind of people who think that other people are always guilty, circumstances were such or it was bad luck, etc. If I assume responsibility, I am responsible for all events that happen in my life. I am a reason of glad and sad, honest and false, bright and pale things in my life. As the wise saying is, "Don't pay any attention to people's talk about you, pay attention to your thoughts about them at this moment". The important criterion of spiritually mature person is the ability to focus attention on himself. When you continue doing touchy actions and when you return offence for offence, you make yourself dirty with offence. "Do not wrestle with a pig in mud. Both will make themselves dirty, but a pig will like it."

### ***Making the decision to take offence***

#### ***The Parable***

*One day the sage and his disciples passed the village in which his ill-wishers lived. The villagers rushed out of their houses, surrounded the sage and his disciples and began to insult them.*



*The sage said, "You are free people, and your action is your right. I do not react to it. I am a free man too. Nothing will compel me to react, nobody will have an influence on me and manipulate me. My actions result from my internal state. And now I would like to ask a question. The villagers of a neighboring village greeted me, they brought flowers, fruits and sweets. I said to them, "Thanks, but we have already had breakfast and we do not carry the food." Now I ask you, "What do they have to do with the food not accepted and given back?"*

*One man from the crowd said, "Probably, they took it home, fruits and sweets were distributed among their children and their families."*

*The sage smiled and said, "What will you do with your insults and imprecations? I do not accept them. I reject your insults, so you will take them home, and you can do whatever you want. We all have free choice how to act and react to the offender's actions and words. And if I do not allow myself to take offence, nobody will be able to bring me to do it in spite of myself, however hard you may try."*

### *The peculiarities of human behavior in a state of offence*

Who can offend you? Are all people able to cause you to take offence? Certainly not! If you investigate this question, you will discover that only those people who are considered equal or more important can offend you. Only those people with whom you were happy can offend you. People with whom we did not experience the positive emotions will not be able to cause you to take offence. Such is the human soul. We want good relationship go on for ever. There's no such thing. All begins to be at an end sooner or later. And we must be inwardly ready for this. We can thank for good things that we have every day and understand that it can be at an end at any

point. And if this good relationship is at an end some day, I will be thankful that this person came to my life and was with me some of the time. Any person can begin relationship and finish them at any point. This is the right of every person.

*It is impossible to offend the person. It is only possible to take offence.*

Offence is an internal decision of perceiving the situation as offensive. If this decision helps you to live and perfect yourself, you need to change nothing. Be alive and well! If the decision to take offence causes you a state of deenergizing, throws you off balance and your thoughts clouds over, make other decision. The situation may be offensive, but I CHOOSE TO TAKE IT AS A CHOICE OF OTHER PERSON OR TAKE OWN COURSE, AND LEAVE OTHER PERSON WITH HIS CHOICE. You always have two choices: either to give up the expectations, or to give up the relationship. Both can be useful for you. Listen to your heart.

### ***A Modern Parable***

*One woman, a social worker, complained to the Master. How much good would she do to the poor, if she did not have to spend so much time and energy on her protection and protection of her work against slander and misunderstanding.*

*The Master listened carefully to her, and then said only one sentence, "People don't throw stones at a barren tree ..."*

**Three types of human behavior in a state of taking offence are considered by S. Lazarev:**

1. *Those who take offence and do something.* These people usually achieve success in their lives, but they have health problems.

2. *Those who don't take offence and do nothing* These people achieve very little success in their lives, but preserve their health.

3. *Those who don't take offence and do something.* These people become very successful, and preeminently preserve their physical and mental health.

People gather offences for years... Well, unfortunately, such things happen. People gather offences, annoyances and anger for years. Is that really necessary for them? Yes, it is. It is necessary. Offence as a secondary, unnatural feeling has the so-called secondary interest. It cannot be said that a state of taking offence is pleasant. But if this did not make sense, nobody would take offence. "People prefer to gather offences for years, not forgive and not let go," said E. Filonova. While a person keeps offence, he **KEEPS FEELING OF HIS OWN RIGHTNESS**. I'm right and you're wrong. Even if I am a victim, my rightness is the dearest to me. On the one hand, the feeling of offence is painful and unpleasant, but on the other hand, something stops us and gives strange, vague enjoyment. First of all, being in a state of taking offence, you should ask yourself the question, "Do I want to be right or be happy at the moment?" Decide! Either you're right or you're happy!!! Is it really impossible to be right and happy at the same time? Well, it is practically impossible. Be wrong, but be happy, give up the proofs, and choose joy. As you can see it is a pretty ballsy thing to do. It would seem that it is very easy at first sight. And what do you more often choose – the rightness or happiness?

From the point of view of faith, you can become free from old offence by a prayer for the person who took offence, because a prayer brings together people, swallows your pride, teaches you to forgive and gives relief.

### ***The parable***

#### ***How to Stop to offend and to take offence***

*A disciple asked the master, "You're so wise. You're always in a good mood, and you are never angry. Help me to be the same."*

*The master agreed and asked the disciple to bring the potatoes and transparent bag.*

*"If someone makes you angry and you nurse a grievance, take a potato," the master said. "On one side write your name, on the other side write the name of the person who you come into conflict with, and put the potato into this bag."*

*"Is that all?" a puzzled disciple asked.*

*"No," the master said. "You should always carry this bag. And every time when you take offence, add the potato into it." A disciple agreed.*

*Some time passed. The disciple's bag was filled with potatoes and it became quite heavy. It was always very uncomfortable to carry it. Besides the potato that was put at the beginning began to rot. It was covered with a slick and nasty coating. Some potatoes sprouted and some began to produce an unpleasant odour.*

*The disciple came to the teacher and said, "It is difficult to carry. I can't take any more. Firstly, the bag is too heavy, and secondly, potatoes became spoiled. Could you suggest something else?"*

*But the master said, "The same thing happens in your soul. When you are angry with someone and take offence, a heavy stone appears in your heart. You do not notice it right away. Then the number of stones increases. The actions are transformed into habits, habits are transformed into a character that causes stinking defects. And it is very easy to forget about such load, because it's too difficult to carry it. I demonstrated this process. Every time when you decide to take offence or offend, think about the necessity of the stone."*

Suppose a man was given 100 percent of the time for his life, and every day he gets another 100 percent of new energy for a possible happy life. When we remember offences, we invest the lion's share of today's energy in their preservation. So keeping offence is low energy in the present, and it is the absence of desire for joy and actions. Do you want to deenergize yourself every day? This is your decision. Offence is often compared to a broken glass vase. Its fragments fly away and you are surrounded by them. You are immobilized. You stop. Perhaps they even can hurt you. There are the fragments in the space around you, and other people can not even come to you. It is too dangerous. A state of taking offence has a great influence on your relationship. It is impossible to think that the rest of your relationship is absolute safe and restful, when you take offence at your friend. That's not true. A state of taking offence isolates you from the world, immerses deeply in your loneliness and fears. The physiologists proved scientifically that when a person perceives the situation as offensive, the speed of human sanguimotion is decelerated, the blood becomes thicker, as if you are immobilized by a cocoon. That cocoon is not for a butterfly. It's just emotionless vacuum.

A person being in a state of taking offence always turns away from the Divine Light and starts to go into the depths of the darkness, sets his face towards the darkness of his soul, recalls his last failures. The number of problems of the past is eternal. Let bygones be bygones. When a person looks back at the past, he goes to new problems, memories of endless offences, censure and formation of a stable sense of victim. Do not look back at the past. It is like a cesspit, it has thousands of little things in its depths, they fall upon the person and come to mind when a person allows to take offence. "A mature person is always oriented to the future, he assumes the responsibility and changes the future. People who take offence are always

oriented to the past, they tend to excessive self-analysis and depression, and they also condemn those who have decided to change the life," T. Dugelnaya said.

Offence is cunning. It always propose an alternative for a person to choose what he would have if the circumstances were such as he wanted, and choose the situation it now is. Comparisons cause a sense of injustice and immerse deeply in a state of mental anguish and painful thoughts for a long time. "Will you be able to keep the joy in the life, if your plans fail," as if offence asks. Is it really necessary what we want? To be able to perceive changing plans with humility (with peace in the heart) is one of the peculiarities of a person who has overcome touchiness.

Offence is one of the most low-frequency, primitive and simple human states. According to researches, we are immersed in the offence in 3-5 seconds. Can you be restored in the same time? The way of forgiveness, acceptance, release asks days, months, years.

We offer to make a drawing practice that will help to understand the strategy of your behavior in a state of taking offence.

### *The technique of the work with offence*

**Objective:** awareness of own mechanisms of taking offence.

**Tasks:**

- learn to listen and hear the inner man;
- develop emotional intellect;
- learn to create adequate expectations for people and situations.

**Inventory:** crayons, a clean sheet of paper.

**Time:** 40-45 minutes.

**Age group:** age 13 and older.

**Introduction.** Remember offence that you have experienced in the past or are feeling now. Try as clearly as possible to imagine the situation that caused you to take offence. Focus on your feelings.

**Work algorithm**

- Bring a sheet of paper into a level position. Draw a vehicle in any part of the sheet. It can be a plane, a train, a car, a tank, a boat. Transport size should be small.
- Now draw a flag (in any part of the sheet).
- Draw the landscape too. It is not obligatory. It can be not only a forest or a swamp. Be creative! You can draw mountains, rivers, deserts, glaciers or palm trees in your picture. Your landscape should occupy free space in your picture. Use crayons.
- Draw the dashed line from the vehicle to the flag.

**Interpretation.**

Take a long hard look at your picture. Pay attention to the landscape that the dashed line passes through from the vehicle to the flag.

The vehicle symbolizes offence, its symbolic representation.

The flag symbolizes overcoming offence (forgiveness).

The landscapes that the dashed line passes through from the vehicle to the flag show how you worry about offence.

The water symbolizes the necessity of emotional response.

The forest symbolizes the necessity of frequent reiteration of the situation (saying).

Mountains, caves may symbolize the limited views of the person.

Deserts can be interpreted as the necessity to be alone.

Clearings, valleys symbolize the necessity to support yourself, think about the result, forgiveness.

Swamps, glaciers are often associated with the passive feelings, reserved anger, displeasure, depression.

Clouds can symbolize unwillingness to assume the responsibility.

The sun can be interpreted as the necessity of care.

The parts of landscapes that the dashed line does not pass through from the vehicle to the flag show the state, emotions and feelings that are not active in your state of taking offence.

Remember your state of taking offence which you thought about at the beginning of the exercise? What do you feel looking at the picture?

Conclusion. Taking offence is an absolutely necessary state of every person which helps to better understand the meaning of their expectations and requirements, gives an opportunity to change their views, behavior strategies.

### *How to behave with the offender*

How to behave with the offender who offended you? The answer to this question can be a wonderful parable.

*Once a skin seller came to a distant island. A poor peasant came to him with a request to borrow the skin until next merchant's arrival, because the child was born in a peasant's house, and winter was soon. The merchant accepted the offer with joy and left him a skin.*

*When the merchant came back six months later, the peasant came to him and asked him to postpone the payment, because the recent hurricane had damaged the house of his family and all the savings had been spent on the restoration of the house. The merchant agreed to take the payment next time. When the merchant came for the third time, the peasant asked him to postpone the payment again, because the summer heat*



*and drought were bad for the crop and the farmer with his family could have problems with food that autumn. The answer of the merchant was different that time. He only said, "Now you rest me nothing, you will pay elsewhere ..." Then the merchant went away with peace of mind and continued to do his own thing, and the peasant became thoughtful.*

Leave your offender for justice of Heaven. Allow yourself not to censure. And keep going your own way without a stop for offence.

### ***A Fable for Our Time The Farmer's Donkey***

*One day a farmer's donkey fell down into a well. The animal cried piteously for hours as the farmer tried to figure out a way to get him out. Finally he decided it was probably impossible and the animal was old and the well was dry anyway, so it just wasn't worth it to try and retrieve the donkey. So the farmer asked his neighbors to come over and help him cover up the well. They all grabbed shovels and began to shovel dirt into the well.*

*At first, when the donkey realized what was happening he cried horribly. Then, to everyone's amazement, he quieted down and let out some happy brays. A few shovel loads later, the farmer looked down the well to see what was happening and was astonished at what he saw. With every shovel of dirt that hit his back, the donkey was shaking it off and taking a step up.*

*As the farmer's neighbors continued to shovel dirt on top of the animal, he continued to shake it off and take a step up. Pretty soon, to everyone's amazement, the donkey stepped up over the edge of the well and trotted off!*

**Life is going to shovel dirt on you. The trick to getting out of the well is to shake it off and take a step up. Every adversity can be turned into a stepping stone. The way to get out of the deepest well is by never giving up but by shaking yourself off and taking a step up.**

**What happens to you isn't nearly as important as how you react to it.**

### *Taking offence and health*

N. Kondratenko thinks that taking offence has influence on our health. Let's start with a simple. It is health that each of us wants to preserve to old age. There is a special branch of medical science. Psychosomatics (or Psychosomatic medicine) (from Greek psykhe - "mind" (psyche) + somatikos, from soma (genitive somatos) "body" (somato-) is an interdisciplinary medical field studying the relationships of social, psychological, and behavioral factors on bodily processes. The original cause of many illnesses is our offences. Let's consider some examples of such malfunctions as a result of unforgiven offence.

**Overweight.** A person suffers from a lack of positive emotions with such prolonged stress and offence, and the main source of pleasure for him is only food. Who does not love to eat?! A person more often desires to treat himself to delicious food and he can not control himself. And person puts on weight ...

**Diseases of the throat.** If you are susceptible to frequent diseases of the throat, and the doctors do not know what to do, you should think about. The people who bear a grudge, swallow an insult and can not discharge offence outside often have such diseases.

**Heart condition** can also be caused by unforgiven offence that makes a person sick at heart. Reserved offences will not clear up of its own accord. Our body remembers them,

even if the mind tries to ignore them and exclude from the consciousness.

## *Offence and Religion*

The pious people have the unequivocal answer to the question of what people should do with offence. One of the most famous Christian prayer "Our Father" says, "And forgive us our trespasses, as we forgive those who trespass against us." Every religion admonishes people to forgive, not to bear a grudge. And people should do it from the bottom of their heart, in all sincerity, not only because it must be done. The definition of forgive by Dahl's Explanatory Dictionary is, "To excuse for an offence; to renounce anger or resentment against." To forgive is not easy. What is to be done? What to do first is making a declaration of your state of taking offence. How many people say, "Oh, no, no! I'm not that kind. I bear no grudge against people!" The prayer helps. Even if you are irreligious, it is recommended to try this method. It is said that the prayer has a calming effect. If you do not know a prayer, you can say, "God deliver us!" and say your own prayer. The main thing is to do it from the bottom of your heart, in all.

The recommendation may be hard. Have a heart-to-heart talk with the offender, just tell him, "I want to talk to you about the incident that offended me." I understand that it is a simple matter for a person to be proud and say, "Why I should be the first to start it, but I was offended!" Think! Do you want to live with a mental equilibrium? If your answer is "yes", then you should find a way out. Think again! What was the offender's action for you? Was it a good thing or a lesson? For example, one of our client was very offended at the man who had left her. For almost a year she had been planning the revenge. And naturally she thought about no forgiveness. But she met another man and married him, and she realized that if it were

not for the betrayal of the first man she would never have met her love. We came to the conclusion that our emotions are not always correct. Sometimes only time shows that we become better and stronger thanks to the offenders.

When we forgive the others, we hope that we will be forgiven too, because nobody is perfect. Maybe we also offend other people, we sometimes do this on purpose, but sometimes it is a unconscious action. Christ said, "He who is without sin among you, let him be the first to throw a stone at her." When we forgive, our health improves and it clears some space at heart for something new.

### *Words of wisdom*

*A warrior can be wounded, but he can not be offended.*  
(Carlos Castaneda from "Journey to Ixtlan")

1. Offence is one of the components of pride. A person who takes offence attracts the offender into his own life.
2. Offence is a hidden wish other person's death, and this form of aggression starts the program of self-destruction of the author.
3. Offence is a deep reserved anger.
4. You must remember all the situations in which offence occurred. They are energy channels for returning and restoration of the energy body integrity and physical health improvement.
5. A tetchy person is infantile, it is very hard to be together and love such person. It is necessary to direct your own behavior toward greater realism.
6. Remember that all offenders are the "mirror", and offences are the channels through which vital energy flows away.

7. Remember when you take offence, you punish the other person by a sense of guilt, and this is one of the most painful and sophisticated methods of taking control over the offender.

8. You can not allow your old offences to lie deep into the unconscious. When we are afraid of a recollection of offence, we become touchy unwittingly.

9. If you continue to take offence, your vital force goes to the offender.

10. Remember that the source of your offence is the persistence that forbids to recognize the freedom and individuality of the other person.

11. When a person loves himself, he creates a space of love that begins to change surroundings ([http://bavinanadya.blogspot.com/2012/01/blog-post\\_27.html](http://bavinanadya.blogspot.com/2012/01/blog-post_27.html)).

***The Little Soul and The Sun  
The Parable by Neale Donald Walsch  
Conversations With God***

*Once upon a time, there was a little Soul who said to God, "I know who I am."*

*And God said, "That's wonderful! Who are you?"*

*And the Little Soul shouted, "I'm the Light!"*

*God smiled a big smile. "That's right!" God exclaimed. "You are the Light."*

*The Little Soul was so happy, for it had figured out what all the souls in the Kingdom were there to figure out.*

*"Wow," said the Little Soul, "this is really cool!"*

*But soon, knowing who it was was not enough. The Little Soul felt stirrings inside, and now wanted to be who it was. And so the Little Soul went back to God (which is not a bad idea for all souls who want to be Who They Really Are) and said,*

*"Hi, God! Now that I know Who I am, is it okay for me to be it?"*

*And God said, "You mean you want to be Who You Already Are?"*

*"Well," replied the Little Soul, "it's one thing to know Who I Am, and another thing altogether to actually be it. I want to feel what it's like to be the Light!"*

*"But you already are the Light," God repeated, smiling again.*

*"Yes, but I want to see what that feels like!" cried the Little Soul.*

*"Well," said God with a chuckle, "I suppose I should have known. You always were the adventuresome one."*

*Then God's expression changed. "There's only one thing..."*

*"What?" asked the Little Soul.*

*"Well, there is nothing else but the Light. You see, I created nothing but what you are; and so, there is no easy way for you to experience yourself as Who You Are, since there is nothing that you are not."*

*"Huh?" said the Little Soul, who was now a little confused.*

*"Think of it this way," said God. "You are like a candle in the Sun. Oh, you're there all right. Along with a million, gazillion other candles who make up the Sun. And the sun would not be the Sun without you. Nay, it would be a sun without one of its candles...and that would not be the Sun at all; for it would not shine as brightly. Yet, how to know yourself as the Light when you are amidst the Light -that is the question."*

*"Well," the Little Soul perked up, "you're God. Think of something!"*

*Once more God smiled. "I already have," God said. "Since you cannot see yourself as the Light when you are in the Light, we'll surround you with darkness."*

*"What's darkness?" the Little Soul asked.*

*God replied, "It is that which you are not."*

*"Will I be afraid of the dark?" cried the Little Soul.*

*"Only if you choose to be," God answered. "There is nothing, really, to be afraid of, unless you decide that there is. You see, we are making it all up. We are pretending."*

*"Oh," said the Little Soul, and felt better already.*

*Then God explained that, in order to experience anything at all, the exact opposite of it will appear. "It is a great gift," God said, "because without it, you could not know what anything is like. You could not know Warm without Cold, Up without Down, Fast without Slow. You could not know Left without Right, Here without There, Now without Then."*

*"And so," God concluded, "when you are surrounded with darkness, do not shake your fist and raise your voice and curse the darkness. Rather be a Light unto the darkness, and don't be mad about it. Then you will know Who You Really Are, and all others will know, too. Let your Light shine so that everyone will know how special you are!"*

*"You mean it's okay to let others see how special I am?" asked the Little Soul.*

*"Of course!" God chuckled. "It's very okay! But remember, 'special' does not mean 'better.' Everybody is special, each in their own way! Yet many others have forgotten that. They will see that it is okay for them to be special only when you see that it is okay for you to be special."*

*"Wow," said the Little Soul, dancing and skipping and laughing and jumping with joy. "I can be as special as I want to be!"*

*"Yes, and you can start right now," said God, who was dancing and skipping and laughing right along with the Little Soul.*

*"What part of special do you want to be?"*

*"What part of special?" the Little Soul repeated. "I don't understand."*

*"Well," God explained, "being the Light is being special, and being special has a lot of parts to it. It is special to be kind. It is special to be gentle. It is special to be creative. It is special to be patient. Can you think of any other ways it is special to be?"*

*The Little Soul sat quietly for a moment. "I can think of lots of ways to be special!" the Little Soul then exclaimed. "It is special to be helpful. It is special to be sharing. It is special to be friendly. It is special to be considerate of others!"*

*"Yes!" God agreed, "and you can be all of those things, or any part of special you wish to be, at any moment. That's what it means to be the Light."*

*"I know what I want to be, I know what I want to be!" the Little Soul announced with great excitement. "I want to be the part of special called 'forgiving'. Isn't it special to be forgiving?"*

*"Oh, yes," God assured the Little Soul. "That is very special."*

*"Okay," said the Little Soul. "That's what I want to be. I want to be forgiving. I want to experience myself as that."*

*"Good," said God, "but there's one thing you should know."*

*The Little Soul was becoming a bit impatient now. It always seemed as though there were some complication.*

*"What is it?" the Little Soul sighed.*

*"There is no one to forgive."*

*"No one?" The Little Soul could hardly believe what had been said.*



*"No one!" God repeated. "Everything I have made is perfect. There is not a single soul in all creation less perfect than you. Look around you."*

*It was then that the Little Soul realized a large crowd had gathered. Souls had come from far and wide ~ from all over the Kingdom ~ for the word had gone forth that the Little Soul was having this extraordinary conversation with God, and everyone wanted to hear what they were saying. Looking at the countless other souls gathered there, the Little Soul had to agree. None appeared less wonderful, less magnificent, or less perfect than the Little Soul itself. Such was the wonder of the souls gathered around, and so bright was their Light, that the Little Soul could scarcely gaze upon them.*

*"Who, then, to forgive?" asked God.*

*"Boy, this is going to be no fun at all!" grumbled the Little Soul. "I wanted to experience myself as One Who Forgives. I wanted to know what that part of special felt like."*

*And the Little Soul learned what it must feel like to be sad. But just then a Friendly Soul stepped forward from the crowd.*

*"Not to worry, Little Soul," the Friendly Soul said, "I will help you."*

*"You will?" the Little Soul brightened. "But what can you do?"*

*"Why, I can give you someone to forgive!"*

*"You can?"*

*"Certainly!" chirped the Friendly Soul. "I can come into your next lifetime and do something for you to forgive."*

*"But why? Why would you do that?" the Little Soul asked. "You, who are a Being of such utter perfection! You, who vibrate with such a speed that it creates a Light so bright that I can hardly gaze upon you! What could cause you to want to slow down your vibration to such a speed that your bright Light would become dark and dense? What could cause you ~*

*who are so light that you dance upon the stars and move through the Kingdom with the speed of your thought--to come into my life and make yourself so heavy that you could do this bad thing?"*

*"Simple," the Friendly Soul said. "I would do it because I love you."*

*The Little Soul seemed surprised at the answer.*

*"Don't be so amazed," said the Friendly Soul, "you have done the same thing for me. Don't you remember? Oh, we have danced together, you and I, many times. Through the eons and across all the ages have we danced. Across all time and in many places have we played together. You just don't remember."*

*"We have both been All Of It. We have been the Up and the Down of it, the Left and the Right of it. We have been the Here and the There of it, the Now and the Then of it. We have been the male and the female, the good and the bad; we have both been the victim and the villain of it."*

*"Thus have we come together, you and I, many times before; each bringing to the other the exact and perfect opportunity to Express and to Experience Who We Really Are. And so," the Friendly Soul explained further, "I will come into your next lifetime and be the 'bad one' this time. I will do something really terrible, and then you can experience yourself as the One Who Forgives."*

*"But what will you do?" the Little Soul asked, just a little nervously, "that will be so terrible?"*

*"Oh," replied the Friendly Soul with a twinkle, "we'll think of something."*

*Then the Friendly Soul seemed to turn serious, and said in a quiet voice, "You are right about one thing, you know."*

*"What is that?" the Little Soul wanted to know.*

*"I will have to slow down my vibration and become very heavy to do this not-so-nice thing. I will have to pretend to be*

*something very unlike myself. And so, I have but one favour to ask of you in return."*

*"Oh, anything, anything!" cried the Little Soul, and began to dance and sing, "I get to be forgiving, I get to be forgiving!"*

*Then the Little Soul saw that the Friendly Soul was remaining very quiet.*

*"What is it?" the Little Soul asked. "What can I do for you? You are such an angel to be willing to do this for me!"*

*"Of course this Friendly Soul is an angel!" God interrupted. "Everyone is! Always remember: I have sent you nothing but angels."*

*And so the Little Soul wanted more than ever to grant the Friendly Soul's request. "What can I do for you?" the Little Soul asked again.*

*"In the moment that I strike you and smite you," the Friendly Soul replied, "in the moment that I do the worst to you that you could possibly imagine ~ in that very moment..."*

*"Yes?" the Little Soul interrupted, "yes...?" "Remember Who I Really Am."*

*"Oh, I will!" cried the Little Soul, "I promise! I will always remember you as I see you right here, right now!"*

*"Good," said the Friendly Soul, "because, you see, I will have been pretending so hard, I will have forgotten myself. And if you do not remember me as I really am, I may not be able to remember for a very long time. And if I forget Who I Am, you may even forget Who You Are, and we will both be lost. Then we will need another soul to come along and remind us both of Who We Are."*

*"No, we won't!" the Little Soul promised again. "I will remember you! And I will thank you for bringing me this gift ~ the chance to experience myself as Who I Am."*

*"And so, the agreement was made. And the Little Soul went forth into a new lifetime, excited to be the Light, which*

*was very special, and excited to be that part of special called Forgiveness.*

*And the Little Soul waited anxiously to be able to experience itself as Forgiveness, and to thank whatever other soul made it possible. And at all the moments in that new lifetime, whenever a new soul appeared on the scene, whether that new soul brought joy or sadness--and especially if it brought sadness--the Little Soul thought of what God had said.*

*"Always remember," God had smiled, "I have sent you nothing but angels."*

## *Taking offence at men*

*Everything that is not colored by love is colorless.*

*Gerhart Hauptmann*

Offences of most women who want to get married can be described by the words "to be and to seem". A woman often says, "He seemed so nice, and became insufferable." Whose expectations were these? Yours? Did the man say that? A woman often believes that a man will meet her expectations. She is not ready to take him with advantages and disadvantages. Formula of such woman sounds like this, "Yes, I can be wrong, but you have to change." This opinion will not lead you to a harmonious relationship with a man.

What does "taking offence at the man" (the father, the husband, the son) mean? There is one example that perfectly describes how a woman "puts on" an offence at the man.

Once two female friends were sitting at tea.

"Your husband is such a hot-tempered," said one woman. "How have you lived in harmony for all these years? I'm often annoyed with my husband."

“It is easy,” said her friend. Then she went to the wardrobe and threw a beautiful dress at her guest. “Try on this dress!”

She put on it gladly, and the dress was an excellent fit.

“Try on this beautiful skirt,” the hostess proposed again. The guest put on it gladly too. So they had been trying on different things for about an hour.

Then the hostess went to the boxroom and brought an old torn gown. She offered her friend to try on it.

“This is an old torn dressing gown, it is past time to throw out it. I will not put on it.”

“There now!” the hostess said, “Everybody likes and enjoys to put on the beautiful things, like beautiful words. And when my husband offers me to “put on an unpleasant thing” that is he censures by some word or says something in the unfriendly tone, I certainly see it, but I simply refuse to “put on” it in the same way as you did with the dressing gown. And you try on everything when you communicate with your husband. What woman would be happy in rags?”

If a woman wants to maintain relationship in the pair, she must learn to react to negative emotions of men. They have to be accepted, noticed, reacted a little, but should never be ignored. When a woman ignores man's emotions, a man becomes anger and expresses long-term annoyance. The most dangerous for women's health are emotions such as sadness, condemnation of her husband and father. It is better to tell, to brawl, to scream, to quarrel, but in any case you must not nurse a grievance. E. Koynova said, "Offence is an anger of feminizing type, and aggression is an anger of virilizing type."

**When a woman takes offence at the man, her offence begins to exfoliate like a cake napoleon. There are the following layers of a state of taking offence:**

1. Anger, annoyance, censure.
2. Heartache, suffering.

3. Fear of losing the relationship.
4. Repentance (confession of own guilt in this situation).
5. Love, actions aimed at relationship preserving.

Accumulation of offences always provokes a dislike for herself. When a woman does not love herself, you can feel it. Men see the sign on such woman's breast "I do not love myself and let you treat me the same." And she gets it. If a woman has a healthy self-esteem and she is not inclined to take offence, there is quite another sign on her breast "I love myself and I want you to treat me the same." It is always hard to forgive the woman who does not love herself. She is dependent on man's opinions, thoughts and actions. And it is common knowledge that, you will be doomed to be unhappy, if your happiness depends on other person.

### ***The Parable by S. Kagarmanova***

*Once a man came to the sage at Cold Mountain and said, "There is always offence in my family. We live in peace and friendship, but if there is a brawl, everything goes to ruin. I can't go on no longer like this! Help me to understand what's wrong?"*

*The sage hemmed and said, "Bring a jug of sour wine tomorrow, and I will show you what offence is."*

*In the morning a man brought a jug of sour wine. The sage took some cups and said, "Offence is like sour wine, and patience is like a cup. If the wine is overflowed, you can expect trouble. Pour a small cup and drink."*

*A man was surprised, but he did it. He pulled a face, but swallowed sour wine.*

*"As you can see the cup is empty again, and there is no offence. An affectionate person does this. It is pleasant and*

*carefree to live with such person. But how much wine will you be able to drink?"*

*"I'm afraid I will not be able to drink the second cup," a man replied sadly.*

*"If you pour wine abundantly, the person will refuse to drink sooner or later. Now pour me a small cup."*

*Before a man poured wine, the sage threw the cup into his face.*

*"Well, it is empty again. Some people do not swallow the insult. A small cup is enough for them. They have hot-tempered temper, but easily appeased. To pour such people is more trouble than it is worth. But they do not nurse a grievance."*

*Then the sage took a big cup and as soon as the man poured it the sage poured out on man's head.*

*"Patient people do it. They have a big cup, and it is not easy to fill it. Sometimes they take a sip, but they more often force you to drink it. If the cup is overflowed, you can expect trouble. It is difficult to live with such people, but there are less brawls in the family."*

*The man poured last very large cup tremulously. He filled it to the brim, and sat down to wait. The sage raised it a little and wine dripped through a crack on the floor.*

*"These are tears. Patience of such people is enormous. They can not drink sour wine because of pride, they can not force to drink you because of love. If you do not pour the cup, the cup will be empty again. It is pleasant and carefree to live with such people. But if patience overflows ... "*

*The man closed his eyes tight in expectation of sour flow, but the sage only removed the cup aside.*

*"... you will lose a person. Wine will dripped out with the lapse of time, but another person not you will pour some more."*

*The man stood up and bowed, “Thank you, you are the wisest. Everything is clear now.”*

*“What have you understood?”*

*“Either my darling will change a cup ...”*

*“Or...”*

*“Or I will find another woman with more suitable vessel.”*

*“You are fool!” the old sage sighed sadly. “For a start take a smaller jug.”*

There is an excellent practice of awareness of the essence of taking offence at men. Fill in the table from left to right. Select one man and fill in all the columns.

№	Offender's name	How much on the ten-point scale do you grieve at him? (0-minimum, 10-maximum)	What feelings did I want to get?	What feelings did I get?	Where else can I get that this man didn't give me?
1					
2					
3					
4					
5					

Upon completion of filling in of the table your thoughts and feelings will focus on deliverance from offence.



It is important to understand that there is the law in the relationship between a man and a woman: "If you want to feel good, do good (Doing good makes you feel good)." A man always chooses a woman, which feels good. This is natural, because he needs support. Women usually expect that a man will do good for them. And they immerse themselves in the position of dependence. The golden rule of the spiritual relationship between a man and a woman says that someone who prefers to accept becomes dependent, and someone who chooses to give remains free. Woman's task is to remain free. The only way to do it is to give more than receive. Stop thinking that the only way to give love is to first get it. When you give, you receive. There are no two ways about it. Energy of woman is initially more powerful, more active, more impressive.

“Whatever you give a woman, she will make greater. If you give her sperm, she'll give you a baby.. If you give her a house, she'll give you a home. If you give her groceries, she'll give you a meal. If you give her a smile, she'll give you her heart. She multiplies and enlarges what is given to her. So, if you give her any crap, be ready to receive a ton of shit!”

(The quote by Erick S. Gray)

Imagine what would happen to a woman if she did not give! She would burst like a soap-bubble. Wise nature created the woman in such way that she has the an opportunity to give and be useful almost every minute of his life. True happiness for a woman is to first give and then receive. A woman is happy in giving love, and a man is happy in acceptance. While a woman is interested in a man, she will not disappear. While a man is interested in a woman, he will find her everywhere, even if she disappears.

Many women believe that a man should guess right their thoughts and wishes at once, otherwise the relationship can not be serious and be in progress. It is really

misunderstanding, because when we stop saying to the man what we want, at the same moment we fall into the abyss of dreams and expectations, which will necessarily lead us to offences.

It is important to understand that the relationship is a living system. The relationships like the human body are always changing, and you, of course, as your partner is constantly changing too. Your views, tastes, states are changing, you will never be the same person who you were yesterday. The secret of conservation of relationship is to see changes in yourself and in your partner and use them for the development of your relationship. It is terrible to know your own man inside out. What will such actions lead to? A person tires of cognized thing, he loses interest. It is in the nature of human beings. A woman who think that she one hundred per cent knows her man, must think about. Such relationship probably lost its sincerity. And a woman sees everything through rose-coloured glasses (which are the biggest, by the way). Predictable people seem dull and sad to us in relationship. This is a relationship of two dismal persons.

### **The Parable about the present**

*The family came to the restaurant to have lunch. The waitress took an order from adults and then turned to their seven-year-old son, "What would you like to oder?"*

*Boy glanced shyly at adults and said, "I'd like a hot dog."*

*No sooner had the waitress written an order than a mother intervened, "No hot dogs! Bring him a steak with mashed potatoes and carrots."*

*The waitress ignored her words. "Would you like a hot dog with mustard or ketchup?" she asked the boy.*

*"With ketchup."*

*“It'll be ready in a minute”, the waitress said and went to the kitchen.*

*Silence fell at the table. At long last the boy looked at those present and said, “I'll tell you what? She thinks I'm real!”*

There is only one person who knows another almost thoroughly, but not for long. This is a mother. She understands without words, when the baby is hungry, when he wants to sleep or play. Only hypercare ensure ninety percent understanding in the relationship and knowing your partner. If you want to become a mother for your man, and not his wife, then, of course, you just need to know him inside out.

### ***MYSTERY***

*Everything shrouded in mystery. It is better to enjoy the life than trying to understand it. Eventually, the person who tries to understand life becomes a fool, but the person who enjoys life becomes a sage and he continues to enjoy, because he is increasingly conscious of the mystery of all that surround us.*

*The greatest understanding is that nothing can be understood, everything is mysterious and wonderful.*

*Osho*

### ***Why do women want to improve men?***

*The second half will be found when the first half fills.*

*Do not look for a near-empty half. When a full half is, the magnet of the soul will be actuated.*

Every second woman wants to change her man. We force him to visit the training, gyms, psychologists, etc., they must realize finally that that women have understood long

ago))). The paradox of this situation is that a woman who "forces" the development and self-perfection of her husband, is doomed to touchiness, despair and petulance. It is important to understand that your man (husband, father or son) has the right to never improve himself, read nothing and go nowhere, simply speaking, stand still. You can not traverse his path. So release millions of manipulation threads which you tied to your man in order to force him to improve himself, and take good care of yourself. A man will always be with the woman who feels good. High spirits and optimism of a woman give a man strength, but her low spirits, complaints, provoking remarks and censure weaken strength. There is only one variant of man's climbing up the ladder of spiritual development: A WOMAN ACTIVELY IMPROVES HERSELF, CHANGES HERSELF AND INFECTS A MAN WITH THE LIGHT OF HER HAPPINESS, HER CHANGES AND HER BEAUTY IN AND OUT. Dear women, only the light of your confidence, your personal improvement is able to "turn on" man's necessities of changes. The main female purpose in the relationship is to INSPIRE a MAN! To inspire means to look, to forgive, to take care, to love in such way that a man beside you wants to be the KING because you are the QUEEN. Oh yes, the KINGS are nurtured by the Queen ... And it is quite normal. If you have a grudge against your man, want only to receive all the time and only after it want to give, your man will be a dismal persons, a loser, an irritated man and he wants nothing. Dear QUEENS! To forgive means to be beyond the scope of revenge and justice. This means to outline your own scope, and the name of it is "love".

Why does my man have just these shortcomings? This question is often asked by women in the training. We usually give such example. Imagine that you go to the shop to buy your favorite shampoo. There is an advertising action in the shop at the moment. The shampoo is on sale only with conditioner. It

has just gone into production and the manufacturer offers customers to test it.

A new product with ribbon superscribed *An advertising action* was attached to your shampoo and they were displayed on showcases in order to each customer had the opportunity to test new product. You don't need this conditioner, on the level. You can generally not use it. But you will not separate the conditioner from the shampoo at the counter in the shop, will you? Of course, you will not. You will simply buy this conditioner with the shampoo. That's the way of choosing a man: a favorite shampoo and a "small addition". You must understand honestly that every woman has her own "conditioner". Dear women, men choose us in exactly the same way.

### ***The Parable of the melon***

*The master of the house treated the servant with a melon. He became to eat it with pleasure. When he had almost finished to eat a melon, the master asked indignantly, "Why do not you treat me?"*

*The servant gave the master a piece of melon. The melon was very bitter and disgusting. The master asked the servant, "Why did you eat such a bitter melon?"*

*"You have done so much for me that some little thing like that bitter melon can not spoil our relationship."*

We very often notice in seminars that women tend to censures on men. S. Lazarev says that the subconscious aggression to a man forces a woman to be dissatisfied with him, to have a grudge against him and to censure his actions. The man whose woman is in the habit of censure will either drink or be sick, or have an affair. In modern world women want to live in the same way as men: to work as men, to think as men,

to be absolute equals with men. And such yearning for emancipation subconsciously blocks a woman's desire to give birth to be absolute equals with men. This woman can not forgive the man humiliations, because they are equal! Before conception the woman is often given the period of abasement of her instincts. It is normal that the child continued the way of development of love, not of its destruction. And most of all the pain and humiliation a woman receives from men. And if her goal is love, this humiliation urges on her still more to love because it is her main point of support. If beauty, intelligence, education, importance, status are her main point of support, she can not accept the humiliation from men and she begins to censure, feel hatred and take offence. It is wrapped up in the spiritual and physical health of her children.

How to understand why do people who love each other offend one another? We would remind you that an offence is a habit from childhood. This is one of the ways of communication, that becomes apparent in the relationship between a man and a woman. Imagine that every morning your husband (man) goes to the Man Upstairs to take the today's plan of his life. There is the following item among other items in his today's plan of life: "To forget about the birthday of mother-in-law in order to generate wife's tolerance and teach her to take care of my forgetfulness, and understand that I do not "do everything on purpose". I forgot because I was preoccupied with the buying of our family apartment".

In spite of your man's love the plan should be executed. And the choice of your reaction to his forgetfulness will depend only on you. If a woman is spiritually mature person, the thoughts such as "He did it on purpose" or "My mom is unimportant for him", never strike her. But if a woman has a lot of rusty taps in the soul, if she is not confident, if she feels like a victim of circumstances and if she thinks that the reason of all her misfortunes is a man, all this will be realized! The paradox

of the life is that there will be the same item in your tomorrow's personal plan of life from the Man Upstairs: "Forget the tickets to the theatre at home to form husband's understanding that not only at the theatre he is able to be happy with you. And a spontaneous holiday and an unknown café can also bring interesting conversations, dreams and keep you as a couple."

A female client was very annoyed with her husband because he threw his things all over the place. She was a neat person and always cleaned up the mess in their house. The woman called her husband to order for a long time. And at long last she attended our seminars on offence. And after them she decided when her husband throws his things all over the place again, to choose the following reaction to this, "Yes, I pick up things of my husband because cleanliness is very important for me. The litter is a sign of husband's presence. And I love my husband, and this is the most important thing in the world. Let the litter be "conditioner". I remember that there is a lot more shampoo."

The fact is that taking offence at the partner is possibility to improve yourself or choose censure. It is important to understand that men forgive through the understanding, that is through the logic, they need arguments. Women forgive through the acceptance, that is through the expression of feelings. The purpose of a man in relationships is to act. The purpose of a woman in relationships is to love. And when a woman stops loving a man immediately ceases to assume the responsibility and stops to act, he becomes passive. He loses recharging and muse.

A striking example is the life story told by a female client in the training. She has already been married for 13 years old. She said, "At one moment I began to hold back my offences and amass them. It all started out of withholding facts and finished with heavy burden at heart. The result of this

heavy burden was not to take long to appear: I stopped wanting my husband. It makes no difference if we have intimacy or not. This process has lost sensitivity for me. I realized that I built a huge distance between us. And all because of my taking offence. One day I had the courage to unburden my mind. And I had been amassing them for 2 years!!! I found it difficult to talk about it, but I did it. And at the same day my desire to my husband came back, and my sexual energy flowed in the same direction. At night after my confession, I had a dream about three dolphins that swam peacefully in the water. In ancient times dolphins were associated with friendship, water was associated with feelings. I realized that my soul became calm, and the joy of my life came back. Sleep was confirmation of it."

**When a woman takes offence at a man, she very often makes the following mistakes:**

- keeps up appearances;
- tries to forget everything;
- follows female friends' advices and continues to censure the man.

A woman often can not have a family because the level of accumulated and repressed offences does not allow her to be in the state of creation and efficiency. Offences quite clearly turn on a program of self-destruction. An obvious sign of offences accumulation is the reduction of total power of the person, headaches, stomachaches. Psychosomatically this occurs because the woman is not able to take the ideas and thoughts of others, she begins excessive self-criticism (headache), or the person does not want to accept the situation, the choice of the other person, as if she does not want to "digest" it (stomachache).

It is important to understand that communication with a man is very similar to communication with foreigners.



Remember how we communicate with foreigners? We are very attentive, we hang on every familiar word, make clear the meaning, want to understand and be understood. When a woman has a lot of superiority, she forgets about it and does not listen to the man at all. Such approach destroys relationships. Remember if a woman says that she "knows his man from the ground up" and that he does not surprise her at all, most probably these relationships are doomed to failure. Relationships that do not surprise you, that have ceased to be interesting, have just outlived their usefulness. And their short-term life was defined by you. You contrived a habit for the person, valued him, kept him within the limits of opinions, and here you get a boring and predictable man. But the question is if a person can be boring? Or maybe we have just ceased to exercise spiritual work in order to discover new side of him, look at him in a new way every day, be surprised at his unusualness. If you have people that you read as an X-ray, think about it: your sensitivity to these people, and perhaps not only to them, under threat of apathy and indifference. Or if you see the pain of your offender, you think that he deserved it; this is also symptom of indifference. When people enter upon the path of spiritual development, they believe in the idea of "to each according to merit" and, accordingly, try to earn something good for yourself. The interesting thing of this phrase is "according to merit"; it does not mean "how much a person has deserved", it means "how much a person has served". Remember that to be useful to others is the greatest joy that a person can have on earth.

If a woman enters upon the path of spiritual development, she always is given a man who has shortcomings. And they will be periodically amplified. And that's normal. A man (a husband, a son, a father) always shows the facets of female diamonds, which are badly polished and they do not glare ideally. Reflection of the facets in life is often

showed up in the male shortcomings. It was devised in order that we saw them at short notice. And even so, women often manage to censure their men and criticize them. Few women know that the censure of her man is exaltation above him, in other words, pride. Our desire is that everything is perfect. And "perfect" means that all is going on as we think and know. Compassion and acceptance is the ability to love the imperfect. Does a woman have to love the imperfect? The obvious answer is "YES, she does!" Exaltation above a man is often associated with female infertility. Contempt of your man may manifest in diseases of children. Censure is the desire to destroy the imperfect. Often enough, if a woman has something (money, power, attention, beauty, children, etc.), her man gives short this thing. As if he says, "My dear, there is difficulty here, see here, improve yourself, change yourself." Often we women perceive this as an reason to suffer, complain and censure, teach a man.

Lise Bourbeau in her book *Your body's telling you: Love yourself!* writes about offences the following, "Offence is an emotional block. The expression "give vent to one's bile" perfectly explains the general metaphysical sense of liver disease. Problems arise when a person is angry and worried instead of be flexible and adapt to the situation. He is afraid of the consequences, especially he is afraid of losing something. Unable to adapt to the new situation, he feels anger and disappointment.

Diseases and disorders of the liver indicate that a person is on the verge of the depression, even if he does not realize it. The liver is considered in metaphysics as a reservoir, which stores repressed anger. This is because you keep everything inside. You feel powerless in the face of an offence. You don't get along well with people who are easily shocked, or those who "fly off the handle" because you value self-control above all. Inwardly, you feel sad and bitter. Rather than expose

yourself or express yourself, you store your emotions in your liver. Instead of letting it all out in a fit of anger, you experience liver failure.

Offence is an mental block. Since the liver plays a primary role in the coordination of vital body functions, liver disease indicates neglect in the coordination of what is going on in your life. Rather than adjusting to various situations and to the ebb and flow that is natural in human relationships, you are judgmental and demand others to change according to your own belief system. Each internalized bout of anger is a reflection of your own self-righteous indignation. You refuse to put yourself in someone else's shoes and are determined to be right. If others don't see things your way, you are easily hurt and believe you are very sensitive. Your liver is giving you a stern message that it's time you digest what's going on around you; don't jump so quickly to conclusions. It's also telling you that you have all the necessary tools to defend yourself."

### *Stages of spiritual work with offences:*

1. Ignoring of offences.
2. Awareness of your own touchiness and a desire to change something.
3. Fear that the habit of taking offence is stronger than will.
4. Methodical control of your behavior in the situations of offence.
5. Emotional cleansing, verification. It is associated with the awareness of your own imperfection and willingness to learn a lesson and adopt practices.
6. Active practice of working with touchiness.
7. How can I use the situation of taking offence in my own improvement? What spiritual lessons can I learn from the situation of taking offence?

When the situations of taking offences come in our lives and we are taken up with them, we forget to do good and important things. So, one of the participants of the training *Offences and spiritual improvement of a man* said that once she and her business partner were sitting in a cafe. The conversation was difficult, absolutely insincere and closed. Her heart was heavy for a few days after that meeting. And when the burden disappeared, she suddenly remembered that on the day when there was a quarrel, it was the birthday of a person who is very dear to her. For the balance of energy at the same time there are always two power-equivalent events. And if there is a bad situation in your life, look attentively, because somewhere near here something good is happening without fail. Similarly, when there are very bright, warm and touching moments in your life, remember about Thanks.

Offence incites us to the censure and hides from us Thanks. Offense is such a tablet that requires constant increase dose. Watch closely the force of offence, the duration of offence, focus your attention on joy.

If you decide to take offence, then ask yourself the question, "How much time and energy am I willing to spend on it? Am I willing to invest all my life in it?"

The main signs of that that a person has learned to interact with the state of taking offence are the changes in the behavior, in the state, in the appearance, etc. If there is a change, then you realized the spiritual lesson that the offence had given, and you implemented it in your behavior. Often something that we perceive as a poison is medicine indeed. In practice many participants of our seminars understood that old offences were necessary experience for their spiritual improvement and understanding of the essence of things. Spiritual laws are arranged in a special way, they are not subject to human logic and they require a special approach.

Offence is a reserved anger. The most dangerous thing in it is that offence implants into the body, usually into the same point and at the certain time, beginning to boil, it starts to corrode and turns into tumors, including cancer. So, suppressing an anger, allowing offence to be in the body, we are doing harm to our health. Therefore, you must give vent to your feelings at the right time.

Many of us grew up in families where we were not allowed to show anger. This is especially true for women: they were taught that be openly angry is indecent. Anger was unacceptable, except the head of the family. And we learned to "swallow the insult", making no sign. But now you can choose either to abandon this habit or to continue to cling to it. Nobody will do it instead of us.

Shellfish swallows grit, and then develop mother-of-pearl around it layer by layer, until a perfect pearl is formed. In the same way and we re-open old emotional wounds again and again. I call it "infinite scrolling of old films in the mind". But if we want to get rid of old offences and forget about them, then it is time to rise ourselves above them.

One of the reasons of tumors and cysts in the uterus is the so-called syndrome "he hurt me". Genitals are the parts of the body that embody Yin and Yang. When people experience strong emotions, usually in human relationships, they localize them precisely in the genitals. Women can drive their pain in organs that embody femininity, and the pain is implanted in them, causing a cyst or a tumor.

As offence is deep within us, we have to work hard to get rid of it. There is a story of a woman who struggled against cancer for the third time. She could not overcome the "models of generation of offence" that caused the origination of new tumors. She hypocritically exaggerated bitterness of her life. It was easier to operate last tumor than to work at spiritual forgiveness of offences. It would be nice if she did both things.

Doctors perform cancer surgery for a lump successfully, but only we can prevent the origination of tumors.

**Parable**  
***Fragile gifts***

*One day an old wise man came into a village and settled down there. He loved children and spent a lot of time with them. Besides, he liked to give them presents, but all the toys he gave were fragile. Though the children tried to be careful with their new toys, they often broke them. The children got upset and cried bitterly. After a while, the wise man gave them new toys but they were only even more fragile.*

*At last, the children's parents asked the wise man: "Why do you make such fragile gifts? You are wise and wish our kids happiness. But children break the toys accidentally and cry. And the toys are so beautiful that it's impossible not to play with them."*

*The wise man smiled. "One day," he said, "someone will give them his or her heart. Maybe by that time they will be taught to be careful with such priceless gift."*

"Sometimes people would rather die than change their behavior. And die. Many people would rather not change their eating habits, even if they are threatened with death.

And death overtakes them. It is terrible when it happens to those who are dear to us, although we understand that he had a chance to choose a different way.

In fact, our choice does not matter: it is always correct to us, even if we leave this planet. We all leave this world in due time, and everyone will find a way to do it at the right time.

I repeat again that we should not blame yourself when something fails. We should not feel guilt. Nobody did anything wrong. Every man does everything he can within the bounds of his knowledge and understanding. Remember that there is the

Strength inside us and all of us came into this world to learn some lessons. Our higher ego knows about our mission in this life incarnation and about lessons that have to be learnt to advance in the evolutionary process. There are no wrong ways. We all make an endless journey into eternity, and we have a whole succession of life incarnations. "What we have not done in this life we will do in the other," Louise Hay writes in her book *Power Is Within You*.

([http://polbu.ru/hay\\_salutaryforces/ch14\\_i.html](http://polbu.ru/hay_salutaryforces/ch14_i.html))

Women often take offence at their fathers. The reasons are different (e.g. he did not love, he loved little, he did not pay attention, he hurt her mother, he ignored, etc.) As for the forgiveness of her father a woman must understand that taking offence at the parents is often an unwillingness to understand them, to accept, to try to grasp of their situation and causes. The most common female complaint is she was given short love as a kid. I want to say to you that if you were given short love as a kid, you are absolutely normal healthy adult.

Yes, you are **ABSOLUTELY NORMAL!** Well, think about it: how can you give enough love to your child beforehand? Or can you love him as much as he need? We, the children, always want to be loved just a little more, and the parents always want as much as possible to take care of us. Parental love is such a sweet, which can not be gorged. It will be always small. And that's fine. Love is such an unlimited resource and such a basic need that you will fill all your life. In the trainings women often ask me what they have to do with offences if the person who offended or at whom you took offence is dead? I am sure that the answer will surprise you. And I know for sure that everything that you will read now, it works. **OUR UNCONSCIOUS DOES NOT DISTINGUISH IF WE ACCEPT LOVE OR GIVE IT, WE FORGIVE OR EXCUSE.** If offences remained, and the person is not no more, just give the unspent love, care, attention, forgiveness to any

other person. When we are in a GOOD STATE, our feelings are full, and we feel a sense of relief. I repeat that it does not matter if you give or accept, if the person is alive or not. The feelings have no time, they are able to be saturated and to live at any time of life and at any age. The sages say that if your happiness is dependent on another person, you are destined to be unhappy. We can so much that we are afraid of our power. There is the water cycle in nature and also there is love cycling in the human heart. If someone has done good deed to you, this ain't meant to be shown your gratitude. Most often people give good to us in our lives in order to we will give it to others at the right moment for them. They don't wait for gratitude. Remember the movie *Pay It Forward*. This is one of the laws of Love. And, of course, sometimes the person who begs pardon first is not guilty. The person who begs pardon first values the relationship.

***The Parable***  
***The parental forgiveness***

*One young man offended his father and mother and left his parents' home. His life became dissolute, and soon he was put in prison.*

*He repented of his behaviour and decided to return to his parents' home after jail release.*

*That day came. But he did not dare to return to his family, because he caused too much sorrow.*

*Then this man wrote a letter to them in which he asked for forgiveness, and if they did, they should hang his white handkerchief on the bedroom's window. He would pass by his house and immediately understand whether he was expected or not. The day was appointed.*

*And early in the morning the repentant son was walking down the street, where he spent his childhood. He was close to*



*his home. His heart was beating in his chest. He stopped before he turned the corner. Now he would do this and see the red brick house with a streetside window of his bedroom.*

*He closed his eyes, made a last step and ... What did he see? He did not see a red brick house. Everything was white: shawls, handkerchiefs, large sheets, the whole house was hung with them.*

*Parents were afraid that he would not notice the little handkerchief and pass by. They were afraid to lose a son forever and they did everything possible to make him understand that he was forgiven.*

## *Forgiveness as manipulation*

Many people think that if you learn how to forgive, then this will raised the level of their spiritual maturity. In fact, forgiveness is also a way of influence on the other side as taking offence. Taking offence is a stick, and forgiveness is a carrot. Both are the ways of manipulation and control of other person's feelings. Forgiveness is good, but you first have to learn to take offence in order to learn how to forgive. Or maybe not forgive and do not take offence. Only we perceive the situation as offensive or inoffensive. Only we attach importance to it. The world is formed by our perception, by no external factors.

**If you perceive offence as a disease, there is a logically suggested way of healing. I. Nezvibatko offers the following very effective algorithm:**

1. Acknowledge that you really took offence. Only you chose it, you were not forced. And you are wrong, simply because you allowed offences manifested in you.

2. Say that you are not going to justify yourself. Ask yourself, "Why do I take offence at that person? What do I want to get from him? What is my purpose? "

3. Can I get what I want in a different way or from other people?

4. Accept on faith that you give up offensive actions in response, and do not intend to continue this destructive cycle.

5. Decide exactly what you want, what your goal is. If your goal leads you to a deadlock now and hurts you, maybe you need to change it to another? You can always either refuse to expect or break off relationship.

**Exercise. The dissolving of the resentment (by Louise Hay)**

Sit somewhere quiet and relax. Imagine that you are in a darkened theater and a small stage in front of you. Put on the stage of the person you need to forgive (the person you most hate in the world). This person may be alive or dead, and your hatred can be both in the past and present. When you clearly see this man, imagine what happens to him something good, something that this person is important. Imagine him smiling and happy. Hold that image in your presentation for a few minutes and let it disappear. Then, when the person you want to forgive and leave the scene, put there yourself. Imagine that happening to you but good. Imagine yourself happy and smiling. And know that the universe is enough good for us all.

This exercise will dissolve the dark clouds of accumulated resentment. To some, this exercise will seem very difficult. Each time you do it, you can draw in different people's imagination. Do this exercise once a day for a month and see how you will live easier.

John Gray in his book *Men are from Mars, Women are from Venus* offers the following forgiveness technique, "If you

are in difficulty to forgive someone, put there yourself and write a letter on his behalf to yourself. You will be amazed how quickly you will have the ability to forgive."

Forgiveness of offences is described by Dr. Sinelnikov in his book. He says that you need to send the offender or the person you offended a mental gift from the heart. First, think about what that person would like, and then present him mentally. It is important to "see" your gift makes the person happy...

You can do something good for the offender in reality: pay a compliment, offer assistance, not because he deserved it, but just ... without reason.

When offence leaves, the space inside of us becomes free ... for what? I do not know, only you can decide for what. I want to believe that it is for a miracle (<http://indigo.net.ua/psychopraktikum/281-opasnyj-virus-obida.html>).

Who has to be the first to forgive, and how to understand that the time for forgiveness has come? How can I understand that I have enough knowledge and spiritual wisdom to forgive?

### ***Sword Master The Parable by Timur Gagin***

*Once upon a time near Blue Mountains there lived a young man who really wanted to become the Sword Master. And according to the customs of that land only someone who had a real Master's Sword might be the Sword Master.*

*A young man was anxious to become a master, and he went to the distant lands near Blue Mountains. He wanted to come to one of the old Sword Master and ask him for the following, "Great Master! The fame of your exploits blazed widely abroad. You fought in all major battles. You always defeated, won fame and glory. But now you live in peace, you*

*have everything that you want, and you no longer need your sword – Master's Sword. Sell it or give it to me."*

*The young man really hoped that someone of the old Masters would respond to his request, and he hit the road, he had a long way to one of the cities, where an aged Sword Master lived. He walked for a long time and went into the gate. He asked everybody the way, and everybody was willing to show him the house in which a retired Great Sword Master lived. And the young man came to his house and said to him, "Great Master! The fame of your exploits blazed widely abroad. You fought in all major battles. You always defeated, won fame and glory. But now you live in peace, you have everything that you want, and you no longer need your sword – Master's Sword. Sell it or give it to me."*

*The Sword Master listened to the young man, smiled and answered, "I'd love to, but you know, this sword will not be good for you."*

*The young man bowed before the Master and hit the road again.*

*He ascended the mountains, descended into the valleys, sailed down the river, but he kept his way. He came to another city, found the house of another old Sword Master. He came into Master's house and said, "Great Master! The fame of your exploits blazed widely abroad. You fought in all major battles. You always defeated, won fame and glory. But now you live in peace, you have everything that you want, and you no longer need your sword – Master's Sword. Sell it or give it to me." The old Master Sword listened to the young man, smiled and replied, "I'd love to, but you know, this sword will not be good for you."*

*And the young man who was anxious to become a Master hit the road again. He walked further, found the old Masters and made the same request, "Great Master! The fame of your exploits blazed widely abroad. You fought in all major*

*battles. You always defeated, won fame and glory. But now you live in peace, you have everything that you want, and you no longer need your sword – Master's Sword. Sell it or give it to me."*

*And wise old Masters listened to the young man, smiled and said time after time the same thing, "I'd love to, but you know, this sword will not be good for you."*

*And then the young man decided to go to the mountains in search of the secret blacksmiths. He walked day and night. He got up at dawn, went to sleep after sunset. He slept little, and he ascended the mountains. Finally, he found secret blacksmiths in the Blue Mountains and told them about his situation. He asked to forge a sword that looked very much like a real Master's Sword. Blacksmiths listened to him and said, "You want to become a Master, and you need a sword. All right."*

*And they forged a sword for him, and its noble steel glittered in exactly the same way, this sword cleaved through iron, silk or hair easily, it was perfectly balanced, covered with a complex and intricate embossment, and it looked very much like a real Master's Sword. The young man accepted his new sword gladly and gratefully, bowed before the secret blacksmiths and hit the road.*

*He fought in all major battles and always defeated. His fame of his exploits blazed widely abroad, passed ahead of his appearance, delighted his friends and commanded respect in the hearts of enemies. He lived a rich and worthy life and, finally, one day retired, settled in the city of a distant land, and he lived quietly and happily for many years. Only occasionally when the guests praised him as the real Sword Master he felt uncomfortable. He knew that he had not had a real Master's Sword.*

*And one day he was visited by a strange young man. He bowed and said, "Great Master! The fame of your exploits*

*blazed widely abroad. You fought in all major battles. You always defeated, won fame and glory. But now you live in peace, you have everything that you want, and you no longer need your sword – Master's Sword. Sell it or give it to me."*

*The old Master smiled an unintelligible smile and said, "I'd love to, but you know, this sword will not be good for you."*

### *Instead of conclusion*

At the beginning of the book I asked you a question, "How many subjects does the state of taking offence have?" After reading the book, how can you answer this question now?

Of course, taking offence has always one. Only you decide either to let offence in or not, only you make a decision either to perceive the situation as offensive or as one that will be your improvement potential and piggy bank of experience. Taking offence is always an invitation to improve!

*There was a convent in a remote village on the top of high mountain. And there a wise master taught his disciples worldly wisdom in order to they could carry it to the people in the world. One day a disciple who had been studying for a long time and who did well in these studies came up to the master. He asked the master, "Tell me, wise master, I have been with you for many years in search of wisdom, but I could not find the answer to one question how to behave when you are praised, flattered and when someone takes offence or censures?"*

*A master answered without hesitation, "The question is really not simple, and you will be able to get the answer if you fulfil the task that I will offer you. First, early tomorrow morning go to the nearest graveyard and the whole day from sunrise to sunset praise the people of that place. Tell aloud*

*about what respectable people they were, how wise their lives were, what faithful husbands and wives they were, etc."*

*A disciple accepted on faith the task of Master and went to the graveyard and he had spent a whole day singing song of praise and admiring people of that place. Next morning a master instructed the disciple to go to the same graveyard and spend a whole day from sunrise to sunset scolding the people of that place, remind them how they betrayed, did not stick to their word, how they forgot about the important people and did not pay attention to their children, cheated others, etc. A disciple was perplexed by such a task, but could not disobey the master. He went to the graveyard and he had spent a whole day scolding the people of that place.*

*After such a day an exhausted disciple came home and fell asleep. In the morning an confused disciple came to the master in the hope that the master would explain the meaning of the whole affair. The master said that a disciple had already understood everything, he praised the disciple and gave his blessing to leave a convent and go to serve the people. A confused disciple said honestly that he did not understand the meaning of the lesson, but a wise master said, "My friend, in your life you will meet of a lot of people who you will praise you deservedly and undeservedly, flatter you, and also you will meet many people who will hurt you and blame. It is important to react to people's praise and censure in the same way as the people who you communicated to last two days reacted. This is the spiritual maturity and wisdom."*

At one of the workshops on art therapy a group did the exercise "My Rome". The participants were sitting in a circle and in the center there was a whole street of houses that were created by each participant. The idea was the following: when a person summed up the training, he lit a candle and illuminated the house (put a candle into the house or near it). A burning candle was in the center, and a lighter was near it. I

was very surprised that all the participants lit their candles from the a burning candle. Nobody used a lighter. I compared a burning candle with a living person who had learned to forgive and accept offences as an experience and use it for own improvement. A lighter was the sacred source from which the understanding of light of a burning candle came. Not many people think about the receiving of the light from the source. All members of the group chose to learn from the man. Because it is more understandable and easier. I know exactly how great the responsibility of a burning candle is and how great its capabilities in the distribution of fire are. We all must remember the source, which is always near you.

To use the source, you need to work hard spiritually and emotionally without assistance. To get knowledge from the other person is easier and faster, but it is learnt more slowly and longer than knowledge obtained without assistance.

In fact, the life without taking offence is possible. I sincerely wish you to be honest with yourself.

### **I advise you to read these books:**

1. Орлова Л. М., Шипилова И. А. Пиши обиды на песке: Психологический тренинг / Л. М. Орлова, И. А. Шипилова. – Одесса: Друк, 2009. – 136 с. – (Эмоции и переживания).
2. Запрети себе обиды! Начни прощение с себя: Практики эффективного прощения – Дугельная Т. – НПП «Ника-Центр», ООО, 2012. – 232 с.
3. Louise Hay. The Power Is Within You. Hay House Inc., 1991
4. Lise Bourbeau. Your Body's Telling You: Love Yourself: The Most Complete Book on the Metaphysical Causes of Illnesses and Disease (Paperback). LOTUS PRESS, 2008. – 560 p.



**The book was written thanks to my teachers and like-minded persons:** E. Filonova, S. Lazarev, T. Dugelnaya, L. Orlova, I. Shipilova, I. Nezovibatko, L. Hay, L. Bourbeau, A. Mogilevskaya, P. Korobchanskiy, E. Koynova, O. Torsunova, M. Khmelovskaya, N. Chukhvitskaya, G. Kirmach, M. Kvasova.

Thank you for the important words, ideas and actions at the right time.

**Sincerely, Helen Tararina.**

Dear friends!

We invite you to the teaching program *Theory and practice of art therapy: a complete course*, which consists of six modules and is the basic of learning of modern practical psychology – art therapy.

The training takes place in Kiev, Zaporozhe, Donetsk and in other cities.

The course focuses on the study of art therapy techniques on consultation, psychotherapy and diagnostics.

The fields of art therapy, which you will learn to work at:

- Drawing therapy;
- Clay (dough) therapy;
- Doll therapy;
- Fairy tale therapy;
- Sand therapy;
- Bibliotherapy, film therapy;
- Sound therapy, music therapy;
- Drama therapy;
- The elements of dance and movement therapy, etc.

**During training:**

- You will obtain experience of practical use of art therapy in the group;
- You will learn to interpret, predict, modify the behavior of another person, based on non-verbal components of the human nature and products of art-activity;
- You will master a skill of self-reflection, empathy, formation of professional self-consciousness and ethics;
- You will be able to develop your capabilities of realization of creative approaches to professional problem solving;
- You will learn and master the model of effective psychotherapy based on art therapy in practice;
- You will mobilize your own creative potential.

### **The trainer:**

Helen Tararina is one of the most titled art-theraputists of Ukraine, a business-trainer, a certificated teaching art-therapeutist, a consulting psychologist of the highest category of *New Generation* school-gymnasium, the President of *Art-Therapy East Ukrainian Association*, an organizer of *Life Like a Miracle* – the International festival of personality development and *LADA-FEST* – the International female festival, the author of a pack of metaphorical and associative cards "The wheel of life", the author of transformational desktop psychological game "The wheel of life", the author of the book "Practical work on art therapy: master's box".

## *Curriculum*

### **Module 1.**

The Space of art therapeutic process. The module contains 1) An introduction to the theory of art therapy. 2) Diagnostic and therapeutic instruments of art therapy. You will learn how to apply practically the techniques of drawing therapy in working with children and adults, identify the state of man by the picture, become proficient in 7 new techniques of drawing therapy and 3 techniques of CoachArt, undergo practical training in the development of verbal creativity, learn mandala therapy, the techniques of individual and group work in art therapy, the role and function of art therapist, psychotherapeutic and diagnostic instruments "Mandala".

### **Module 2.**

The basic types of art therapy. The module contains the use features of art therapy techniques in consulting. You will learn how to apply practically the techniques of art therapy in teambuilding and in working with large and small groups, get

the experience of art therapy consulting of a family and a couple, learn the technique of working with foil, become proficient in the techniques of film therapy, know the surprising experience of makeup therapy.

### **Module 3.**

The personality-oriented approach of art therapy. The module contains 1) The personality in art therapy. 2) Working with "Ego Image". 3) The techniques of art therapy in working with personality's self-actualization: self-knowledge, self-attitude, self-regulation. You will learn how to use dolls in the process of client consulting, create five your own dolls, learn the technique of "Water-Ink Printing", become proficient in the techniques of collage system, goal-setting and planning, get the experience of psychological consulting of "relationships of women and men".

### **Module 4.**

Art therapy in the social sphere. The module contains 1) Art therapy as a system of psychological consulting of educational process. 2) Art therapeutic work with different categories of clients. 3) Art technology in the working with children of various ages. 4) The use of art therapeutic techniques in family psychotherapy. 5) The integration of different types of therapy by creative self-actualization. 6) Art therapy as a tool for correction of relationship between parents and children. You will learn to use the sandbox in individual and group work with such problems as fears, reserved needs, traumatic emotional experiences of loss, etc., read the sand paintings and advise the client about them, know about fairy tale therapy, learn how to write fairy tales for the client's problem, get a collection of psychological fairy tales for therapy of the most common children's problems.

### **Module 5.**

The creative potential of art therapy. The module contains 1) The development of self-concept and self-expression. You will experience the techniques of diagnostics and the development of basic faith in yourself and the world, participate in contact improvisation, create musical etudes, learn how to use music therapy to children and adults, become proficient in the techniques of beat therapy and voice therapy in working with families and also the techniques of photo therapy and landscape art therapy.

### **Module 6.**

Certification. You will have a unique experience of the sacral dialogue with your own ego, master a training, gain experience of the trancepersonal journey by art therapy, get 18 gifts and favour 18 people with a joy.

#### **New seminars by Helen Tararina:**

1. The formula of female motivation.
2. Self-concept and self-sabotage: Why do we sabotage our goals and dreams?
3. Metaphorical associative images at work with children and adults.
4. Taking offence at men and women's health.
5. Doll therapy as a method of the development of femininity.
6. Transformational psychological game "The wheel of life".
7. Spiritual laws of the development of a woman.
8. The game-journey "Tamboliya."
9. The game of self-actualization "Secret Agreement".
10. Transformational business game "Successful solutions".

Contact us to register for the training program and to find additional information on the web sites: [tararina.com](http://tararina.com), [cxid-art.org.ua](http://cxid-art.org.ua).

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**Helen Tararina**

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## Quotes

*We should be too big to take offense and too noble to give it.*  
(Abraham Lincoln)

*Whenever anyone has offended me, I try to raise my soul so high that the offense cannot reach it.* (Rene Descartes)

*A personal offense is like a scratch on a phonograph record. I couldn't move my thoughts beyond my pain. It kept repeating, as if I were stuck within its grooves. There was only one way to play beyond it. I had to forgive them, so my heart could take its form again.* (Laurel Lea)

*If it is a first offense, you ground them and have a talk. The second offense would call for counseling.* (Alan Thicke)

*Strength of character means the ability to overcome resentment against others, to hide hurt feelings, and to forgive quickly.*  
(Lawrence G. Lovasik)

*Resentment is like drinking poison and waiting for the other person to die.* (Carrie Fisher)

*Holding on to anger, resentment and hurt only gives you tense muscles, a headache and a sore jaw from clenching your teeth. Forgiveness gives you back the laughter and the lightness in your life.* (Joan Lunden)

*If you hug to yourself any resentment against anybody else, you destroy the bridge by which God would come to you.* (Peter Marshall)



*Without forgiveness life is governed by... an endless cycle of resentment and retaliation. (Roberto Assagioli)*

*Anger will never disappear so long as thoughts of resentment are cherished in the mind. Anger will disappear just as soon as thoughts of resentment are forgotten. (John Dryden)*

*Bitterness and resentment only hurt one person, and it's not the person we're resenting - it's us. (Alana Stewart)*

*I've known for years that resentments don't hurt the person we resent, but they do hurt us. (Anne Lamott)*

<http://www.brainyquote.com>