
Dead Weight:

– A LITTLE GORY, BUT NEVERTHELESS TRUE
...JUST IN TIME FOR HALLOWEEN

The dictionary defines *Dead Weight* as:

- 1.** The unrelieved weight of a heavy, motionless mass.
- 2.** An oppressive burden or difficulty.



Here's the gory part, perhaps the origin of "dead weight":



In ancient times, punishment could be exceptionally cruel. During the time of the Roman Empire, if a person were to commit murder, the punishment was exceptionally cruel. The punishment was to have the body of the person you killed strapped to your back. Now, just imagine the horror, not to mention stench, of a dead body on your back. That would definitely keep other people away from you. You would be shunned and kept out of society. But it would attract the flies and maggots. As the body decayed, the bugs and bacteria would start to infest – to infect - the body of the one who committed the crime, in time, killing that person too.

So the question is:

*What “oppressive burden” or “difficulty” are you carrying around?
What unrelieved weight do you hold on to?*

Literally, are you carrying “dead weight”? Holding on to something, some memory, some experience, some hurt that stinks, that’s pushing others away from you, weighing you down, keeping you from reaching higher in life.

Maybe at the time you picked it up, you felt you were in the right, justified.... But now that dead weight is infecting...affecting you.

I make no bones about it (pun intended) **Life is hard**, buy why make it harder carrying around junk that serves no purpose.

I can hear it now:

“Dave, you don’t know what she did to me, what lead to our divorce”

“You don’t know how hard it is to forgive him for what he did”

“He/she wasn’t here for me when I needed them most.”

Hey, I’m not saying dropping the dead weight is easy. Sometimes we use “dead weight” to explain our current circumstances, to offer an excuse why we haven’t accomplished more or lived up more fully to our potential.

Just ask, is there one thing I need to drop, to let go of, and in doing so lighten my load, my life? Open yourself up to a new experience. Decide, for Halloween, to bury it now, and say....

R.I.P.

I’M MOVING ON WITHOUT YOU

We’re here to help...If you’d like more info on how to drop your “dead weight”, how to further your own growth, or to unsubscribe to *Scrolls*, please email me: dave@genesis-counseling.com

Thanks for Reading!!! *Dave*

Your vision will become clear only when you look into your heart. Who looks outside, dreams. Who looks inside, awakens. -Carl Jung