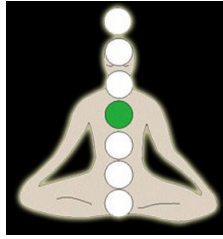


Forgiveness



“Many of us stubbornly hold on to bitterness and resentment about our life and work not because we are bad or unloving people but because we do not know how to forgive...to forgive is to release tapped energy that could be doing good work elsewhere.” - Robert K. Cooper, Ph.D. & Ayman Sawaf

Forgiveness is the tool that will allow you to let go of beliefs that limit your full expression of love. Forgiveness realigns you with divine truth and greater freedom.

In forgiveness we go beyond seeking a fair solution and instead look for a compassionate solution. The basic moral principle underlying justice is equality. The basic principal underlying forgiveness is love.

Five Tips for Forgiveness:

- 1) If you are angry or upset with someone, the first forgiveness should be, “I forgive myself for every time I have treated someone the same way or done the same thing.” Sometimes you don’t see how you are not that different from the person who has “wronged” you.
- 2) Our behavior, (good or bad) is always justified by our current belief system. Ask yourself, “What would I have to believe to feel this way?”
- 3) Sometimes people can’t believe they can really heal and move past certain events such as: divorce, child abuse, unexpected death, rape, etc. In these cases use:

“I forgive myself for believing there are some events you just never get over....”

- 4) Co-dependency is when a person believes that his/her happiness is dependent of the behavior of someone else:

“I forgive myself for believing my mother has to change before I can feel happiness and security.”

- 5) Sometimes it is difficult to forgive because we want to hold on to an unfulfilled expectation of how we wished it would be. When we refuse to accept the sad, painful or ugly parts of our lives, and insist on hanging on to the way you wished it would be, or thought it would be, you lose your presence of mind and maintain yourself in your own private suffering.

Forgiveness is a powerful tool in bringing about a true feeling of acceptance of the way it was and the way that it is. Forgive yourself for holding on to the "expectation" that was never fulfilled.