

Forgiveness Is The Way To Your Own Freedom

By Sonia Devine

Your ability to forgive those who have hurt you in the past is a crucial stepping stone to your spiritual and emotional growth. Throughout the course of our lives, we collect emotional baggage. This is unavoidable, and even though it can cause us a great deal of pain, it helps us to define who we are as people. The result is that we grow even more and learn valuable lessons along the way about ourselves and others.

So there you have it - emotional baggage is an unavoidable part of all of our lives - but it's not actually this that is the real cause of unhappiness in your life. What's really important is how you choose to deal with that baggage, because what you do with it will determine the success or failure of your FUTURE relationships.

If we accept that every experience in life has a lesson in it for us, then think about the people who have hurt you in the past. Have you allowed yourself to forgive them? Or are you still holding onto the emotional pain?

Do you find yourself conjuring up scenes of "sweet revenge" in your mind, or worse still, acting out those scenes? Are you able to forgive and let go? If you are not, then who holds the power - you or them?

Don't let people who have hurt you in the past have any control over your future!

When you make a choice to forgive others, you are NOT lying down and becoming a door-mat, nor are you admitting that person who hurt you is in the right. Forgiveness is about taking back control of your life and not allowing your negative emotions to rule you.

Forgiveness is also about letting go of all those debilitating emotions that could be responsible for sabotaging your current relationships!

So ask yourself this question: Do you want to feel good? If you are still carrying feelings of resentment and anger towards someone who hurt you, then what are you getting out of it?

Hanging on to feelings of resentment, hatred or anger, will ensure that these destructive feelings WILL spill over into your current life and stop you from enjoying positive, successful relationships with other people.

The fact is your subconscious mind never ignores negative energy and emotions. It will remind you every day that you need to deal with them, and until you do, it will manifest your unresolved emotional pain through insomnia, chronic physical pain and in extreme cases, through life threatening illness.

So there it is; make a decision today to take back your life by practicing forgiveness. Your energy is extremely precious so don't allow yourself to give it away to those who don't deserve to have it!

Move on with your life today, and you will experience miracles.

Sonia Devine is a qualified professional hypnotherapist and success coach. You can find more of her information on ego, self-image, love, relationships and much more on her website <http://www.manifest-your-success.com>.

Forgiving Others - Why Is It So Hard?

By Alex Lickerman, Psychology Today

Forgiveness is hard. But why? Perhaps for the following reasons:

1. We're reluctant to let go of our anger. As I argued in a previous post, "How To Manage Anger", the second of the four main reasons people get angry is to achieve or regain control. If we still feel harmed in the present - even years after we actually were harmed - we frequently continue to feel angry.

And it's inherently difficult, if not impossible, to forgive someone with whom we're still angry. This is true even if the predominant reason we're angry isn't due to frustration at having lost control but in outrage at the injustice committed against us. Anger-no matter what its cause - if allowed to boil without being harnessed to accomplish anything worthwhile, can cause us far more harm than good.

2. We want to satisfy our sense of justice. Even if we're not angry, if we believe our offender doesn't deserve our forgiveness, we may find ourselves withholding it to avoid appearing to condone what they did to us.

3. Forgiveness may feel like letting our offender off the hook without punishment. Even if we don't feel that forgiveness implies we condone the injustice committed against us, to release our anger and forgive our offender may feel like letting them get away without being punished, especially if no other punishment is forthcoming.

4. We wish to harm as we've been harmed. An eye for an eye often feels viscerally satisfying (remember, anger must be discharged in a way that feels satisfying). If we lack the power to deliver actual harm, harboring anger may feel like a second-best option. Holding a grudge does in a certain sense feel good.

5. They haven't apologized, so we can't forgive. The power of an apology to open the path to forgiveness can't be overestimated. But the failure to apologize also cannot be overestimated in how much it can block forgiveness, especially if there is a refusal to acknowledge a wrong was committed.

6. When someone commits an injustice, we often cease to see or believe they could be capable of any good intentions. We tend to abstract those who harm us, diminishing them from full-fledged human beings into merely "our offenders." This enables us to refuse to allow into our conception of them any room for the possibility that they have positive characteristics or have the capability to do good (much in the same way they abstracted our full-fledged humanity into some label that enabled them to harm us in the first place).

To my way of thinking, forgiveness involves recognizing that the person who harmed us is more than just the person who harmed us. He or she is in fact, whether we want to acknowledge it or not, a full-fledged human being whose full dimension isn't defined by their foolish decision to harm us in some way (as much as we may wish it were).

At its core I believe forgiveness is an acknowledgment that a person who's harmed us still has the capacity for good.

Forgiveness Is A Gift You Give Yourself

By Michele Weiner-Davis

Are you someone who walks around feeling angry with your spouse or loved one much of the time? Do you have a little inner voice that constantly reminds you of all of his or her wrongdoings?

Have you become expert at remembering all the minute details of past injustices just so that you can keep score? If this describes you at all, you better read what I'm about to say and take it to heart

Lack of forgiveness imprisons you.

It takes its toll on your physical and emotional health. It keeps you stuck in the deepest of relationship ruts. No matter how justified you feel about your point of view regarding your partner or children's insensitive behavior, you still are miserable. When you wake up each morning, a gray tint shadows your life. You walk around with a low-grade depression.

You can't feel joy because you're too busy being angry or feeling disappointed

In the face of these fairly obvious disadvantages, you

hang on to your belief that, since you feel let down, you must not "give in." To you, giving in means forgiving, letting go, and making peace. To do so, would be tantamount to giving up your soul.

So, you keep your distance. You interact in perfunctory ways, never allowing your partner to step over the emotional line you've drawn. And though the distance often feels intolerable, forgiveness is not on your short list of solutions to your dilemma

I have worked with so many couples who say they want to heal their relationships. And yet, when they're offered the tools, they can't seem to move forward.

These are the couples who, instead of finding effective ways to get beyond blame, continue to repeat their mantra, "Our problems are your fault and you must pay."

As long as they maintain this mindset, they are doomed to failure. How very sad.

Even sadder are their children who, on a day-by-day basis observe their parents being "right" but "miserable." What lessons are they learning about love?

If any of this strikes a chord with you, you need to internalize that

forgiveness is a gift you give yourself.

Letting go of resentment can set you free. It can bring more love and happiness into your life. It opens the door to intimacy and connection. It makes you feel whole.

Forgiving others takes strength, particularly when you feel wronged, but the fortitude required to forgive pales in comparison to the energy necessary to maintain a sizable grudge.

The person most hurt by holding out or blaming is YOU, no matter what the circumstances

"All this sounds good," you tell yourself, "but how can I ever forget what my partner did to me?" Good question. You don't!

Forgiveness is not the same as forgetting. You will probably always remember the particular injustice(s) that drove you into your corner. But what will happen is that when you forgive, then the intense emotions associated with the event(s) begin to fade. You will feel happier, lighter, more loving. And these renewed positive feelings won't go unnoticed. Others will be drawn to you

Just keep in mind that forgiveness isn't a feeling. It is a decision.

You decide that you are going to start tomorrow with a clean slate. Even if it isn't easy, you make the determination that the alternative is even harder, and that you are going to do what you must to begin creating a more positive future

So promise yourself, that no matter what the reason, you will not go another day blaming your partner and feeling lonely. Make peace. Make up. Make love.

I promise you that the benefits of deciding to forgive go far beyond anything you can picture in your mind's eye at the moment. Your decision to forgive will create a ripple effect of exponential changes in your life.

Read More of Michele's Articles at <http://www.divorcebusting.com/>

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