

The Gift of Forgiveness

Every event and experience in this dimension is open to interpretation. We filter experience through our past programmings of how we believe the world to be. These perspectives are usually learned through challenge and struggle and pain. Usually the child part of us is making on the spot decisions about the events and survival He/she then pushes for the same reaction until further notice/information, which rarely comes, or, at least, is rarely assimilated when it does come. The child self protects us with old decisions and fears and woundings. The adult self often knows better but is pushing the river unless he gains the willing trust of the inner child self.

I say this because the events of living are not always what they seem to be at first experience. Understanding the dynamics of how we view the world opens the door to alternatives. When one begins to view the world as holding the possibility for different outcomes, then one of the premier tools for inner release and change comes into view: forgiveness.

Forgiveness is a conscious choice to let go of the energy, the judgment, and the prejudicial memory of an event or treatment by someone. It serves up a willingness to let go of the attachment. This is huge, because it is usually the energetic attachment that interferes with growth. It also impacts the energy bodies by carrying a lower frequency vibration. Forgiveness can free this energy up to allow us to move to a higher vibration place of peace.

I have discovered that many New Agers go through the motions of forgiveness and experience mixed results for their efforts. Simply saying "I forgive you", though a beautiful intention, often does not move the energy that holds the resentment or pain in place. I have found that attending to the energy as part of the forgiveness process can be very effective in releasing the energetic component. I will offer an alternative process in the activities below.

Using this loving gift of the Cosmos can impact our lives for the better. Once you have experienced the "miracle of forgiveness", you will become sensitive to the results of holding grudges/resentments/pain. You may even decide at the moment it occurs, that it is not worth holding attachment to. That is a powerful place to reach...a true place of peace. Why not use this gift of forgiveness to lighten the load and flow with the life that comes your way. Be well...

- Begin by making a list of people and events that carry the energy of resentment, judgment, criticism, anger, memory of a hurting, a disrespect, a wounding, a betrayal, etc. Be honest and list them all as this can be a powerful cleansing process
- Now take each person on your list and picture the them doing what they did. Put yourself back there and feel the elements of the experience. Tune into the feelings and let them make a sound. Let it out. Notice how the body sensation may move. Follow it. When it seems to stay in one place then breathe into it. Call up all the words you want to say to the person about the experience. Use the language that comes up. It may just be sounds again. Say these words until you feel the charge release. Only then can your statement of forgiveness be clean. At this point picture the person and speak what you are guided to...something like this: "I now forgive you for _____. I fully release, on all levels and in all dimensions and in all my energy bodies, all energetic memory of this experience. I set you free. I set me free. I cut all energetic cords between us. It is done. And so it is."
- Choose also to forgive yourself for your choices. Often it is our internal judgment that keeps pain alive in us. List the judgments and criticisms you hold for yourself. Go through a process similar to that above and address the feelings and energy that surrounds each. "I forgive me" are beautiful words...
- Explore the current process that is making waves in the New Thought community: The Ho'oponopono Hawaiian Forgiveness. Focusing on the issue, say these words: "I am sorry. Please forgive me. I love you. I thank you." It changes the focus and lifts you of the burden of blame and resentment, bringing At-one-ment. For more details visit this site: [There Is a Way](#)