

The Power of Forgiveness

By Reanne Goes

Forgiveness is a conscious process of choosing to release one's self from thoughts of resentment, anger, bitterness, vengeance and victimhood.

Forgiveness does not condone the behaviour and it does not mean we need to forget the behaviour and move on. It does not justify the wrongful actions of others but moves us into a state of empowerment.

Without forgiveness we allow our body, mind and spirit to be affected negatively which dramatically impacts both our mental and physical health.

The Written Process.

Firstly identify the situation and person or persons involved. It's important to understand that you are not agreeing with the person's actions or the event. This process is to heal you so the event or person no longer controls your life by contributing to the negative thoughts and emotions.

Then take some time to write an angry letter getting out all of the thoughts on paper as to how you felt regarding the situation. Get everything out on paper. It's important to note this letter is never sent to the person. After you have expressed everything on paper hold onto the letter for 24 hours, add to it if needed and then burn it.

The next letter is the second and final letter. It is about forgiving yourself for allowing the event to affect your health and forgive yourself for everything around the situation.

Then you forgive the other person for anyway they contributed to the event or harmed you.

Next you give the other person permission to forgive you. Maybe you did something you weren't aware of. This step is for awareness and for you only. The other person does not need to be involved in the process. This exercise is to free you from the situation.

Look for the good in the situation. Learn the lesson the situation taught you.

Be thankful for what the experience taught you.