

Forgiveness.....

Is a necessary step towards personal freedom.

Our resentment keeps us bound and connected to the person who harmed us. Thus, we are not really free to move forward in our life.

While continuing to hold anger towards this person may fuel our righteousness in "getting back", often, the person for whom we are holding a grudge, is not aware of our hostility, and furthermore, doesn't care. We are the ones left holding the baggage.

The key to forgiveness requires our feeling the anger, sadness and hurt, and then releasing. We cannot forgive while we are still experiencing the unresolved emotions of hurt. If you cannot find closure on your own, it is important to work through pent up emotions with a professional. It is a grieving process, a letting go, a release, and it takes some time.

Forgiveness, what it's not:

- Does not let the offender off the hook.
- Does not depend on anyone else.
- Does not mean you have to like the person.
- Is not about pardoning unacceptable behavior.

Forgiveness Is:

- About freeing ourselves from a past hurt.
- A pathway that allows us to move forward in life, free and clear with our past.
- Good for our health. It boosts our immune system and our self-esteem. When resentment is released, so is the emotional toxicity that gets stored in our bodies leading to stress and all kinds of potential ailments.
- A practice that we do regularly.