

Forgiveness – How to Get There

You may want to be able to forgive – to release the anger that’s dominating your thoughts and making your stomach churn – but you don’t know how to forgive. Or, perhaps the wrong perpetrated against you was so heinous that forgiveness seems out of the question.

It’s not easy to forgive. There’s a process you must go through after making a commitment that you’re going to work through your feelings and problems. When you live with non-forgiveness, you’re separating the darkness in your mind from the light and clarity you could be experiencing.

You may be afraid that if you forgive, you’re “giving in.” You don’t have to forget the memory of the transgression or let the person who perpetrated it back into your life. You never have to condone the action or display kindness toward the person. That’s not what true forgiveness is.

When you practice forgiveness, you’re actually bestowing yourself with a much deserved freedom to get on with your life and give the person who wronged you the least amount of thoughts and time possible.

After you make the decision to forgive, you have to make a commitment to do the work involved. Don’t put pressure on yourself to reach a state of forgiveness before you’re ready. The very act of taking the steps to forgiveness can bring so much joy and happiness in your life that you’ll begin almost immediately to reap the benefits.

The best way you can begin to forgive is to practice controlling your thought process. When negative thoughts of revenge and anger first appear, practice kicking them out immediately and replace them with positive thoughts – of doing something for yourself, of taking back control of your thoughts and of improving your life.

Spend your energy in positive ways rather than dwelling on past, hurtful instances. Keep in mind that you’re not making the transgression “okay” if you choose not to

think about it. You're trading the harm that the thoughts are causing in your energy and life for a more abundant and happy life.

Put your victimization in the past rather than living with it and refuse to spend your life in frustration, anger and denial. Being a victim may have actually become comfortable for you because you don't have to make decisions if you hold on to the past. You have to work past that comfort and take action to get your life back.