

Love and Forgiveness

I am going to spend some time speaking about forgiveness because it has such an important effect on loving and being loved. No one is perfect and everyone, many times during their life, will either deliberately (out of anger or frustration) or unknowingly will hurt someone else and we will all be hurt by others during our life's journey. Either way, it is our attitude to others and our way of handling the anger and the hurt that will ultimately affect how we love ourselves and those around us.

If you hold on to revengeful or hurtful thoughts they will, unfortunately, add power to an already negative incident, prevent you from thinking freely and add new conflicts to an already difficult situation. Instead, be honest with yourself and accept responsibility for anything you might have done to make the situation worse and bring forgiveness and love into the equation.

What is forgiveness? The dictionary defines it as: to stop being angry about or resenting somebody's behaviour; to pardon for a mistake or wrongdoing. By choosing to forgive you are able to shed the burdens of hurt, anger, grief and pain and allow yourself to heal. Healing helps you to recover and brings peace and freedom. True forgiveness can only come through love. Have you tried to forgive someone and found it difficult? You knew you were right, but was it worth being right at any cost? When you can't forgive, the whole messy incident runs around and around in your brain like a never-ending tape. Your blood boils, your stomach churns and tenses into a knot and you feel ill with the stress. Have you noticed that angry and upsetting thoughts affect your whole body in a negative way? The longer you cling to these thoughts the more they will generate worse thoughts and emotions that will lead to negative actions which you may regret. At the very least you will feel as if you are in a locked room, unable to free yourself.

The key to opening the door to that prison is forgiveness and it leads to freedom of thought and wellness in body. It can be hard to say those words, "I forgive you" and the key seems to jam in the lock, but if you use the oil of love the key will turn, the door will open and you will be free. So, put an end to resentment and base your forgiveness on a will to love rather than on your feelings.

Refuse to dwell on old feelings. True forgiveness is not based on feelings. It certainly begins in the heart with understanding, perception and love then, through awareness, it bases itself in the mind and becomes an act of your will. That means that when you forgive someone you must decide that your forgiveness is permanent. Refuse to dwell on thoughts and feelings that are negative. Have you heard someone say, "I'll forgive but I won't forget!"? That is a second-rate kind of forgiveness and you shouldn't settle for it. When you forgive, forget the wrong and move forward in love for that person. If you do that, the pain once caused by the incident will disappear as if nothing bad had ever happened between you. The power of love will wash away the effects of it and you'll leave it behind once and for all.

Don't keep an account of the wrongs you have suffered. Think about the other person and remember, we all want to be forgiven. Would you want the other person to remember all the mistakes you made? I am sure you wouldn't, but don't allow feelings of guilt to cloud forgiveness. If you *have* wronged someone, make things right and go straight away and apologise to that person face to face. When that person forgives you, don't continue in guilt but allow the gift of forgiveness that has been given, free you to forget the incident and get on with life. It will open up a whole new world of love for you.

Forgiveness reconciles people to each other and love cements the bond. When you forgive someone it actually releases you from holding a grudge which can lead to bitterness. You cannot hold a grudge and sincerely love at the same time. A grudge or any negative thoughts will keep you powerless against the difficulties in your life and they will tend to build up. If your problems seem to be increasing, check to see if there is unforgiveness in your life. If there is, forgive that person and move forward in love. Forgiveness doesn't deny responsibility for bad behaviour. It simply says, "I let go of the past and I will not hold the other person liable in any way". This will have a positive effect on all other areas of your life and problems will begin to dissipate.

Give yourself the gift of loving forgiveness today and it will release you and transform your life into one of great blessing, peace and joy.

Remember

Love produces peace and happiness, patience and kindness in our lives. Love doesn't envy others nor is it easily angered or frustrated. Love forgives and forgets when it is abused, hurt or lied to. Love does not take offence. Love's power puts down strife and lifts up peace and harmony.