

Forgiveness

I had always assumed that my forgiveness implied two things - first, that I would have to let the offender back into my life, and second, that I now condoned their actions. This would be tolerable in the case of small hurts, like - 'you forgot to pick me up for the party'. But how about in situations where repeated cruelty was committed? And what if the wrongdoer wasn't even sorry?

Forgiving, then, is the last thing on your mind! No, you want to show this miscreant the err of their ways, demonstrate how much they've hurt you, and induce them to make amends, so you can heal! Unfortunately, it's highly unlikely that you'll find solace in this power struggle. And every second spent shaking your fist at the past is another moment of the future forfeited to the same person you're so angry at! There is, however, an alternate route to healing. And just like Dorothy and the red slippers, you've had the power all along!

Your answer lies in forgiveness.

Forgiveness does NOT mean you must 'make up'. This was a revelation to me. One can surrender their anger, or forgive, and then say... 'I wish you no harm, but I have learned that your path is not a good one for me, so we separate here'.

Research has now demonstrated beyond question that anger diminishes our immune system, and there is a direct path between blame and illness! So even if you DO ever convince that person that they should be sorry, was it really worth the cost? Wouldn't you be wise to forgive and go about your merry way? If they don't ever figure out where they went wrong, you have lost nothing, and if they do - its icing on the cake!

I offer to you a statement made by Glinda, the good witch of Oz. With a beautiful, calm smile, she made a slight sweeping gesture with her wand over the fuming, green faced witch, and said, simply - 'Be gone - You have no power here.' Take your power back. Forgive.