



Forgiveness

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Many years ago, in the early years of my healing journey, I carried a list of people around in my head who had "hurt me or had done something wrong to me in some way." The circumstances included all sorts of silly little things as well as big things. Over time the burden of my anger or hurts weighed heavy on my heart and, looking for a way to release the pain, I slowly learned how to forgive and accept. I also accepted that I had to go through the hurts and anger to become the person I am today so that I, in turn, can help others. Recently I have been told I still need to release some suppressed anger from childhood days, which is still affecting me now. For those of you who know me well, you know I don't often get angry, in fact its very rare. I do loose my temper for a few short seconds but rarely am I angry.

However I do, very often get hurt and it often takes along time for me to get over the hurt when I know I don't deserve what has been done. It would be good to express anger here (in private of course) to help to release it. To express it would be better than suppressing it as I often do, or stewing on things until I become an emotional mess. My problem being that I don't like to upset people, even if they have upset me, I don't like confrontation or conflict at all.

It would seem that I need to now get angry to release things from the past and the present to help me go forward. I was actually shocked with myself recently when I realised that I do feel very angry at someone / something that has happened recently, I can't seem to express the anger and I don't like the feeling that it brings inside, it actually physically hurts me in the heart. I have asked the angels for help and sure enough they have come with the guidance for me and I will undertake it to release it, this time I cant suppress it, or the hurt, because its now starting to be detrimental to me and will stop me on my path forward. One of the bravest steps we take on our healing journey is to forgive. Sometimes it helps to remember that beneath the surface of our humanity, is our divinity. No thought, word, or action can ever dispute this Universal Law. If you'd like more support on the topic of forgiveness, I highly recommend a book called "Dare to Forgive," by Edward Hallowell Its a very good book and helps you look at the path to forgiveness. Forgiveness is such a tricky subject. When we're harmed or betrayed by someone, emotions can run wild from hurt, to disappointment, to anger, and even rage. Sometimes we experience conflicting emotions.

Often, if you're hurt by someone you love, it can be confusing to feel angry while at the same time, saddened by the loss of the relationship.

Sometimes the people who have the most profound effect on our lives are the ones who cause us the most pain and hurt.

We also deal with pain in different ways. There are those who hold grudges, there are those who forgive too soon. And there are those who are unsure of what to do at all. The emotional roller coaster ride can feel overwhelming and exhausting.

To forgive someone doesn't mean you condone bad behaviour. It doesn't mean that you give in, it certainly doesn't mean that you need to reengage in a relationship. To forgive means that you choose love over hate. You choose to free yourself from the toxicity of

the pain so you can move on with your life. You can however only do this when you're ready. Some people need to fantasize about getting revenge first, while others need to tell the story over and over again until it loses its power and sting. We each need to go through our own healing process.

Of course we also sometimes need to forgive ourselves, but that is a whole other subject.

When I was finally ready to forgive, I asked the angels to help as I now always do and I came across this following ritual. So, if there is someone you'd like to forgive, you might want to try it yourself, perhaps you could use it in your own way.

1. Set aside some time to yourself perhaps light a candle
2. Think about someone you'd like to forgive and repeat the following prayer out loud:

"I fully and freely forgive X (mention the name of the offender). I let him or her go. I completely forgive the whole business in question. As far as I am concerned, it is finished forever. I cast the burden of resentment on the God within me. X is free now and I am too. I wish him or her well in every phase of life. That incidence is finished and God has set us both free."

3. Then, offer thanks, get up and go about your business. When the event and/or person crosses your mind again (and it will), simply repeat: "I release this event," and then dismiss the thought from your mind. After a while, you'll find that the memory returns less often and soon you'll forget about it altogether.

Good Luck

Angel Blessings

Julie and Steve

x

From the Angels:

Your angels are standing by waiting for you to ask for their assistance Don't worry that any request is too large or too small If we can help, we will do so immediately and you will soon see results of our assistance."

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Julie holds a Bachelor of Arts Degree in Education and is the founder member and Managing Director of Conscious Connections.

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