

Module 3

Love & Forgiveness

When you're feeling disappointed, angry or betrayed, the idea of forgiving someone can feel a little like giving in- as if, by letting go of your resentment, you're allowing them to get away with it.

It can be more tempting and in some cases, comfortable, to hang onto negative emotions, acting distant and frosty as a way of punishing the person who has upset you. It's not unusual to feel this way. Working through these kinds of difficult feelings can take some time. But forgiveness is a bold step in the right direction. Involves you being able to make a deliberate decision to put your partners' transgressions or perceived transgressions, behind you, so you can both move forward together...

You may ask , why forgive?

I'm sure you've heard clichés such as not harboring grudges or being the bigger person. Well, in theory, it might all seem straightforward, but as we all know, forgiveness can be tricky.

Forgiving your partner if they've done something to upset you can be one of the hardest things to do in a relationship

It involves you allowing yourself to be vulnerable. Forgiving someone means letting go of your anger and letting go of the moral high ground. It can also be difficult as it may involve having to consider how you yourself contributed to the problem. Although it's tempting to imagine ourselves as

completely in the right when it comes to disagreements, there are usually two sides to any argument.

There's a famous quote that says: "holding onto resentment is like drinking poison and expecting the other person to die". Forgiveness isn't just about retaining harmony in your relationship; it's also about being kind to yourself. If you're not careful, anger can eat away at you and even affect your attitude towards relationships in the future, making you feel more defensive or untrusting.

I've learned to forgive my Mother. She is not one the kindest people that I know and she continually proves that every time that I would see her. One day, with the help of my husband Jim, I realized that I could have any relationship that I desire with my Mom. And now I have it. For the past 4 years, I have chosen not to be in her company. I don't hate her, I love her. And I love myself even more to know that the best relationship that I can have is a distant one where she can not harm me or my family.

So we've come to the point of this module to express the concept that we've all heard and now understand. Forgiveness is beneficial to everyone involved. Forgiving others is about letting go of negative feelings that won't benefit you or them. Learn from the experience, forgive and let go of all of those energies that keep you from progressing forward.

In fact, letting go is not just about transgressions that just happened recently. You may have events from your past that continue to haunt your consciousness to this day. Maybe it's not haunting you 24 hours of the day. But memories of challenging events from the past tend to pop up when we least suspect it and the triggers usually revolve around relationships. This

may be why we can get stuck moving forward in a new relationships because of the emotional triggers of unforgiven events from the past.

If you still have unresolved anger or angst from past emotional events, here is a technique that I use that should help you let go.

When you are emotionally triggered by a past event, make note of it and deal with it as soon as possible. When you have that time, pull out a pad and pen and write down what you remember about that event. Now dig deep and write what ever comes up and just keep writing until you run out of words. Get everything that you possibly can out, leave nothing. Then bless those words. Bless all the people involved and destroy that paper. I personally prefer safely taking a match to those words and paper and let it go once and for all.

This ceremony is worth the time. Think about the much time that you've wasted thinking and dealing with those emotions from this one event. How much time that you've wasted blaming other people for how you currently feel from an event that may have happened many years ago. When is now the right time to let it go?

Well the key word in that question is 'now'. Now is the time to let go of issues from the past. And after all, isn't that is where they belong, in the past. The more that you let go of stuff from the past, the more you can enjoy what is right in front of you, the present.

Forgiveness is not only about for others. The most important person that you need to forgive is yourself. Take each day to be in gratitude and love each moment. Being in gratitude is like taking an emotional shower, letting go of anger, disappointments, angst that can stack up on a daily basis. Forgive yourself, forgive others, love yourself and be in gratitude for all that you have.

Action Steps

STEP #1:

The first step towards forgiveness is **understanding**. If your partner has done something to upset you, talk about it. Try to communicate to them in a clear, non-confrontational way about how you're feeling. Explain what it is that upset you and why it upset you in the way that it did. It's not about wanting to make someone wrong. It's about clarifying the situation so it don't repeat.

During the conversation you'll find it useful to use "I" phrase (I feel or I would like)...rather than you phrases like "you always, you don't".. This way, you're taking responsibility by your own feelings and your partner won't feel like you're attracting them. And when it's your partner's turn to talk, listen to what they have to say and try to understand their perspective, too.

Mending lost trust can take some time. That's perfectly normal. You can expect forgiveness to occur immediately, yet the sting may linger a bit. So in other words, it's about "forgive and remember" not "forgive and forget". If you forget, you haven't learned any lesson. The important thing is that you take the first steps towards understanding and appreciating how each other feels.

STEP #2

Just to reiterate, **learn from every encounter** so you can avoid it in the future. Every relationship has challenges. Just accept the fact that the way

that you see the world is unique to you and you alone. So conflict is eminent within the confines of any relationship. So it's best to minimize future conflict by learning from past and present challenges. That is why we prefer that you forgive and not forget but to remember what your issue was all about in the beginning.

And above all, be patient. Sometimes it will take years until you "get" that the other person isn't trying to hurt you, they just drive down the road of life on the wrong side of the street than you do, so expect a bump or two as you all learn to drive right.

STEP #3

Assume the best. It's the best advice for communication as well as for forgiveness. One of our businesses that my husband started had an issue years ago. He took on two potential future partners who had to show their worth by attaining certain milestones in his business to earn their share of the business. Well that experiment ended horribly and temporarily it put us in a financial pickle. Well together, Jim and I got over this financial challenge that our potential partner temporarily put us into. But it wasn't until Jim forgave himself for his part of welcoming them into the business and giving them this opportunity that we were truly free of that feeling of failure. By releasing that energy of frustration, anger and betrayal, he was ready to move on to better things in business.

Building forgiveness into your relationship

As most of you may know, forgiveness is about releasing this angst from you anyway you may consider. If you remember, in the area of manifestation, what you create, you attract. The reason that you desperately want to forgive is so you may release that intense energy that shows up overtime that you think of the issue that made you angry or betrayed. By letting go, you sever the energy that bonds you to that

negative issue and repels it away from you instead of attracting it back to you. So by letting go you now open up the room for what you desire instead of what angers and upsets you.

Forgiveness is a skill. Try to learn to build it into your relationship on a day to day basis. by learning to let go of the little things, you'll be able to avoid the kinds of petty conflicts that, over time, can begin to erode away at a relationship. That doesn't mean simply letting your partner walk all over you. it can in many cases mean letting them know that they've upset you, but not dwelling on the issue for long.

But it does mean, when appropriate, deciding to not make mountains out of molehills. Every relationship requires a bit of give and take. Learning to forgive can make that whole process a lot easier.