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Discover the Power of Forgiveness

By Leonard J. Roos

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What do you do when somebody hurts you? Do you want to hurt him back or do you hold it against that person for the rest of your life? If you answer yes to these questions, know that you are like most people. To forgive is something that people generally have difficulty with.

Why don't people forgive readily? Here's why, because it is easier to hate than to forgive. Some people think to forgive is a sign of weakness, but let me tell you, it is not. To forgive takes courage and extra effort.

What is forgiveness? It is a gift from a generous heart. Forgiveness is not a reward. It is not something that you give to someone based on his good behavior. It is something that you give to a person irrespective of whether he has deserved it or not. Forgiveness is also not based on whether the person has asked for forgiveness.

Also know this. Forgiveness is not an event, which starts and concludes when you say the words, "I forgive you". Forgiveness is an act and a process, which often takes time. The deeper your hurt the longer it usually takes to completely forgive. It is an act because it is not just the words you say but it is your actions which will show if you've really forgiven.

A fine example of someone who embodies true forgiveness is former South African president Nelson Mandela. Mandela was imprisoned by the former all-white South African government for 27 years. Upon his release Mandela surprised the whole world when he showed no

bitterness towards his jailers. That is truly remarkable.

Why is it necessary to forgive? Forgiveness releases you from the burden of bitterness and hate. It takes enormous energy to hate and to keep that hate in place. Forgiveness brings freedom whereas revenge is neither sweet nor gratifying, its just a hollow feeling.

Hate puts unnecessary stress on your body. It is a well-known fact, proven by numerous studies, that bitterness and hate can actually make you sick. A great number of people in the world don't really belong in a hospital, because the root of their

problem is not physical but is mental. The moment they forgive and let go of their hate they will start to get well.

There is another reason why you need to forgive. If you don't forgive you actually prevent blessings from flowing to you. The Bible says that before you pray for anything first forgive those who wronged you, and then your Father in heaven will forgive you your wrongs. So there you can see that blessings are closely connected to your forgiving others.

I have personal experience of this. I used to be very cynical about life and didn't forgive easily. At the time I also struggled in every area of my life. Things just didn't seem to work out for me. It is as if everything that could go wrong, always went wrong. That was until somebody told me to take a look at my attitude. And when I forgave those who wronged me and changed my attitude, everything else changed. It didn't happen overnight. It took a while, but I could see and feel the difference.

Now you may ask how do you know when you've really forgiven someone? Here's the key. If after you've "forgiven" that person you still experience a negative sting whenever you think of him or her, it means you still have work to do. If however you don't have negative feelings towards that person it means you are free.

Are things not working out in your life, despite you doing all the "right" things? Is it possible that you have unforgiveness in your heart? It is certainly something to think about!

Leonard J. Roos is the author of How to unlock the Awesome Powerof the Universe! All of Leonard's writings are based upon his ownexperiences. Visit <http://www.successnow.info/> now for morerevealing

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Forgive And Make Room For New Experiences

By Judi Singleton

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The process of forgiveness sets us free. It makes room in our lives for new experiences. When we harbor resentments they take up a lot of time and space in our minds that could be filled with other things that we would enjoy more I am sure like love, compassion, and joy.

Think on the other hand if we seldom took offense how freeing that would be. It would allow us more time and space and illuminate if not entirely from our lives the need to forgive. To detach lovingly from another person when they offend you is a powerful tool. You can realize that you have the power to react or not. Not only will it give you a great deal of time and energy not to have to forgive but it will give you power by making the choice not to be offended in the first place.

There are four steps to forgiveness:

1. You nurture self-justified anger blaming the other person for hurting you. You forget at this point you had a choice how to react. We want to make the person who made us feel bad undo this thing in the past that hurt us. Now that is not realistic as no one can go back and change the past we must deal with the person in the here and now. As long as we are unwilling to forgive we give the person we won't forgive rent-free space in our minds, emotional shackles on our hearts, and the right to torment us in the small hours of the night.

2. Stage two is when you see you are hurting yourself with your anger and it no longer feels good. Perhaps you are feeling emotionally unwell or physically from the anger itself. You at this point see the other person's point of view or you decide the anger is just not worth it so you forgive. You can forgive others or yourself in this way.

Understand that forgiving does not mean giving permission for the behavior to be repeated.

3. The third stage of forgiveness is when you have had some practice with forgiveness and see the benefits to you by forgiving others.

You choose to only stay angry a short amount of time. You realize that it is pretty much up to you how long you stay angry.

4. You realize life is just too short to stay angry at anyone.

You realize that you and everyone else is doing the best they can.

Most people operate out of self-interest including myself. It is my choice how long I stay angry so I choose to let it go.

There are people in our life we love and are committed to and are almost always at four with them ready to forgive and get on with life. While there are those that we hang onto the real or imagined hurts for years.

This hanging on cheats us out of a lot of time and peace in life so let go and let your Higher Power take away the hurt. Now you are free to move on with your life without that burden of bitterness. Do not look back in anger.

About the Author Judi Singleton is the publisher of Jassmine's Journal you can subscribe to her ezine at <http://www.motherearthpublishing.com>



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