

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

The Art of Forgiving

By Rick Yost

The Art of Forgiving by Rick Yost

Have you ever sat down on a big rock by a flowing stream, hung your head and cried like a baby? Me neither but hey the days not over yet!

Sometimes in life we get hit hard and fast. Maybe by a friend, a lover, spouse, neighbor or just a complete stranger. When that event does take place, it hurts, hurts so bad we see red. Our chests feel like a heavy weight has been dropped on it, the tears just want to burst from our eyes. We want to kick and scream or just curl up and die!

Then of course we have to deal with the depressive states, the anger states. Did we deal with them or are they still there, buried in whatever way we've always dealt with our hurts and pains. Did we forgive and move on or is that little something still there waiting to spring to life again to continue dissolving the happiness we all deserve. Oh, you are happy! Then why does a certain something, a smell, a name, a color, whatever, bring back that tight feeling. That tear to the corner of your eye or that angry look in your jaw?

We all have been hurt and we've all hurt others. But that's life, it will continue that way right to the day we lay down for the big one. We're not responsible for other people's feelings, only our own. Unless of course we've hurt someone else but that's another article. Right now we have to deal with the thing that's eating our life away.

The best way i've found to deal with forgiving and truly forgiving so that it's not a continual sore in my heart is understanding. This isn't always easy, but if you can learn to understand why it happened, how it happened, why that person might of done what they did. Then that sore can heal, the forgiving is easier. Our physical and emotional states will be stronger and healthier!

We can still protect ourselves by not sticking our necks back into the noose for future hurts, but to be healthy you must forgive. And it's not easy, sometimes we don't even want to forgive. But who's continueing the pain now?

Please try to understand that person or what might have being going on in their life at the time they hurt you. You deserve the best life you can make for yourself. You are a unique individual, don't waste your limited moments in pain or despair. Let it go!

I use some Biblical quotes to keep me guided. You don't have to be religious to use the positiveness of the word, so don't overlook the power of the Bible for posive thinking!

Try Matt.6:33 , Psalm 55:22 ,

The Art of Forgiving

Philippians 4:6–7 , 2 Timothy 1:7

Rick Yost is a free lance author both online and off. Being involved as publisher and editor of the local community paper where he resides for over two years has given Rick the knowledge and experience that enables him to put to paper his delicious sense of humour as well as his ability to keep the reader reading. The honest and straight to the point methods he incorporates into his style of writing are a joy to read. Now online! <http://www.abetterlover.com>

The Art of Forgiveness

By Dr. Tim Sams

Forgiveness is a critical element in becoming self actualized and fully loving. Forgiving is the process by which you let go of feeling victimized or having wronged others. It allows you to climb out of the dark well of anger, bitterness, or guilt into which you can easily fall.

In a busy life, you are frequently confronted with opportunities to forgive others as well as yourself. With others, you cope with mild frustrations like the delivery person who shows up late, or with more severe transgressions like the friend who tells your secrets. With these events, forgiving is hindered if the behavior violates your basic sense of what is "right" or fair, or how you think people "should" behave. When someone wrongs you, your anger can be empowering as you prepare to defend your principles and "fight the good fight." Or, you may believe that forgiveness is possible only if the other person admits to the wrongdoing. All of these attitudes are unhealthy when rigidly maintaining your anger and sense of victimization.

It is also frequently necessary to forgive yourself, since you regularly evaluate your own behaviors, some of which may not meet your own standards. Forgiving yourself is harder than forgiving others if you tend to judge yourself more harshly than others with a perfectionist style that doesn't permit mistakes. You may pride yourself on high standards for your own conduct. Or, you may believe that only God has the right to forgive you. These beliefs encourage poor self-esteem and the corrosive effects of guilt.

In *Stepping Stones: 10 Steps to Seizing Passion and Purpose*, the process of forgiving is described as APEX healing. It begins with Acknowledging the reality of the situation without distortion or denial. Then, you give yourself Permission to feel whatever is real and congruent with your thoughts about the event and the person responsible. Label your specific feelings and their actual intensity; don't label yourself as upset or irritated when you're really angry. Whenever possible try to Empathize with the person who committed the transgression; put yourself in their position and imagine how you might have done something similar. If you are considering self-forgiveness, remember what was going on with you at the time of the incident, not merely in hindsight. Ultimately, you can explore strategies for forgiveness.

To forgive others, you might consider the behavior as a one-time aberration; focus on the behavior, not the outcome; minimize the importance of the consequences; or minimize how much you think about the event. To forgive yourself, you can give yourself permission to make mistakes; promise yourself not

The Art of Forgiving

to repeat the behavior; or vow to learn from the event. In some cases, it can be helpful to write a letter of forgiveness.

The process of forgiveness can last anywhere from a few seconds to years. It is the ultimate stress management solution in a civilization with a rapidly accelerating pace and increasingly complex lifestyle. It allows you to choose your paths, your present, and your future.

Dr. Tim Sams

My Sacred Journey

Copyright 2004. Dr. Tim Sams. All rights reserved.

Dr. Tim Sams is the author of *Stepping Stones: 10 Steps to Seizing Passion and Purpose*; the book is available through his web site:

and at all online

bookstores.

Dr. Sams is a University of Michigan graduate who interned at the Long Beach VA Medical Center. He is a diplomate of the American Academy of Pain Management and the American College of Forensic Medicine. He originally trained as a medical and health psychologist with specialty training in behavioral medicine, the melding of medicine and psychology, mind and body. Though he had taken dozens of classes in biology, anatomy, and physiology, over time his clinical passion for alleviating physical pain blossomed and he obtained a Master's of Science with emphasis on the medical basis of orthopedic, neurologic, and myofascial pain. He is a frequent lecturer on pain management throughout the United States. He authored the most comprehensive patient pain manual scheduled for release in June, 2005. He writes a free, biweekly newsletter called *Advances in Medicine* that you can sign up for on this website. Dr. Tim is a motivator and a teacher; a caring soul who believes that humor is one of the best weapons against pain; that and really good drugs.

Dr. Tim has multiple offices in Southern California, consulting to a few dozen pain physicians and hundreds of primary care physicians and orthopedic surgeons. He spends one day a week in his office educating patients at

He lives and plays in Orange County, California with his wife Lari and his daughter, Leah. He spends most of his non-family free time jogging, swimming, reading, or writing.

Copyright 2004. Dr. Tim Sams. All rights reserved.

The Art of Forgiveness

The Art of Forgiving

Decorate For Less With Art Posters
How to Make Your Job Search a Work of Art
I've Learned To Love Teen Art
Forgive For Less Marital Anger

The Art of Kissing
How To Find A Topic For Your Ebook
Gate Crash into the Interior Design Industry.
Bread And Biscuit Baker's And Sugar-Boiler's Assistant
Create Your Own Scrapbook at minimum cost.



This Free E-Book has been brought to you by Natural-Aging.com.

[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!