



Forgiveness

To understand is to forgive.
~French proverb

**To forgive is to set a prisoner free
and discover that the prisoner was you.**

~Lewis B. Smedes

Recently, I sat with my coffee and watched my favorite weekly program, Sunday Morning with Charles Osgood. There was a fascinating segment about forgiveness, and it is still sticking with me, so I thought I would throw in my two cents.

The story was about one horrific drunk driving accident that took out seven members of a college cross country team. It was about one mother who forgave the young man that created the accident, and killed her son and another father who refuses to forgive the young man for the death of his son. What a dichotomy of lessons! The father feels that to forgive would mean his son's death (and life) were in vain. He chooses to carry those emotions with him. The mother has embraced the young man that killed those college athletes, and they talk to groups about forgiveness and drunk driving and other related subjects.

In the segment, they explored forgiveness from different religious viewpoints, but I did not feel anything was answered to my satisfaction. As a medical intuitive, forgiveness is in the forefront of many tissue issues, anything from cancer to obesity.

How do you know you need to work on forgiveness? I explain to clients that if there is emotion there, any type of emotion between you and another soul, then there is

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still an issue to be resolved. When you feel nothing, harbor nothing and do not give thought to the person or the situation, it is resolved karmically. How do you get to that point? The point of no emotion? Well, in a way it works backwards from the Law of Attraction! Remember that you use emotion to magnify what you want? (See the "Feelization" entry.) To cut ties and resolve you need to use objective reasoning and understanding to pull out the emotion. You don't have to forget, we learn from mistakes, you just don't need to give it any emotion (any energy!).

Forgiveness is not an act, it is a process.

Forgiveness is a subject wrought with many emotions and it is a process not a subject in and of itself. It is about understanding other people as spiritual beings creating human interactive experiences so all involved can learn about the array of emotions and energies that are involved in the earth experience. So forgiveness, true forgiveness is not an act, as so many faiths refer to it, it is a process, but it is a process of understanding and in that realization, it is a about perspective.

Allowing yourself to objectively look at another's perspective of a situation or incident that brought you pain or grief is not an easy task. In my practice I often explain about the forgiveness factor and our human evolvment. In conducting past life regressions, it is important to emphasize that forgiveness is the impetus for the process of regression. Many think past life regression is all about fun and visiting a previous life, but it is so much more than that. It is about forgiveness and leaving the pain behind. In some of my clients, it has been about literally leaving the pain behind, in that lifetime and in that body!

In a regression, the highlights of that life are reviewed and the relationships are examined. I call the recall of relationships as "looking at the between" which is about the emotional memory that takes root between two souls. The true healing takes place generally with the review and search for explanations and higher wisdom after experiencing the death process of a particular lifetime.

Many clients are no longer afraid of death or dying after having a regression and understanding what takes place "on the other side". Well, what does take place?

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Hopefully, if I do my job right (and your free will is “free-willing”) forgiveness will take place!

With a regression, understanding of the impetus behind behavior or relationships can be revealed. It is liberating to so many to understand why their father behaved the way he did toward them, or why they never liked so and so...but more importantly, you are gaining tools of wisdom and tools of forgiveness in the process. Why? Because you are often getting a broader perspective of the situation.

Another tidbit of wisdom to help you understand how forgiveness works, and what I would love to impart to those of you out there harboring negative feelings or emotions for someone, is to understand the role of a panoramic life review.

What is that? Dannion Brinkley wrote a book, “Saved by the Light” in which he described his death, the process and his re-entry. I have had numerous clients that have experienced “NDEs” or Near Death Experiences, and they describe their experiences in the same manner, you examine your life with your guides and angels.

You have a review of your life, from cradle to grave and how that life influenced and shifted all you came in contact with. It does not stop there; it is also the ripple effect of your actions, good as well as not so good. It is a learning tool, and earth is a classroom. I have mentioned about how I always knew we judged ourselves when we died? Well think of it that way. You not only see your actions (good and bad) but you FEEL what you made others feel, a thousand fold, and the ripple effect thereof.

How great is that?! Particularly if you live your life to bring joy and love to others. I examine my intent with my actions continuously; to make sure I am in line with my spirit. So, what does this have to do with forgiveness? Well, why do we have victim impact statements in the court systems? Because we want that “SOB” to know how he impacted our lives, ruined family, ruined jobs, on and on and on. The news is, they will know!

- The other news is that God can do a better “victim impact statement” than any of us can.
- That is really what “give it to God” is all about.
- That is really what forgiveness is all about.

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Allow others to understand and learn the lessons of their own actions and stop giving others control of your life. When you harbor ill will or negative energy, they don't care, they can't feel it. And to top it off, they probably don't have your ulcers, or your tissue issues! Becoming comfortable in your misery, like the father I spoke of at the beginning of this entry, usually means you bury the resentment and let it fester.

It is time to
understand,
release, and
allow
yourself to move forward in love.

I am not perfect, I will be to the point of true forgiveness when I stop saying, "OK, I bless you and send you love, but just wait until your life review..." before I release, but hey, I am human too, (and a Scorpio) so once I learn to drop off the life review as a threat, then I will be ready for assumption!