

Gently ask if any of these ideas feel true. Make new choices and experience greater peace.

1 - "To forgive is to give power away."

Does it feel as though we're giving up something important? Yep. **When we forgive we are giving up power, the power contained in our own small ideas.** We're letting them go as if they never existed, and releasing their power in favor of an expanded awareness of more accurate and loving truths - a willingness to access Higher Awareness and Higher Power.

New idea: ***Forgiveness gives us access to the power of God.***

2 - "To forgive is to admit that one person was right and the other was wrong."

When something hurts us we automatically focus on what we believe caused the pain. It's human nature. We seem to think if we identify the cause and call it "wrong", we can control whether we'll be hurt again. **Forgiveness interrupts our reflex to judge from a limited perspective that insists someone or something be to blame.** Ignoring the impulse to assign "right" and "wrong", allows a Higher Perspective to enter into our perception.

New idea: ***Forgiveness reveals our true Identity.***

3 - "To forgive means I've decided that what the "offender" did is O.K."

It's sometimes easy to believe that forgiveness is "giving in" or the passive approval of aggressive acts. Not so. **Forgiveness is the moment we consciously decide not to interpret a situation according to our habits of judgement,** the moment we release our investment in the power struggle inherent in our own ideas, and become willing to allow for expanded meaning. Once forgiven, errors can be corrected through inspired words and actions that will resolve conflict peacefully.

New idea: ***Forgiveness allows Love to inspire our perception and our actions.***

4 - "There is no material consequence to myself if I don't forgive."

We see the world through the lens of our own beliefs and understanding. That means if I experience a situation or person as wrong, aggravating or unacceptable I'm only recognizing in it/them an "error" that is already active within myself. **To withhold forgiveness is to reinvest in my own internal conflict and its inherent pain.**

New idea: ***Forgiveness is the gift of recognizing myself in another.***

5 - "Withholding forgiveness teaches the "offender" a lesson."

We can't control another person's perception or response (no matter how we try!) Ultimately we have no way to know what they might decide about anything. Accepting this fact releases us from power struggles and perpetual conflict. **Forgiving allows us to peacefully approach whatever is present in our own experience,** where we might then discover (much to our dismay) that we were the one in need of a lesson!

New idea: ***Forgiveness frees me.***

May you discover greater peace, power and freedom through the practice of forgiveness!

