

## Learning to Forgive – By Derek Mair

If you feel trapped in any part of your life it is probably owing to an absence of forgiveness.

Holding on to past experiences or stories of things that have been done to you is guaranteed to hold you in a state of inertia and consume your emotional, spiritual, mental... and physical energy.

Not forgiving yourself for your past wrongs and mistakes will consume the same energy plus create subconscious beliefs that will serve to limit you in your future.

Learning to Forgive yourself or someone else **is not about condoning yours or their behaviour**, it is simply recognising and accepting that an event from your past is controlling you until you release it, and therefore be open to learn the true lessons from it.

Until you do so your mindset will stay as that of a victim...

For example, you may perceive that another person or people who wronged you were just out to get you, and perhaps the entire world was against you. Or you may personally have done something you feel disappointed about, which makes you feel like a failure... This type of thinking will create strong emotional anchors that will resurface as a protection mechanism sometime in the future that may cause you to react instead of responding, or withdraw instead of clarifying, or give up instead of persisting... It can change your entire neuro association or meaning you give to future situations and form self-limiting beliefs.

The fact is if you choose to live with your pain and resentment, as most people do, you can always recall the loathing because at least that way you get to embrace a way of getting back at the event itself by directing perceptual or imaginary injury toward it, though the only person this injures further is you.

I guarantee if another person let you down, offended you or hurt you they never felt your pain, if indeed they felt anything at all. In other words they probably had no perception whatsoever of the internal emotional stress you were under. Therefore, holding a grudge only keeps one person down.... You.

Understand, in terms of the law of attraction, how this emotional state is working against you by creating a low vibrational energy that acts as a block that you need to clear.

The solution is to let go of your resentment... Though part of the healing process this 'is not' about forgiving your partner, or forgiving others; IT'S ABOUT FORGIVING YOURSELF.

To forgive and let go you firstly need to truly understand the power of forgiveness as a clearing or releasing strategy:

Forgiving another person, whilst living at an ordinary level of consciousness is controlled by your Ego... When you are saying "I forgive you" to another person, you may consciously perceive that you are in Control, when nothing can be farther from the truth and therefore subconsciously more things that annoy you about the situation will continually surface to remind you.

Releasing someone else of YOUR resentment, anger or rage usually takes the form of letting bygones be bygones; THIS IS NOT FORGIVENESS! as it still leaves you with a sense of being victimised.

Recognise that there is an emotional trauma scale associated to Forgiveness. At the lower end is trauma caused by perhaps someone making a fool of you all the way to the higher end of the scale where trauma is perhaps associated to a serious type of abuse or violation... Regardless of where you are on that scale the trauma is real for you and blocking you, and you must take Responsibility, which means retaining the awareness to 'Respond with Ability' to that trauma... Taking back control.

For the most part this is to accept that the situation or event was caused by YOUR perception or your process somewhere along the way. Your decisions, your actions led to the perceived failure and emotional trauma. Of course, at the upper end of the scale where the why seems inconceivable, or where accepting

this seems incomprehensible to you, the key is to accept that the other person, barring a severe mental disorder, was following the only story they knew, one they had been conditioned with. Therefore, forgiving yourself without condoning others behaviour is key to your recovery.

Accept that it is not the other person, or the economy, or the world that is at fault, yes people did something that you preferred they did not do but it's YOUR JUDGEMENT OF THEM that is causing the pain, friction and blockage.

When you let go of your judgement of others, you gift yourself the emotional permission to forgive yourself and by so doing create the potential to set yourself free.

This is the Emotional Intelligence to understand that you may have judged what happened as bad and it may have felt bad at the time but from a divine view of the world what happened is that two stories were misaligned... And as harsh as it may sound, from which you received some amazing lessons that you can use for the greater good, if you don't allow them to be contaminated with hate...

The last step, the one that will truly set you free is in fact to release **YOUR JUDGEMENT OF YOURSELF** that is consuming your energy and holding you back from Emotionalising<sup>®</sup> (Imagination x Vividness x Emotional Connection<sup>®</sup>) and choosing an amazing future.

This manifests internally in your mind as a fight between two incompatible energy's: 'The need to condemn and the need to absolve'... Whichever one you choose to feed going forward will determine what you will attract into your life.

When you can accept that what happened did not happen to you; but a lesson that happened for you and embrace this awareness by recognising it many times over, you will learn to see the teacher in all things and develop an attitude of gratitude that will never leave you. You will be living at an extraordinary level of consciousness.

Try this strategy for the next 30 days to clear your blockage and forgive yourself. It is designed to allow you to be in the moment and transform your relationship with your self-talk by transcending your thoughts, your judgements and your beliefs.

Be present with whatever emotional state you are feeling in the moment and say with intense feeling, repeating as often as you can:

**"I'm sorry;            Please forgive me;            Thank you;            I love you."**

**Note:** You are not saying these words to yourself or to others, you are saying them to the divine, the infinite spirit that lives inside of you and connects you to the entire universe, whatever you choose to call it, (God, Buda, Allah, Collective Energy, Love, Light, etc.) As strange as this may sound, you have felt it before and simply forgot. When you re-align with your infinite spirit, you re-ignite the divine spark within where inspiration may ensue, love may ensue, your true self may ensue, and **self-forgiveness** may ensue.

If you are blocked by one past event, try saying the word "for" after each statement above and then add your own words in relation to the event, e.g. "I'm sorry for xxx", saying it to the divine.

Remember, small actions done consistently well over time create massive results... Choose to Climb.

All my Love and Gratitude,

*Derek*

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*For 'A'... You are a special person, forgive yourself and embrace the journey.*