

FORGIVENESS 101 & STUFF

I wanted to write about Forgiveness, pure and simple,

But it does not happen very much, "pure and simple" forgiveness.

Forgiveness usually has a price. For some it is purchased with promises "to never do that again".

For others it is following a recipe book method of chants, raves and amens.

For others they "do it for God" and forget about their own involvement and need.

For others they "do it to look good" to gain love and respect from their sisters and brothers.

For some it is natural, cause that is how up they grew.

For some it is giving up their ego and their solitariness and their pain, learning they don't have to wear them like some "I hate myself or you" demerited merit badge.

What is forgiveness?

It is coming into your heart, which is as big as the ocean and as full of love as any newborn mother.

It is letting loose of some of the steel casing you and life have put around your heart and allowing some pain to go in so some love can go out.

It is knowing that Forgiving is a process which may take seemingly forever. One time won't do it for most biggies.

It is knowing that Forgiving does not mean "letting loose of the responsibility for any actions, yours or others"...or that you have to be their friend again, ever.

Forgiving is just what it claims to be. I am "for giving" myself a good and happy life. Holding on to anger and vengeance kills us.

Forgiving is one gift that is more valuable to the life of the "for giver" than it is to anyone else. Letting go of the past. Letting go.

Can anyone perfectly forgive? Nope, and forgive yourself for that too.

Forgiving is a daily habit, taught long ago in the Lord's Prayer, not to benefit a deity, but to benefit you.

Benefit yourself. Forgive yourself and others every day of your life.

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