

True FORGIVENESS



THE KEY TO HAPPINESS

TRUE Freedom

Checklist

If you do not know what it feels like to forgive, then you are missing out on a great deal in your life. You can make yourself psychologically stronger by learning to forgive and it's easier than you can ever imagine. This checklist will run you through the simple steps and strategies to achieve absolute forgiveness.

Module 1: Forgiving Others – What is True Forgiveness?

True forgiveness doesn't come back to kick you in the teeth. When you learn about forgiveness, it's like giving a gift. You give with no strings attached. People who say that they forgive but still bring up the past every time shows that they haven't truly forgiven. They might have said that they had forgiven but with zero intent. So, what is true forgiveness?

True Forgiveness

When you truly forgive someone, the past shall remain the past and should never be brought up again. Forgiveness gives both you and the person you feel has wronged you the freedom to move on. However, forgiving doesn't mean forgetting.

Forgiveness Requires The Strength of Character

Forgiveness requires the strength of character, rather than weakness. Those who are able to forgive are more likely to live happier lives. Remember that it's our responsibility to make the world a better place. Believe me, once you experience letting go, you will never go back to the bitterness again, because the choice is so much sweeter. It makes you feel like you have un-laden a huge load and when you feel that way for the first time, you will be shocked at how easy it is. It's not even about pride. It's about saying sorry and moving on in your life to start over with new hopes and dreams.

True forgiveness is when you can look inside and see no hatred, negativities or any strings attached to past bitter experiences. You

begin to see the good in you and it isn't being vain or narcissistic. You'll be freed from the burden of all the bad things that happened and that truly is a gift that only those who are prepared to look beyond remorse and anger will experience. That, my friend, is the Freedom in Forgiveness.

Chapter 2: The Power of Forgiveness and How it Can Benefit You

When you are angry, it's hard to understand that forgiveness works two ways. It lets someone get away with actions that are unacceptable and that's the side that most people see, but there's much more to it than that. It lets you get away without all the bitterness. Let's look at the ways in which forgiveness helps you. After all, this is a fundamental benefit that you deprive yourself of if you cannot forgive:

What is The Difference Between Forgiving Someone and Condoning Their Actions?

There is a difference between forgiving someone and condoning their actions. There are a lot of kids today who had experienced child abuse at some point in their lives. So what happens to the upbringing of the child? There are only 3 possible outcomes: One is that they'll be totally broken down, afraid of their parents, and have low self-esteem. The second possible outcome is that they'll hate their parents deep to the core, go against every word they say,

and become a ‘rebel’ child. In the future, they might even follow their parents’ footsteps, thinking that “This is how it should be. I was brought up this way anyway!”

The third possible outcome is they simply forgive and learn from their experience. As a result, they could avoid the same mistake and shape their character into a more compassionate human being. It sure takes a lot of courage, but what you gain is so much more than what is lost. If you don’t learn to forgive, you begin to be the perpetrator and the lack of forgiveness is every bit as wrong as holding onto the memory and allowing it to cloud your judgment in the future.

Sense of Empathy

Forgiveness opens up the path to empathy. If you can’t see the world through someone else’s eyes, you limit your own viewpoint of life. Empathy makes you into a more complete person and helps you to peacefully co-exist with others whose opinions differ from your own. Since the whole world’s way of living is based upon what people think, forgiveness frees you from the hold of anger and indignation. Thus, you see the world in a much broader perspective

and are able to understand differences of opinion.

Character Traits

For those who are prepared to work on their character traits, there is an action that you can take to show you immediately what forgiveness does. The next time someone hurts you, don't wait for them to apologize. Break the ice and call them to get the relationship back onto a good footing. It really doesn't matter who apologizes first as long as there's forgiveness. The fact is that the person who cannot apologize is always going to be in a weaker position. If you take the initiative to make up with that friend, you show your strength of character and that can help that friend of yours to understand there are other ways to move forward in life.

Chapter 3: The Danger of Refusing to Forgive

The Poison of Unforgiveness

Claire was once cheated on by her husband. She went forward in her life and because she held onto the anger, she took it into future relationships that could have worked out well for her. Before men were able to prove their love for her, her anger made her act in a way that actually drove them away.

You imprison your heart when you cannot forgive. Claire found herself going through the pockets of her partner. She found herself looking for problems even if there were none because she was unable to accept that people could be good to her. By doing so, she diminished herself and made herself less valuable as a partner.

Annie, on the other hand, looked at the situation from a different stance. She loved her husband and accepted – after the initial pain – that she had contributed in some way toward the breakdown of her marriage. Instead of being bitter, she used her experience to learn how to become a better person in the future. She was able to

free herself of all of the negative connotations that are attached to blame, by using the negative experience to help her to grow emotionally.

The Imprisonment of Unforgiveness

When you cannot forgive, you imprison yourself, rather than the person you cannot forgive. You suffer from anger, hate, negativity, lack of trust and all of the things that make you less of a person. Even if you've had someone wrong you unjustly, if you can let go of all of these feelings, you become stronger without becoming hardened to life. You retain your innocence and learn that your method of dealing with negative emotions serves you in a much more positive way. If someone wronged you, don't let their wrong become yours. Let go and move on.

Falling into Distractions and Addictions

The feeling that you have in your heart reflects on the outside and shows you how to be a compassionate and empathetic person, thus making you a better person. Hold onto the addictions that you use

as a bolster against being hurt again and you create even more tension in your life and have more things to forgive or be forgiven for. It's a vicious circle and a glass of your favorite brew won't help you long term to change something within yourself that is fundamentally flawed. When you learn to forgive, you heal yourself from that damage.

To Apologize is a Sign of Strength, Not Weakness

One of the main reasons that people hold out for an apology is that they feel it vilifies the bad action on the part of the offender. The apology is the acknowledgement of wrongdoing. However, quite often in our lives, we see things that others don't see.

Put Yourself In Someone Else's Shoes

Try it today. Call someone who you have lost contact with simply because you could not forgive them. Make sure to focus the conversation around them, not you. You will begin to see that life isn't one dimensional. If you have problems with this exercise, then I would suggest that you to practice meditation because it will help

you to let go of all of the negative feelings you feel toward life and see things from a different perspective.

You will become less introspective and will be able to accept comments from others without laying judgment upon them. That helps you to be able to embrace compassion in a way you may not have been able to do before. When you do, your whole life changes for the better.

Chapter 4: Forgive Not Forget – Learn from Experience, not Ignorance

We're Influenced By Our Surroundings

We consciously or even subconsciously emulate the behavior of those we admire. At the same time, we try to avoid behavior of those we feel less comfortable with. But the big takeaway is, we're constantly striving to become the best version of ourselves. While you may not be able to forget what someone did that hurt you, you don't have to use this in a negative way. Instead, you can use all the past painful experiences and failures as a positive reinforcement to improve yourself.

Be Mindful of Who You Want To Be

The best strategy to discover the best version of you is to be mindful at all times. Be mindful of your current behaviors and decide whether each of these behaviors serves your higher purpose. Identify what behaviors you want to take on and what behaviors you should reject.

Learn From Experience

Also, learn from your past experiences. For instance, you forgive the bully at school and realize that his actions are not ones that you condone. Therefore, you know that bullying is bad and you will never be a bully. You forgive the person who isn't punctual and left you waiting idly for them. You now know how frustrated it is to wait for a person who's late and would never wish to impose that on anyone. Each of these things seems like common sense, but so many people hold onto grudges and learn nothing from them. Yes, you have the 'rights' to hate and even hold grudges, but think of the big picture. Instead of instilling hate, tell them what they did was wrong and move on, regardless of apology. You might feel like a loser in this situation but always look at the big picture. Forgiving others and moving on show your strength in character.

Forgiving Thyself

Don't beat yourself up when you've done everything possible to make amends as it can never resolve anything. It is important that you are able to forgive yourself and release yourself from past attachments that can only bind you, and make you suffer.

The Past Does Not Equal The Future

The truth is that we never really do forget about the things that people do that hurt us. However, when you're able to forgive, you can also learn how to make your life a much better place. Also, you'll discover how to approach life from a much more compassionate standpoint.

Chapter 5: Ways to Absolute Forgiveness

When something ‘bad’ happens that makes you mad, annoyed, and frustrated, don’t let the emotions control you. Be the master of your emotions and don’t react to the negative emotions. Instead, take a step back and calmly look at the situation as a whole. Then forgive others and look for solution in a positive state. You’d be surprise with the incredible outcome.

How To Meditate

The interesting part of meditation is that it teaches you how to let go of all thoughts and to give them no credence. As you ponder upon your life, you are subjected to all kinds of opinions. Thoughts come and go and you seem to have very little control over them.

However, when you meditate, you need to focus on your breathing. If your thoughts wander, you acknowledge the thoughts and simply let them go without allowing your emotions to take over. At the same time, you’re practicing the principle of non-judgement.

After all, it's just a thought and that's all there is to it. Of course, in the real world, it's easier said than done. But in meditation, you simply focus on your breathing.

Allow me to explain how meditation works because this will help you to achieve absolute forgiveness and detachment. Even when you are not meditating, you can distance yourself from negative thoughts by taking deep, mindful breaths.

Sit on a chair that gives you plenty of support. It's best to use a dining chair rather than something that you sink into because the straightness of your back is important. Your feet should be planted onto the floor and remain flat. Your hands are placed in your lap and your main hand is turned palm upward to receive the other hand – also palm upward, and you connect your thumbs together. Keeping your back straight, breathe in but instead of only using the top of your lungs like people normally do, you are expected to breathe in extra deeply until you feel the air in your upper gut. Hold onto it for a moment and then breathe out. You continue in this way, counting 8 for the inhale, 5 for the holding your breath and 10 for the exhale. During this exercise, your mind is busy with

counting and concentrating on the breath, so you don't have time to think about anything else.

This is the bit that people find difficult, but that's why they suggest that you practice meditation 20 minutes a day every day and make meditation part of your lifestyle. Practice makes perfect and it helps to discipline the mind. If you notice that there are thoughts popping up in your mind, don't resist them and realize that it's normal. Simply observe them, rather than submitting into your jumbled thoughts. Acknowledge that they are there and then let them go.

When To Mediate?

So here comes the most common question: When to meditate?

The best time of the day to meditate is first thing in the morning before breakfast or in the early evening on an empty stomach. The purpose of meditation is to learn how to let things go and when this practice has become a habit, you too can let go of any negative thoughts on a daily basis.

Achieving Absolute Forgiveness

When you wish to forgive someone, let them know that you forgive them and it's time to move on or reconcile. That should always be the end of the story. After you decide to let go of the past, never bring back those negativities and fuel your emotions. Be kind to yourself. Giving yourself absolute forgiveness is a great way to make you stronger and helps you to thrive in future relationships.

Religious Teachings on Forgiveness

Buddha discovered an interesting truth on his journey to enlightenment. When he was trying to find ways to diminish the suffering of people, he found that much of the pain wasn't caused by external factors. Instead, it comes from within.

What we now know as Buddhism follows a set of approaches which helps to get rid of any negativity. Right Approach, right concentration, right speaking, right thought are all parts of what Buddha's teachings. If you start to speak positively to yourself instead of living in a negative state, you eventually reach absolute forgiveness and gain the ability to move on unscathed by any unfortunate events.

Even Jesus – asked his father to forgive those who had crucified him because he knew that underneath it all, none of them really understood the extent of their sin. To forgive is to put aside all thoughts of revenge or anger. When you're able to do just that, you'll achieve absolute forgiveness.

Chapter 6: The Law of Forgiveness – Healing Mind, Body, Relationships, Personal and Professional Life

Learn To See Things Differently

When you see the whole spectrum of difficulties that are caused by jealousy, hate, greed and negative thought, you also see that it's an obligation to yourself to step beyond negativity toward something more positive.

Power of The Law of Forgiveness

That's where the power of the law of forgiveness kick in. If you are able to forgive, it empowers you so much that everything seems so positive and you are able to go through life with a whole new viewpoint.

We're all human beings. We all make mistakes. We all go through peaks and valleys. Life is never smooth sailing.

However, when you learn to use the Law of Forgiveness and make them part of the way you live, you will find happiness and the weight of burden will lighten and disappear.

Never Underestimate The Power Of Forgiveness

You have the power within you to make that change in your life. Never underestimate the power of forgiveness. The Law of Forgiveness is all about getting things into the right perspective. People do things and sometimes the driving power behind those things is their own lives being out of control. When you forgive, you allow them to look at life from a new perspective and sometimes that's all that they need. Show them the bigger picture, rather than the small picture that makes you appear smaller.

Chapter 7: Focus on the Bigger Picture

from Personal Forgiveness to World Peace

It doesn't take much for you to be aware of all of the unhappiness in the world today. And the reason behind all these unhappiness is the lack of understanding and forgiveness.

Now imagine a world where people are able to show empathy and understanding...

Don't you think this is a much better place to live in?

Rate of Happiness of Countries

According to a recent study done on the rate of happiness of countries from all over the world, Norway, Denmark and Iceland came up as the happiest nations.

Things We Need To Learn

We need to learn toleration. We need to learn all about other religions and other races. We need to broaden the spectrum of our lives to be able to put things into perspective.

If you haven't thought about how lack of forgiveness is making your life miserable, then you need to look at life from a different perspective, that of compassion. No, we can't save the world from all the wrongdoings but we can change ourselves and lead by example.

Forgiveness Is The Key To Your Happiness

When you learn to forgive, you lead others by example. Never underestimate the power of forgiveness. It is the key to your happiness. It's as simple as that. If you can write down all of the people you need to forgive and then make an active choice to forgive, you will feel better about your life. Not only that, you will begin to notice that your life is changing for the better. Keep on spreading good positive vibes to people around you. Make the world a better place.

Chapter 8 – What Holds you Back from Forgiving

Blame vs Forgive

What has happened over the years is that you have become complacent. It's easier to blame than to forgive. It's easier to look at life and ask what's in it for you, rather than understanding that the greatest things you can expect from life actually come from being able to forgive.

I have been watching social media very closely while coming up with ideas for this book and it worries me that people go through their lives looking for someone to blame for the quality of their lives.

Implement Forgiveness Into Your Everyday Life

Most of the times, it's the way we look at things, how we react and deal with pain and hardships in our lives. Perhaps, life would be much easier for you if you could see it from a different perspective. Instead of implementing forgiveness into your everyday life, it is also important to be grateful for what you have.