

Forgiveness

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It is possible to unfold our true potential and to become the highest version of our self. The topic forgiveness is vital to that. It may be hard to forgive someone, even more so to forgive one self. However, it gets much easier as soon as we understand what it is really about and why it is so important.

First it is necessary to understand that the topic of blame and guilt is deeply rooted in our society and is often part of the daily life. Often there are sentences like “why did they not ...”, “why did he do ...”, “they should have better ...”, “did she not know that ...”. These are often patterns in our upbringing, also in the media and politics. Therefore, please do not blame yourself if you catch yourself doing it.

Everybody sees the reality from a perspective, his or her perspective. Humans act based on this perspective. Also everybody is on his or her journey so to speak. A journey of making experiences, of learning. And everybody is on a certain level. A level of consciousness. People act depending on this level of consciousness in the best way they can. Becoming aware of this, it is possible to go into a neutral position and forgiveness becomes easier.

It is not just about forgiving others but also our self. We may have blamed our self, we may regret certain things from our past. There may be thoughts like “I better had done this or that...”, “why did I decide like this instead of ...”

Forgiveness is all about freeing our self from negativity. Negativity in this sense refers to thoughts, emotions, one could also call it negative energy. This energy does not contribute to our well being and may cause mental or physical illness. So that means, it is really not about the other person but it is about our self, to free our self from this negativity. And we don’t even need the other person for this. We don’t have to step in front of a person and tell them “I forgive you”. It is not necessary, however if it feels right and good to do so, then please go ahead.

As soon as we realize that we are more than just our body, the more we sense that our true core is pure life energy, which cannot be destroyed, which always will exist, the easier forgiveness becomes. When we recognize that our deepest core has never been damaged, never been hurt, then we can let go of the negative energy and move on with our life. That is the secret and the key to forgiveness. With this insight, everything can heal.

What we have experienced in the past has not been in vain, even when some things have not been pleasant. It gives us depth, wisdom and compassion for other humans who make similar experiences. Our true core is love and we come to this Earth among other reasons to make experiences which are the opposite of love. We make those experiences and then we can choose what we really want. After that we know better what feels good and what not. Where we put our focus, that is how we decide what kind of experiences we want to make in the future. More details regarding this can be found in the chapter “how we create our reality”.

Forgiveness is about past situations and also for things that happen in the present moment. Sometimes we judge, condemn or blame certain situations in the world. In our social environment, in our job or public affairs. Also the media is playing this game. This is all contributing to the negativity and distracts us from looking inside.

Concluding this text I want to add this: If you are in situations of injustice or any kind of abuse then you need to speak up and set boundaries for yourself. If people are not nice then it is not about saying okay, I forgive you, yes, please carry on. In the contrary, it might be that we say yes to another person when we really mean to say no.