

Self-Forgiveness

July 27

To forgive ourselves is the most intimate, loving gift of compassion. It enables us to accept both parts of us, the part we treasure and the part we dislike. As we forgive ourselves, we experience a spiritual healing of our heart, a letting go of anger and the resentments we held for too long. In his book, “Releasing You from the Past,” Steve Richards says “When you initially forgive, it is like letting go of a hot iron. There is initial pain and the scars will show, but you can start living again.”

As we give ourselves permission to walk this journey of self-discovery and self-love, we find forgiveness doesn’t undo damage done, nor does it minimize our pain, because self-forgiveness is not a feeling. Self-forgiveness is the choice we make to pardon ourselves for real or perceived wrongdoings. This decision, born from pain, sets us free from our obsessive thoughts of retribution, self-pity or the omnipotence of martyrdom.

Years of stinking-thinking blocked self-forgiveness, as we insisted, we didn’t deserve to be forgiven. These old, mistaken beliefs infiltrated the core of who we were and in response, we felt shame. This destructive thinking has the power to leave us emotionally vacant, and replete with paranoia. We never believed we were good enough to be forgiven.

The degree to which we judge others, is the degree to which we will be judged. Self-forgiveness is a cry for freedom from the captivity of our own disapproval.

With help from our Higher Power, self-forgiveness penetrates the dark walls of our soul to provide the gentle healing of the rejuvenating light of hope. We become complete as the repressed pain of self-persecution is dispersed by recognition of our basic goodness.

TODAY’S MEDITATION

Dear God, your example gives me courage to change my thinking. As I release others in forgiveness, I also release myself, and in letting both go, I become free.

“Without forgiveness and love, you will live with resentment, bitterness, malice and strife which result in more pain. You can never love without forgiving. Forgiveness deepens your ability to love and frees you from pain.”—Kemi

Sogunle

