Detaching with Forgiveness

November 19

How many days, months, and years, have we abused others, holding the gavel of judgment over everyone but ourselves?

It was effortless to be judge and jury when it came to judging others; We became the prosecutors necessary to stop us from looking at ourselves. "This was all *your* fault!" we said to them. Consumed with self-righteous indignation and grandiosity, we could not admit that we dug our hole a little deeper each time we focused on the shortcomings of others. That narrow hole constricted us ever-tighter in a grip of shame and guilt because we knew we were in the wrong to begin with.

Recovery through The Steps allows us to climb out of the hole of denial we dug for ourselves for all those years. Each time we pointed fingers at others, we stopped to remind ourselves that we first needed forgiveness.

It never was about the other person.

Forgiveness was the answer all along. Each time we forgive ourselves for shades of old behaviors, we detach from them and discover a personal triumph for having done so. We seek out opportunities to make amends as each negative thought reminds us—*we are the problem!*

Self-forgiveness frees us from the accusations we make of others and opens our hearts to compassion. We do this with our Higher Power as we begin the process of detachment and forgiveness in prayer. Detaching with forgiveness from old behaviors is one of the kindest acts we offer ourselves. In so doing, we find that as we set the gavel down, we stop judging ourselves and others.

TODAY'S MEDITATION

Thank you, God, for allowing me to see it was me I crippled all those years, with the hammer of superiority. Detaching with forgiveness is life-changing.

"The greater the sin you forgive them of, the greater the measure of the Spirit that will come to you."—R.T. Kendall