# Who Do We Forgive?

# Forgive and Forgiveness

**The dictionary defines:**

**Forgive** as to “stop feeling angry or resentful toward (someone) for an offense, flaw, or mistake”

**Forgiveness** as “the action or process of forgiving or being forgiven” [1]

1 - https://www.bing.com/search?q=FORGIVE+DEFININTION&form=EDGSPH&mkt=en-us&httpsmsn=1&refig=fba1ad3eab62451da00e9a1357504c17&PC=HCTS&sp=-1&pq=forgive+definintion&sc=619&qs=n&sk=&cvid=fba1ad3eab62451da00e9a1357504c17https://www.bing.com/search?q=forgiveness+definition&form=EDGEAR&qs=AS&cvid=f28a37111a744d769fc8705052db20a0&cc=US&setlang=en-US&PC=HCTS

# What Did We Learn About Forgiveness Growing Up?

- What did our parents teach us?
- What did our religious group teach us?
- What did our culture teach us?
- How does our childhood understanding of forgiveness influence our life today?

# One Way We May Have Learned about Forgiveness

| Old Testament | New Testament |
| --- | --- |
| • God is separate | • Co-creators with God |
| | • Christian view: Jesus Christ reconciles us to God, conquering sin and death |
| • Judgment | • Accountability plus grace |
| • Letter of the Law | • Spirit of the Law |
| • Fear-based | • Love-based, “Do not worry” |
| • Wounds can destroy us | • Wounds open us up |
| • Shame – feeling we are not worthy | • We’re beloved children of God, empowering each person to decide what is the loving thing to do |
| • Guilt – feeling bad about what we do | |

“Forgiveness is giving up the hope that the past could have been any different, it's accepting the past for what it was, and using this moment and this time to help yourself move forward.”

Oprah Winfrey

# Why Do We Forgive or Not Forgive?

- We forgive so we can get on with our lives.
- We forgive so we can mend broken or strained relationships
- We forgive to release negative energy we are holding in our body
- We forgive to follow what we learned in our family and culture
- Forgiving acknowledges I have made a mistake or accepting someone else has made a mistake
- Being the victim gives me something I feel ok with, gives me a sense of power

“Forgiveness is the fragrance the violet sheds on the heel that has crushed it.”

Mark Twain

# Thoughts on Forgiveness

- Parental alienation: grown children who do not want to have anything to do with their parent(s) or visa versa.
- Jesus, Nelson Mandela, Gandi, and so many others were persecuted and rose above being a victim
- Holding a grudge is like having someone living rent free in your head.

“Forgiveness is not something we do for other people. We do it for ourselves to get well and move on” [5]

5 –https://livelifehappy.com/life-quotes/forgiveness-is-not-something-we-do-for-others/ Photo: https://www.bing.com/images/search?view=detailV2&ccid=ldNG78YI&id=B1429D4B80E5B3037EE0E61F62413786DF2F667D&thid=OIP.ldNG78YIGOAvE_HxAr7zxAHaFj&mediaurl=https%3a%2f%2froshrulez.files.wordpress.com%2f2012%2f01%2fforgive1.jpg&exph=480&expw=640&q=forgiving+self&simid=608022875595607403&selectedIndex=111&ajaxhist=0

# Forgiveness

- Doesn’t need to involve the other person(s)
  - You can do this alone or with a trusted person
  - You do not need their approval
- Doesn’t mean you have to forget what happened
- Doesn’t mean you have to stay connected

# Oneness Consciousness and Empire Consciousness Connection

- All is Oneness, connected with the entire Universe.
- Empire Consciousness is created from fear, the illusion of separation and abandonment. It expresses a false sense of control based on hierarchy, power and domination.
- Growing awareness of one's Oneness Consciousness is the re-connecting with the genuine power of love, equality and compassion.

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# Oneness Consciousness

**Love based God…**
Love, Wholeness, Peace, Connection, Acceptance, Trust, Valuing Everyone, Kindness, Compassion, Internal Valuation is all you need, Worthiness for all, Equality, Grace, Mercy, Joy

Steadfast, Loyalty no matter what happens, Unconditional love, Never abandoned, Forgiveness, Accountable

## Empire *Consciousness*

**Fear based God…**
Power, Control, Fear, Hate, Anger, Scarcity, Hierarchy, Domination, Abandonment, Punishing, Need to negate others who are in the way

**Illusion:** If I am in control I will have everything; however something is still missing.

Isolation, Idealism, Not Enough, Perfectionism, Hypervigilance, Shame, Addiction, Abuse, Loss of Authentic Self, Self-Righteousness, External Validation, Competition

**People who see and experience more fully Oneness Consciousness**

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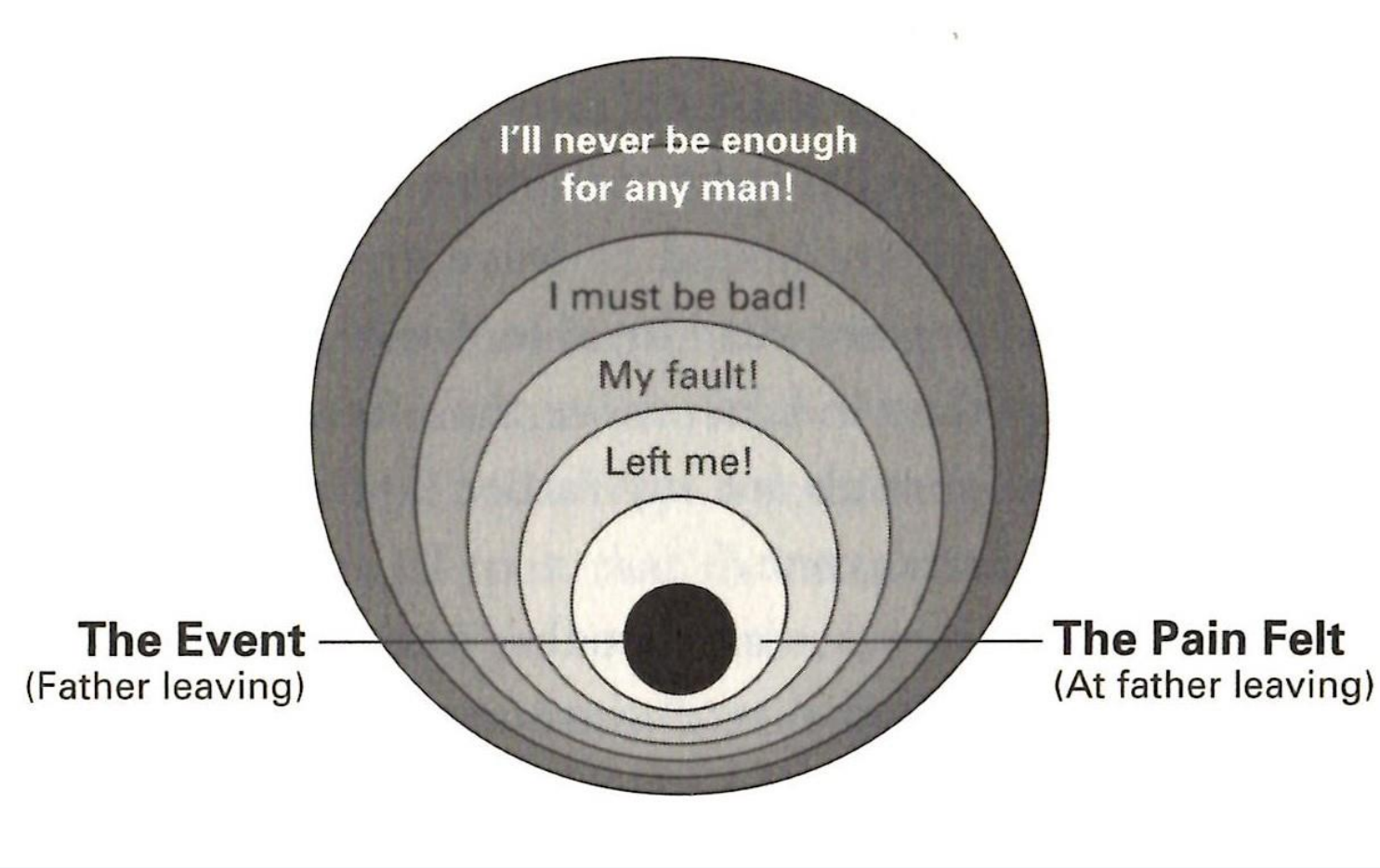
# What is Radical Forgiveness All About?

"Radical Forgiveness challenges us to fundamentally shift our perception of the world and our interpretation of what happens to us so we can stop being victims." [1 (p. xviii)]

"Not one of us can feel our soul's journey to be over until we, as an entire species, have completed the mission we have created for ourselves. This involves no less than transforming the energies of fear, death and duality by coming to the full realization of our oneness—that we are not separated from God at all and that these energies are simply illusion. This is our collective mission, each of us serves as an individual expression of that mission." [1 (p.121)]

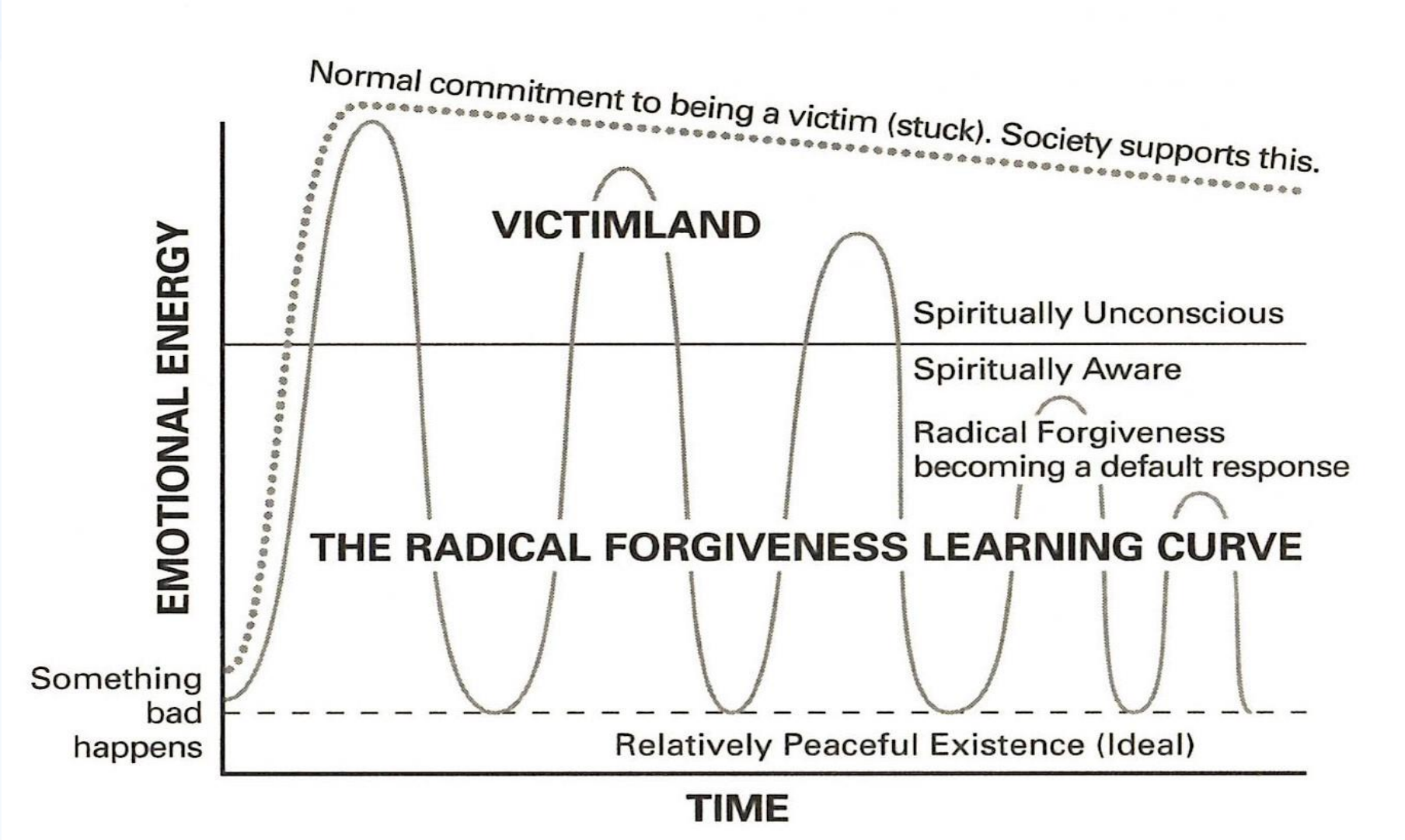
Collin Tipping, Radical Forgiveness, (Sounds True, Boulder CO 2009).

# How a False Story Grows




Collin Tipping, Radical Forgiveness, (Sounds True, Boulder CO 2009), p 247.

# The Victimland Roller Coaster 2




Collin Tipping, Radical Forgiveness, (Sounds True, Boulder CO 2009).p. 305.

# Four Steps to Forgiveness 3

- Step one: “Look what I created!
  - We create circumstances for our own healing, do not accept guilt to what happens.”
- Step two: “I notice my judgments and love myself for having them.
  - Accepting the imperfection.”
- Step three: “I am willing to see the perfection in the situation.
  - Surrendering to the divine plan and the willingness to love ourselves for not being able to see this plan directly.”
- Step four: “I choose the power of peace.
  - Being fully present in the moment, acting with clarity, and focus to do whatever may be required, and being completely aware of our feelings.”

Colling Tipping, Radical Forgiveness, (Sounds True, Boulder CO 2009).p. 305- 307.

# The Radical Forgiveness Worksheet 4

- Write about the situation that happened
- "Acknowledge my own humanity…I own my feelings."
- Now collapse the story
  - "Interpretations I made up about this event"
  - "Core negative beliefs I either made up from the story or which drove the story."
    - i.e. "I will never be enough. It is not safe to be me. People always abandon me."
- Reframe the story
  - "I now realize that my soul encouraged me to form these beliefs in order to magnify my sense of separation so I could feel it more deeply for my spiritual growth."
- "Noticing a pattern of seeing the perfection in it."
  - "Even thought I don't know why or how, my soul has created this particular situation, too, in order that I learn and grow.
- Reframe Statement and Acceptance
  - "I completely forgive myself and accept myself as a loving, generous and creative being. I release all need to hold onto emotions and ideas of lack and limitation connected to the past."

Collin Tipping, Radical Forgiveness, (Sounds True, Boulder CO 2009).The Radical Forgiveness Worksheet, Free Tools | Radical Forgiveness.

“Start your lives over. Everyone is totally forgiven no matter what”

Rumi

photo:https://www.bing.com/images/search?view=detailV2&ccid=CdaIlQAO&id=A803EEB92E450805C6E52FFFD327DADDDE619F36&thid=OIP.CdaIlQAOQ4oaYqd2hZ1EdQHaE8&mediaurl=https%3a%2f%2fwww.canadiannaturephotographer.com%2fnewfoundland%2fsunrise_DSC5290.jpg&exph=434&expw=650&q=nature+pictures&simid=608004128065784992&selectedIndex=195&ajaxhist=0