



Forgiveness....third time's the charm

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Dr Michael Bernard Beckwith said in his book "Life Visioning" that when you talk about creating the life you desire, you must start with forgiveness. He said "This isn't about making 'nice-nice' through the use of syrupy words or high-consciousness language. Nor it is a denial or bypass of our pain – be it disappointment, betrayal or whatever else. Rather it is about being honest about our emotions while realizing that there are times when human beings – including ourselves – act out of ignorance"

Forgiveness, doesn't make it "ok" it just makes it so that you are able to release yourself from the power the event or the person holds over you. You are simply accepting that it happened and you are letting it go.

As part of an exercise in forgiveness, he advises you to picture the person whom you need to forgive in your mind and repeat "I forgive you" until you actually feel it. I'll tell ya what, I must have repeated the words 50 times but eventually my mind and body bought into it and I began to feel...lighter. It was like a weight that had been on my chest was suddenly lifted. I didn't really know the weight was there, but I noticed when it was gone.

The truth is, however, I know I'm not done. I know that there may be a day when the old pain comes creeping back in. And I know for sure that there is no way on earth I will ever be good buddies with this person again. But for now, I am no longer in her power.

It reminds me of the movie [Labyrinth](#) starring David Bowie and a very young Jennifer Connelly. The movie is about the journey a young girl goes on a quest through a magical labyrinth to save her little

brother from the evil Goblin King. She is transported from her real life into this fairy tale world that is based on her favorite book. The Goblin King is handsome and clever and the girl is at first intrigued by him. Soon she realizes that he is the one who is holding her brother and has blocked her way through the Labyrinth she has been travelling to find him. She recites the words from her book:

“Give me the child. Through dangers untold and hardships unnumbered, I have fought my way here to the castle beyond the Goblin City to take back the child that you have stolen. For my will is as strong as yours, and my kingdom is as great and you have no power over me”

As soon as she utters the words “You have no power over me”, the fairy tale world falls away and she lands back at home in her bedroom. She still has a way to go, but once she realizes her power, she is able to get her brother back.

Saying the words – and believing them – has made the fairy tale world in which I was a helpless victim fall away and I am back “at home”.

Journal Questions

Are you ready to *consider* forgiving yourself and the other person for the situation?

If not, it's ok, remember what we said in unit 1; only forgive when you're ready.

If you are willing to imagine forgiving everyone involved in the situation...

1. Write down why this person should be forgiven and why you should forgive yourself
2. Create a vision of what will your life be like if you were free of this pain
3. What are the pros and cons?
4. How will this help you to claim your power?