

Forgiveness

Forgiveness is a virtue we all know is good, but did you know that your brain is designed to NOT forgive and most of us confuse “moving on” with forgiveness. Furthermore, did you know that most of your subconscious memories that affect your daily feelings, your emotional sensitivity and are the root cause of many physical problems including weight gain and even cancer, are forgiveness related issues?

To understand the importance of forgiveness, it’s important to analyze what happens when we hold onto our judgments. “Unforgiveness” is the holding on to a negative hurtful emotion. If it is not forgiven or released, it is stored as a painful memory in your subconscious. If you have not developed the skill of forgiveness, but think “moving on” is the same as forgiving, you mistakenly keep the painful memory and allow it to be locked into your subconscious where it joins the other similar painful memories that cause the false beliefs that control your feelings and actions.



With life experiences you continue to accumulate over time many unforgiven painful memories, big and small, until your memory files become stuffed full. From these stuffed-full unforgiven memory files, you now see life differently. You judge people and circumstances from a more negative and fearful light but see this as being “life-smart” or a positive thing. You prefer your comfortable routines and like to keep safe emotionally. You have several things you’d like to improve, like your weight, but seem stuck in your routines and habits but don’t know why. Sound familiar?

Stored memories of guilt and unforgiveness both caused by others and yourself inhibit your potential. They rob your confidence by overwhelming you with the subconscious fear of being hurt again.

Most make the common mistake that if you have consciously put the event and emotions behind you, that it’s gone. However, your subconscious brain was designed to never forget a painful memory and the associated emotions, so it files the experience away in the appropriate file such as the “hurt by people” or “hurt by other women” or “hurt by spouse” file. The crazy thing is that as you get more negative memories stored in these files, you get more sensitized in this particular area and therefore perceive things more negatively in this area and thus create more negative experiences to add to the file!

When your files are full of painful memories, those memories begin to take control of your life.

Want proof?

- Why does 80% of the population say they “should join a gym” but only 5% do.
- Why does 75% of the population wish they had more money or a better job but only 8% are actively pursuing a new job or education to gain new skills.
- Why does 85% of the population wish they could lose some weight, but only 5% do.
- Why do over 50% of marriages end up in divorce despite 90% of couple’s vow they won’t get divorced?

The fact is that stored painful memories become the unconscious controlling force of your life! Forgiveness empties these files; you no longer have the mountains of painful memories directing your subconscious control system that makes you feel like doing things you don’t consciously want to do.

You don’t feel like going to a social event. Consciously you think and tell others you feel physically sick. The real reason is that your file called “*I feel inferior to others*” is full of painful memories and when you think of going to a social event, your subconscious brain sounds the fire alarm—the fight-or-flight stress response sends a clear signal to RUN!



You don’t feel like sticking to a healthy diet. Consciously you think and tell others that you just love good food too much or just don’t have the time. The real reason is that your file called “*I can’t control myself*” is so full of unforgiven painful memories that now when you think about trying to eat healthy your subconscious sounds the fire alarm! In this case it’s to run away from trying to eat healthy and failing again so you develop false beliefs to help you run like: “*I have bad genetics*” or “*I am just a big girl*” or “*I am a good cook and mother*”. These false beliefs are real to you so they help you avoid the potential pain of trying to eat healthy and failing again.

The key to getting yourself unstuck and out of the control of your subconscious is to use FORGIVENESS to erase these painful guilt memories and stop adding more into your files!

Forgiveness is NOT natural

Your brain is designed to store painful experiences as special memories so as to avoid them in the future. This design of the human brain makes unforgiveness a natural function of your brain.

The more you judge, the more guilt you place, the more difficult it will be for you to forgive. If you judge your boss for firing you more than you judge your co-worker for taking your job, you will find forgiving your boss more difficult than forgiving your co-worker.

Some people really try to forgive for years but are unsuccessful. The thinking they can't get past is that forgiving the person would feel like releasing the person from their crime. But this "feeling" is the product of the subconscious brain whose job it is to record events and in the case of very painful events, those you feel you could never survive again, protect them with a special "do not erase" program.

Unforgiveness is motivated by our belief that placing guilt and punishment will ensure it won't happen again. Our justice system works under this premise. If someone commits a crime like robbery, they are to be punished by going to jail so they feel guilty and are thus motivated to never do it again. When we give our kids time-outs we are doing the same thing!



But as we know, most criminals repeat their offenses, so making someone feel guilty for "wronging" you usually motivates more, not less, of the same behavior in the future. Guilt is the opposite of Love, and what people need is more Love to feel better about themselves and thus do better things. Despite the flawed logic that guilt changes people's behavior, we all feel a strong natural compulsion to make people who wrong us feel guilty, including ourselves—it makes us feel better. But judgment (unforgiveness) stored in our subconscious memories destroys our lives.

The Life killer!

Dr. Alexander Loyd, founder of the Healing Codes, says that in all the years he was lecturing and counseling, he had never seen a significant health issue where there was not an unforgiveness problem. Then he met Dr. Ben Johnson, who had been lecturing all over the world on cancer, and Dr. Ben said he had never seen cancer where there was not an unforgiveness problem. They have also talked to countless ministers, doctors, therapists, and practitioners of all types who also shared that they have seen unforgiveness at the root of just about every problem they've ever encountered.

The Peace killer

Peace is the “ultimate goal” of everything we do. Peace is simply the emotional state where we feel no threats—where we feel comfortable and satisfied. All negative emotions steal our peace, but none to the extent that guilt does. Guilt is the ultimate peace killer. Guilt can become so pervasive in one’s life that you rarely experience true peace. The millions of people who find the simple and natural act of falling asleep difficult because of guilt-ridden thoughts stealing their peace is a testament to this sad fact.

For weight loss, overweight is more a sign of a person’s lack of peace than their lack of fitness knowledge. Eating gives a person temporary peace and until one finds other calorie-free methods to experience lasting peace, no diet program will ever be successful.



What is unforgiveness? People often mistakenly think it is only big things a person should worry about forgiving. But **ANYTHING, big or small, that breaks your peace is a sign that you are experiencing unforgiveness.** If you are not at peace, you need to forgive or look at the situation in a new way that doesn’t cast guilt.

For example, another driver at a 4-way stop pulls out in front of you and you become upset. It has broken your peace and you need to forgive him or look at it differently—perhaps he didn’t know 4-way stop protocol?

Your spouse makes a smart remark about your lack of common sense and you feel angry because you believe your spouse is guilty of disrespecting you. Your peace has been broken and for your own good, you need to forgive or look at it differently. Your daughter doesn’t listen to you after the third time you tell her to go get her pajamas on and now you get angry because you believe she is guilty of disrespecting your authority. You have lost your peace and for your own good and hers you’ll need to forgive her or look at it differently.

For weight loss, overweight is more a sign of a person’s lack of peace than their lack of fitness knowledge.

When you lose your peace from “small things” it usually leads to much bigger things like saying cruel things that lead to a fight or taking a bad attitude that steals your peace for hours or even days! Negative attitudes from unforgiven small things can become a habitual way of thinking that causes perpetual negative experiences that rob your peace keeping you in a perpetual state of stress!

The sooner you can forgive and move on from small things, the less likely you are to create big things that can become painful events that are more difficult to forgive and thus stay stuck in your subconscious, filling your memory files and causing you long-term issues of unforgiveness.

Guilt makes you want to punish yourself

Guilt makes you feel at the deepest level that you deserve punishment. That punishment is often the acceptance of your weight failure and other disappointments in your life. This unconscious belief of “getting what you deserve” is an internal mind-cancer that guilt and unforgiveness always produces. How can you possibly follow a healthy eating plan and exercise regularly if you internally believe you deserve punishment—you deserve to fail!?

This internal feeling of deserving punishment from guilt also shows up in beliefs that support a person’s periodic self-defeating “*I don’t care*” type of eating behaviors like bingeing and eating large quantities of high-calorie pleasure foods. This often shows up after a certain amount of success, like reaching a certain weight loss goal. If your subconscious brain is programmed with the belief that you don’t deserve success, it will do all it can to make sure you don’t! Remember, your subconscious only follows the orders it is programmed with. Having a subconscious control working totally against you because of an internal belief that you deserve punishment is very common and must be rooted out for long-term success.



Unforgiveness Hides

Unforgiveness often hides behind anger, fear, sadness, and other negative emotions. So if you think you don’t have an unforgiveness issue, ask yourself:

“Who do I feel any anger toward, or sadness toward, resentment toward, disappointment in or fear of?”

I thought I didn’t have any big forgiveness issue in my life, but when I asked the above question, I realized that I was holding my father guilty for his beliefs and lifestyle. This unforgiveness showed up in my life as my not wanting to be around him. When I was around him I felt feelings of negative judgment and resentment (unforgiveness).

Unforgiveness can also be toward yourself and appear in your life as a low self-regard and low levels of self-confidence. This cancerous self-guilt can be your belief that others may not have forgiven you or even that God has not forgiven you for something you did or keep doing. We all

have many things we blame ourselves for on a daily basis that erode our self-worth and peace of mind. These issues can be conscious, but **most of our self-incrimination goes unnoticed by ourselves** but shows up in our feelings and behaviors.

Using the question: *“Who do I feel any anger toward or sadness toward or resentment toward or disappointment in or fear of?”* I was able to find several areas of self-guilt that were eating away at my self-confidence and peace. Every day you will find “small” things. These smaller things go unnoticed consciously by most people, but still trigger the subconscious guilt responses and thus rob one’s peace and joy.

Mastering Forgiveness

Mistakes are not “bad”

Mistakes are learning opportunities. They tell you what didn't work so you can do something else next time. However, by the age of 5 or so, you are taught that mistakes are “bad” and that YOU are “bad” when you make a mistake. This single belief is the root cause of nearly every problem that causes us suffering and limits our lives!

When we made a mistake we experienced pain in the form of disapproval from our parents. Children don't have the capacity to distinguish that their mistakes are learning opportunities. We may learn that hitting our brother to get his attention doesn't work, but in the process we feel the emotional pain of disapproval in the form of punishment from a parent. This association that mistakes are “bad” and we are “bad” if we make mistakes is so ingrained in our belief systems, I'm sure you feel instant automatic rejection of the idea that mistakes are just learning opportunities and have nothing to do with how we should judge ourselves or others.

In fact, very successful people can actually learn to *welcome* mistakes because they know they have to experience a few to get to the learning that creates the success they want. If we take this new belief, that there really are no mistakes and that we are not “bad” if we make one, there is a LOT less to forgive or to feel guilty about.

If you are truly a loving person and someone makes a mistake that affects you negatively, you should not be mad at them or try to make them feel more guilt, but should instead communicate to them that you are glad they will learn positively from it and it will improve their life as well as yours. If you are an *enlightened* loving person you would go a step further and *help* them get over their own self-guilt (by communicating that you are not holding anything against them) to ensure it doesn't cloud their ability to learn positively from the event.



What do we normally do when someone wrongs us? Get mad at them, stop speaking to them, yell at them, exaggerate how bad it was, bring up past similar mistakes and exaggerate them too—anything to make the guilty party feel even worse than they already do.

What does this actually do? **It almost always ensures they are so filled with guilt their brain must go into the defensive mode to protect itself so that all they can think about are excuses**

and reasons for their behavior and are totally disinterested and unable to learn from the event. Most of the time this self-justification that results from feeling guilty can be so powerful, that it actually causes a REINFORCEMENT of the behavior making the behavior MORE LIKELY to happen in the future!

Why do we do this? We all operate under the false belief that by making our perpetrator feel guilty (like we learned growing up) it will teach them a lesson and keep them from doing it again. We believe falsely that the more guilt we pile on, the more effective we will be at getting what we want—nothing could be further from the truth!

Healthy Belief: There are no bad mistakes, only learning opportunities. Help others who wrong you to forgive themselves so they learn from their mistake and thus are less likely to repeat it.

A better belief

If we believe that the lessons that make us wise and expand our understanding of what is important come from life, then we shouldn't judge the teachers who bring us these valuable lessons. If I were to arrive home to find my new 60" TV that I was so excited about stolen, I would easily get mad and cast guilt and judgment on the thief, wanting him to be caught and put in jail. My ego would justify my judgmental feelings in the name of preventing the thief from hurting others—he would be forced to feel guilt and self-unforgiveness from our legal system.

What might a better belief be?

Here's one I suggest you adopt that will totally change how you see mistakes:

- **Life's lessons for YOU from God come THROUGH others.**
- **Life's lessons for others from God come THROUGH YOU.**

Could God have been sending me a lesson THROUGH the young man who stole my TV? What lessons could I learn from having my "prized possession" stolen? I think together we could think of many.

Here is another VERY important point to consider:

If you follow the natural reaction of casting guilt and judgment when someone wrongs you, you not only MISS THE REAL LESSON, you make up your own lesson based in FEAR causing you to do the opposite!

Had I just rejoiced in the thief being caught, I would have likely went out and bought a new TV and thought the lesson was “I better lock my doors” or buy a home security system to guard all my prized possessions. This belief of what the lesson was only *jades me toward fear!*

The lesson was I needed to place less value on my possessions to have more peace in my life, but instead I put MORE value on my possessions by purchasing a new home security system! THE OPPOSITE!

Fear is at the root of all your negative emotions and your negative emotions are the root cause of your habits and behaviors that have caused your weight.

What if taking away my TV was a Divine lesson provided me so that I would realize my kids desperately needed more of my attention to keep from developing a poor self-image?!? What if one of my kids would later turn to drugs if this was not corrected? *I can't see into the future so my Divine guidance shows up in my life as lessons THROUGH others.*

So under this new belief, I not only should withhold casting guilt upon the person who wronged me, but should instead be THANKFUL the lesson came to me through him! He has also carried a burden of emotion, guilt and consequences to deliver the lesson to me and from the experience has his own positive lesson to gain.

How do you activate this life-changing new belief? Always ask this question when you feel any negative emotions toward someone; when you feel unforgiveness:

“What lesson is here for me from my Highest Good?”

In the emotion of the event, you will find answering this question in a positive way very difficult if not impossible. This is why you should ALWAYS give any negative reaction TIME and then come back and ask this question. Go do something and come back to it and ask the question until you are at peace enough to widen your perspective and see a potential lesson that will HELP you become wiser and more successful in your life.

How do you motivate yourself to implement this wiser unconventional perspective of forgiveness? Ask yourself this:

Do I want to become wiser and find peace through an uncommon connection with my Higher Guidance or do I want “justice” to feel better but remain disconnected from my higher guidance?

I know what I am choosing!

Everyone is always doing their best

Every decision and action you, or anyone takes, is based on your level of awareness **at that moment**. You can never make better decisions than your present level of awareness. It is the clarity with which you perceive any situation that determines the appropriateness of your actions. **If your awareness is faulty, you can only expect to make a faulty decision.** Remember, the fight-or-flight stress response causes our thinking to be drastically narrowed and it's under the stress of emotions that we often make our most poor decisions because of our lack of clarity. But at the time of the decision, with that level of awareness, we really, truly feel this is the best decision. But later when our awareness expands we are able to see that it was not the best decision. Then we have to excuse it away to avoid the pain of feeling guilty or foolish. This becomes so automatic for us that we believe our own excuses and thus no learning or positive growth occurs.



These poor decisions can be anything from overeating to reacting to a comment. At the time, your brain truly believes this is the best course of action considering your current awareness at that moment you make that decision.

So rather than curse the decision, we should curse the lack of awareness and clarity that causes us to make poor decisions. Teaching ourselves to spend more time becoming aware and seeking clarity *before making decisions* is the outcome of learning the practice of **Mindfulness and Meditation**. Teaching your brain to take the time to respond wisely rather than react unwisely leads to better decisions and better decisions leads to less guilt and less guilt leads to better clarity and better clarity leads to more better decisions—a cycle of success!

It is the clarity with which you perceive any situation that determines the appropriateness of your actions.

Sometimes you can guess and make a better decision than your level of clarity, but to expect yourself or others to make decisions better than their current level of Awareness is foolish and unloving. It's like getting mad at someone for not doing something they never knew about.

Understanding the principal that every decision you, and every decision anyone else makes, is the best decision from one's current level of Awareness, frees you from condemning yourself or others. That person did not TRY to hurt you, they were just not aware at the time of all the ramifications of their actions—they were likely too focused on fulfilling their need to feel better under the current situation.

Forgiveness is at the core of your spirituality

Forgiveness is Love. Many spiritual teachers say that God IS Love and Love IS God. So then, forgiveness is God. Some say that when you say you are serving God, you are serving Love. Despite what any religion insinuates, if God is perfect, than he *must be* perfectly forgiving! He can't forgive some people and not forgive other people. In other words God, to be perfect, must be perfect Love and thus must forgive everything. **There is nothing we can do that is "unforgivable" by a perfect God.**

This is a hard concept to accept with our social conditioning. If God is perfect, then all of his creation must be perfect. A perfect God can't make mistakes. But what about babies that die,



tornados and Hitler? From a narrow point-of-view the oil in a car's engine is dirty and black, but it's required to make the engine run perfectly. **Our limited human brains cannot understand how everything, even those things that look like mistakes, work together to make perfection.**

When you tap into your true spirituality and sense the perfectness of your creator and thus yourself, you will more easily forgive others and forgive yourself.

Spiritual teachers like Dr. Wayne Dyer and Deepok Chopra believe that we are all Spirits living in bodies having a physical worldly experience. The reason we Spirits were born and given bodies was to EXPERIENCE life and to spread Love, God, and forgiveness (all the same thing); not to compare, cast judgments or distribute guilt on others or ourselves!

Our highest spiritual selves live a guiltless existence free from our humanly judgments of good or bad, right or wrong.

Forgiveness allows for a healthy abundant life

The foundation for an abundant life of joy and peace is forgiveness—both of others and yourself. Joy and peace bring self-confidence which empowers your prosperity. Healing your unforgiveness is absolutely essential for healing your mind and healing your body. By getting good at forgiveness you are getting good at being a divine human being—free from humanly hang-ups. Not only are you fulfilling your highest calling—to spread Love, but you are saving yourself from the pain of stored negative memories that stack up within your mind and take over control of your life. Forgiveness releases the excess weight that lies heavy on your heart and then your body automatically follows.

I believe, as many do, that our lives are influenced and guided in ways that go beyond our human understanding. How does our body perform the thousands of processes every minute from your heart beating to your immune system destroying unhealthy cells that would turn cancerous? What about the people and opportunities that appear at just the right time...the near misses and the perfect timing? Things our human understanding confined to our five senses cannot figure out so we just label them as “luck”.



But where does this thing called “luck” come from?

I believe “luck” is a positive force of guidance that flows to us from within when we free ourselves from negative energy—when we *“Forgive others as we forgive those who trespass against us.”* Forgiveness is Love and what opens up the door and allows the flow of “luck” into your home and into your life is the absence of negative judgmental feelings that block this positive force. Think of judgment and unforgiveness as a barrier, a damn so to speak, that hinders or stops the flow of luck into your life. Luck is the energy of Divine guidance that cannot exist in the same place negative energy is found.

How do I forgive?

Remember, forgiving is not forgetting and moving on. Forgiveness is a conscious choice to release yourself or others from guilt by making a judgment of innocence and releasing any negative feelings associated with the event.

How do you know if you have really forgiven?

If you can only say, “I can forgive that person but I can’t like that person”, you have not forgiven.

This is how we tear down our own self-esteem with self-messages of, *“I can forgive myself, but I don’t like myself for doing what I did.”* **This feeling of not liking people who hurt us, including ourselves, is how unforgiveness becomes an internal cancer in our lives.** We mistakenly think forgetting the act is forgiving. Forgiving is forgiving the person and welcoming him or her back into your heart and seeing again only why you like the person—including yourself.

But our brains find it hard, if not impossible to *really* forgive. The more painfully emotional the event, the more our subconscious wants to store it forever in our memory files so as to avoid a similar pain in the future. So what do we do?

Step #1: Realize how destructive unforgiveness is. Because unforgiveness is so common, it is easy to overlook its massive destructive force. Not only does it kill your confidence it also kills you physically. There has been found a strong correlation between having forgiveness and guilt issues and getting cancer. Unforgiveness also causes the strongest negative emotions that have fueled our life-destroying habit to find comfort in eating. Guilt causes us to destroy ourselves one pound at a time. Unforgiveness lowers our self-esteem compelling us to judge others to feel better about ourselves causing more pain, sickness and dysfunction in our lives. Once you really understand and “see” what unforgiveness and its counterparts judgment and guilt do to your life, you’ll be highly motivated to do all you can do to rid your life of it.

Step #2: Make a commitment to Forgiveness. Just verbalizing and making a commitment to forgiveness every morning causes your brain to focus on it and what you focus on grows. Just taking this simple step, will direct your thinking and you’ll see a huge difference in your life!

“Today let me focus on forgiving myself and others as we all try to do our best. Let me focus on Love and not judgment of myself or others. Let me remember always that mistakes are my lessons to learn from.”

Step #3: Release guilt to a higher power. Since our creator knew our human brains would naturally hold onto guilt and we’d find it hard to forgive others who hurt us, he gave us a tool that goes beyond our human capacity and understanding. For those of the Christian faith, this power is called the “Holy Spirit”. This greater power is also called Divine Mind, Sprit, Universal Mind, Infinite Intelligence and Superconscious. Whatever you call it, whether you go to church or not, it is a force that does exist and can work especially well in helping with your thoughts.

Some experts believe that our subconscious minds are all connected to this one force no matter what we call it or believe it to be. The switch that turns on this force is simply believing in it. The stronger your belief, the better it works. This force gives you the power to do what you couldn’t do on your own. That is why it is called “supernatural”; it’s above what’s natural.

To tap into this power, just say this simple prayer or self-talk:

“Dear God/Spirit/Infinite Intelligence/ whatever you call it, take away my guilty thinking and teach me to Love.

Take away my guilty thinking and teach me to Love

Take away my guilty thinking and teach me to Love

Take away my guilty thinking and teach me to Love

Take away my guilty thinking and teach me to Love”

This self-talk or prayer is simple and thus will be imprinted more easily on your subconscious. Notice it says “teach me to Love” and not “teach me to forgive”. Forgiveness is an act of Love. Love is the highest force and from Love true forgiveness flows and so does your Higher Power.

Also the key is to repeat it several times like a chant. The repetition is like lifting weights—you do several repetitions to work the muscle. Likewise you keep this idea in your mind for several repetitions to give yourself time to quiet your mind and connect with it.

To help you tap into this force, visualize in your mind’s eye a glowing warm light developing around you, engulfing you like a protective blanket or shield. This is the energy that is all-good and it now surrounds you. Relax, breathe deeply and let your mind be filled with peace. Allow yourself to believe that this energy is taking away your burdens of unforgiveness. Visualize them flowing away from you. Listen for messages. Often you will hear messages that speak profoundly to you and let you know that all is OK.



Step #4: Have a game plan. We all have issues of guilt and judgment each day that keep adding up in our memory files. We also have the full negative memory files that need addressing. An effective game plan includes working on daily forgiveness and forgiveness of the larger issues locked into our memory files.

Daily issues game plan:

- a. Morning self-talk prayer (see above)
- b. Event self-talk. When you feel yourself becoming judgmental and casting guilt, say the self-talk to redirect your mind to forgiveness. *“Take away my guilty feelings and teach me to Love”*
- c. Evening self-talk prayer: *“Dear God, I give to You my unforgiveness from today. Wipe my heart clean from any guilt and align my thoughts with yours”*

Past Issues Game Plan:

- a. Identify large issues of unforgiveness likely locked into your heart. Did your spouse have an affair? Did you get fired? Did a teacher embarrass you? Were you humiliated by someone in your past? Did a parent hurt you? Did a brother or sister hurt you?
- b. Use the above self-talk prayer for each potential unforgiven pain stored in your heart. For example, “Dear God, take away my guilty thinking toward (name of sister) and teach me to Love.” Repeat several times until you feel more peace.
- c. Establish a time and place where you present these issues of your heart to your higher power. Perhaps you go for a walk and find a peaceful private place to sit down and say your prayer. Establish a routine until you’ve been through all your known issues then move to the prayer to give your forgotten issues over to your higher power.

If you are willing, it will work

The key to tapping into your higher power to heal your heart from the weight of guilt and judgment is to be WILLING to forgive. You may still feel harsh judgment toward yourself or that person who hurt you, but if you are WILLING to forgive, you will open the door just enough to allow the healing force to come in and you will have your healing. Unwillingness, which is judgment, blocks this higher healing force from entering your life.

We mustn't forget what the Holy Spirit is for. We don't deny we are upset, but at the same time we own up to the fact that all our feelings stem from our own loveless thinking, and we're willing to have that loveless thinking healed. Growth is never about focusing on someone else's lessons, but only on our own. As hard as it is to believe sometimes, we're always responsible for how we see things. Of course things happen in this world that make it almost impossible to love—cruel, horrible things—but the Holy Spirit is within us to do what for us seems impossible.

But we must be aware of our ego feelings in order to release them. “He cannot shine away what you keep hidden, for you have not offered it to Him and he cannot take it from you.” It would be violating our free will for the Holy Spirit to change our mental patterns unasked. When we're angry, or upset for any reason (big or small) we're asked to say, “I'm willing to see this situation differently.” We ask the Holy Spirit to enter in to the situation and show it to us from a different perspective.

—Marianne Williamson, *A Return to Love*.

ASSIGNMENT

To become aware of just how much time we spend playing the guilt game, record in your mind each time:

1. *You* try to make *someone* else feel guilty
2. *Someone* tries to make *you* feel guilty
3. *You* try to make *yourself* feel guilty

When you sense one of the three above is happening say out-loud:

“Guilt is a useless emotion!”

This out-loud statement will help you to break your unconscious habit patterns and will send a message to those attempting to make you feel guilty that guilt is not only useless, but totally destructive to our well-being, health and success in life.

Daily Issues Game Plan

Action Step #1: Morning Affirmation

Each morning on your way to work say this prayer or include it within your self-talk ritual:

“Today let me focus on forgiving others and myself as we all try to do our best. Let me focus on Love and not judgment of myself or others. Let me remember that mistakes are my lessons to learn from.”

Or

“Let all my decisions today come from a place of Love, not Judgment.”

Action Step #2: Event Self-Talk

When you feel yourself becoming judgmental and casting guilt, say this self-talk to redirect your mind to forgiveness:

“Take away my guilty feelings and teach me to Love”

Or

“Let all my decisions come from a place of Love, not Judgment.”

Action Step #3: Evening Self-Talk prayer:

Before bed and the overnight subconscious processing of your memories from the day, release your unforgiveness and guilt by saying this prayer:

“Dear God, I give to You my unforgiveness from today. Wipe my heart clean from any guilt and align my thoughts with yours.”

Get into the habit of saying this prayer even if you don't remember any issues or think any are serious enough to pray about. Even the very small issues add up and there are no issues too “small” or trivial to pray about. **Prayer is not disturbing God, prayer is opening the God-force within you to work positively in your life.** It is always there, prayer (self-talk) opens it up.

Past Issues Game Plan

Stored in your subconscious are years of past emotional hurts that you have long consciously forgotten about. Your conscious mind moves on, but your subconscious mind stores those memories, files them, adds them up and they become the “issues of your life” that automatically direct your thinking, attitudes and results in life.

You have two types of past negative memories, those you remember and those you don't. Because most of the negative stuff that is affecting your life is hidden from your awareness, it would be impossible for you to fix it—you don't know it exists! This is why going to the manufacturer of your brain, who knows how it works, is necessary

Action Step #1:

Identify large issues of unforgiveness you can remember locked into your heart because you moved on and never forgave. Did you get fired? Did your spouse have an affair? Did a teacher embarrass you? Were you humiliated by someone in your past? Did a parent abuse you? Did a brother or sister hurt you?

Use the Self-Talk prayer for each unforgiven pain stored in your heart. For example,

Dear God, take away my guilty thinking toward (name) and teach me to Love

Dear God, take away my guilty thinking toward (name) and teach me to Love

Dear God, take away my guilty thinking toward (name) and teach me to Love

Dear God, take away my guilty thinking toward (name) and teach me to Love

Realize that you can't do this one time for the unforgiveness that has taken root in your heart to be healed. You'll feel better each time you do this exercise, but you won't be healed overnight. Disbelief is your barrier and will be as strong as the pain of the memory. Once you believe that your Higher Power has taken this issue away, it will be.

Initially you'll likely be skeptical and hear yourself saying things like, “*why am I doing this, this is a waste of time, this is stupid...*” and other such things. Just keep doing it until that skepticism is pushed out from your repetition. Also remember that you must be WILLING to forgive. You might add “***I am willing***” to your prayer/Self-Talk to be sure unwillingness is not blocking your healing.

Establish a time and place where you present these important painful issues locked in your heart to your Higher Power. Perhaps you go for a walk and find a peaceful private place to sit down, settle yourself and do your prayer. Beautiful meditative music is a powerful tool to use to elicit your emotions. Emotion is the energy of change. Utilize your ipod or mp3 player to get yourself into the emotional state most conducive for feeling and presenting your petition to your Higher Guidance.

Establish a routine until you've been through all your known issues.

Use the below sheet to record the issues you remember—they can sometimes come and go from our memory—so be sure to write them down when you remember something that pops back into your memory.

Be sure to periodically go back through the list and think about each event and sense how you feel about it when you recall it. It should feel OK to think about it. If it does not, you should go back to your prayer exercise.

Remember, the goal is not to forget that the painful event ever happened, but to release the pain of the event (that comes from unforgiveness) to your Higher Power and see it from a new perspective of Love rather than judgment and guilt.

Action Step #2:

Working through all your remembered memories may take several months. **Don't be in a hurry.** This is not a race. This is your life and after you heal some of these memories, you will know the importance of this work because you'll see yourself transforming!

After you have worked through what you believe to be all your remembered memories, you can then move to working on those memories locked in your belief system that you have long forgotten about, but still affect your life.

Use the Self-Talk prayer for unforgiven pain stored in your heart that you are not consciously aware of:

Dear God, take away my guilty thinking toward those I do not remember and teach me to Love.

Dear God, take away my guilty thinking toward those I do not remember and teach me to Love.

Dear God, take away my guilty thinking toward those I do not remember and teach me to Love.

Dear God, take away my guilty thinking toward those I do not remember and teach me to Love.

