



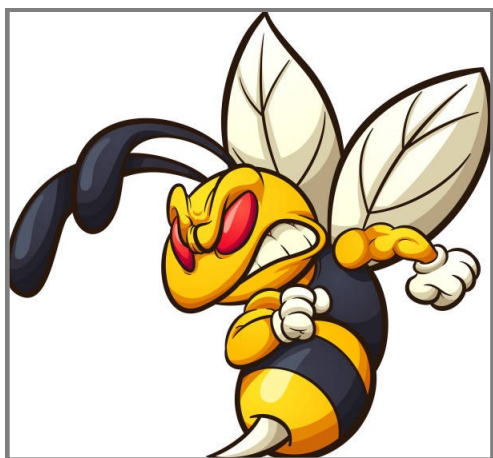
The Power of Will

I am grateful for my ability to choose, lead and decide. In the Power of Will, I say "yes" to life.

FORGIVENESS IS NOT A THIEF: Sometimes we perceive forgiveness as a thief; stealing our right to be hurt or angry, denying us justice, falsely condoning poor choices and actions. But is it a really a thief? What does the absence of forgiveness take from us? What does forgiveness give back to us? Why does Master Mind consciousness encourage forgiveness? What does forgiveness make room for?

When someone wrongs you somehow, you might feel certain you'll never be able to get over it. Even after your immediate anger passes, you might continue to dwell on the betrayal instead of letting it fade into memory. It's pretty common to feel this way. But not being able to forgive can harm you most.

Here is a simple story about a bee colony that worked and played together. When two bees accidentally bump into one another, one of the bees becomes very angry! The angry bee wants the other bees to feel bad, so he refuses to fly with the colony. The other bees try to invite him to return and fly with them, but the angry bee won't do it! Take a look at the Video: **The Angry Bee:** YouTube: <https://www.youtube.com/watch?v=-aEUjlxOK-Y>



Discussion Questions:

- What is forgiveness?
- Who did the angry bee hurt when he was angry?
- Why did the angry bee decide to forgive?
- Why did Jesus teach us to forgive?
- Why do we feel angry sometimes?
- Why is forgiveness a blessing to us?
- Why is forgiveness a blessing to others?
- Do we need to be forgiven?
- How do you feel when someone forgives you?
- How do you feel when someone won't forgive you?

In reality, forgiveness simply means choosing to let go of your anger, hurt, and desire for vengeance. You might accept that what happened is now in the past, recognize that people make mistakes, and begin cultivating compassion instead.

Before you can forgive someone, you'll want to make sure you can put your feelings about what happened into words. You can work on talking through your feelings, but of course, this requires you to first embrace those feelings, even the unwanted ones. If you can find someone to talk to, this may help even if your don't want to get into the details. Just vocalizing your hurt help from keeping it contained.

Writing a letter also helps organize and express your feelings, even if you don't send it.

Another option is to meditate or pray. It might not make a change overnight, but it is a start. As you meditate, first forgive yourself, particularly if you are also blaming yourself for being in the position you are in.

You may never understand why someone did something. But forgiveness requires you to look at your anger and pain and choose to let it go. Practicing forgiveness and taking action to live your best life can help you find joy and peace. Don't let anyone, or any situation steal your joy!





The Science of Forgiveness by DESMOND TUTU AND MPHOTO TUTU

By letting go of past hurts, we can heal not only ourselves, but our families, our communities, and our world.

During the past decade there has been more and more research into forgiveness. Whereas previously the discussion of forgiveness was left to the religious, it is now gaining attention as an academic discipline studied not only by philosophers and theologians, but also by psychologists and physician. Even neuroscientists are studying the biology of forgiveness and exploring evolutionary barriers in the brain that hinder the act of forgiving. Some are even looking to see if there might be a forgiveness gene somewhere in our DNA.

As modern forgiveness research evolves, the findings clearly show that forgiving transforms people mentally, emotionally, spiritually, and even physically. In Forgive for Good: A Proven Prescription for Health and Happiness, psychologist Fred Luskin writes, "In careful scientific studies, forgiveness training has been shown to reduce depression, increase hopefulness, decrease anger, improve spiritual connection, [and] increase emotional self confidence." Research also shows that people who are more forgiving report fewer health and mental problems, and fewer physical symptoms of stress.

As more and more scientists document the healing power of forgiveness, they also look at the mentally and physically corrosive effects of not forgiving. Hanging on to anger and resentment, living in a constant state of stress, can damage the heart as well as the soul. In fact, research has shown that failure to forgive may be a risk factor for heart disease, high blood pressure, and a score of other chronic stress-related illnesses. Medical and psychological studies have also shown that a person holding on to anger and resentment is at an increased risk for anxiety, depression, and insomnia, and is more likely to suffer from high blood pressure, ulcers, migraines, backaches, heart attack, and even cancer. The reverse is also true. Genuine forgiveness can transform these ailments.

In the end, science will prove what people have known for millennia: forgiving is good for you. Health benefits are only the beginning. To forgive is also to release yourself from whatever trauma and hardship you have experienced and reclaim your life as your own.



It's not an easy journey, to get to a place where you forgive people. But it is such a powerful place, because it frees you.

TYLER PERRY

Acknowledging the Harm

Listen.

Do not try to fix the pain.

Do not minimize the loss.

Do not offer advice.

Do not respond with your own loss or grief.

Keep confidentiality.

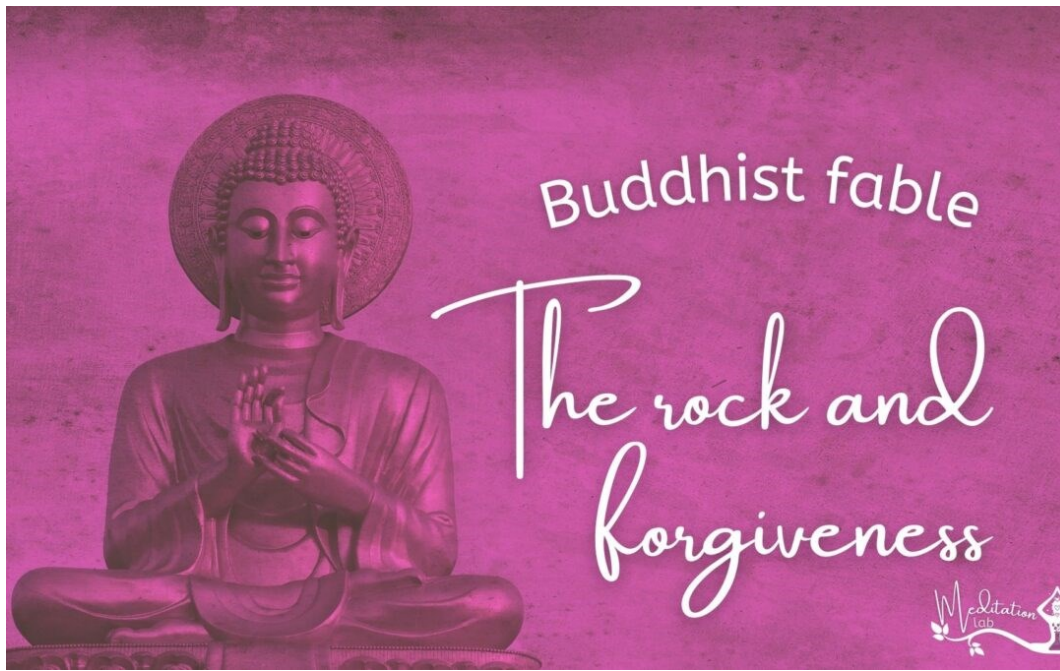
Offer your love and your caring.

Empathize and offer comfort



Meditation: Opening to the Light

1. Close your eyes and follow your breath.
2. When you feel centered, imagine yourself in a safe place.
3. In the center of your safe space is a box with many drawers.
4. The drawers are labeled. The inscriptions show hurts you have yet to forgive.
5. Choose a drawer and open it. Rolled or folded or crumpled up inside it are all the thoughts and feelings the incident evokes.
6. You can choose to empty out this drawer.
7. Bring your hurt into the light and examine it.
8. Unfold the resentment you have felt and set it aside.
9. Smooth out the ache and let it drift up into the sunlight and disappear.
10. If any feeling seems too big or too unbearable, set it aside to look at later.
11. When the drawer is empty, sit for a moment with it on your lap.
12. Then remove the label from this drawer.
13. As the label comes off, you will see the drawer turn to sand. The wind will sweep it away. You don't need it anymore.
14. There will be no space left for that hurt in the box. That space is not needed anymore.
15. If there are more drawers still to be emptied, you can repeat this meditation now or later.



The Rock and Forgiveness

They say that one day Buddha was sitting on the side of a mountain, meditating and contemplating the landscape in serenity when his cousin, Devadatta, who envied him, climbed to the top of the mountain and threw a huge rock from there with the intention of to kill him. However, Devadatta failed in his attempt, and the heavy boulder landed with a crash beside the Buddha, interrupting his meditation but not harming him.

Moments later, the teacher continued as if nothing had happened, serene and looking at the horizon.

Days later, Buddha met his cousin. Embarrassed, he asked:

– Master, aren't you angry?

"No, of course not," he answered.

– Why aren't you? I tried to kill you!

- Because neither you are the same one who threw the rock nor am I the same one who was sitting there.

Meditate about: For those who know how to see, everything is passing; For those who know how to love, everything is forgivable.

**THE NEED FOR
FORGIVENESS
IS AN ILLUSION.
THERE IS NOTHING
TO FORGIVE.**





The illustration shows a brain formed by people's hands wrapped together.

It was shared on TikTok by Mia Yilin and it's left viewers amazed by just how accurate it is.

So did you see the brain or hands first?

You're probably an "overly trusting person" if you fall into the group who saw the hands before anything else.

Mia explained: "You never see the worst of people and even when they hurt you, you often choose to forgive them as long as they're willing to apologies."

That said, if anyone ever insults your closest family or friends you make a subconscious exception and end up holding a grudge "until the end of time."

However, if you saw the brain at first glance you're probably more on the logical side of things.

"You have a crazy good intuition and always know when people are doing things behind your back," Mia said.