

Kelly's Inner Wisdom Circle

Wisdom Class #89

“Finding Forgiveness”



What does it mean to forgive?

- To cease to feel resentment against for a wrong doing
- To pardon an offense someone displayed against you

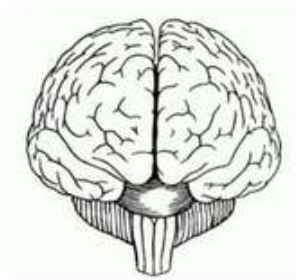


Who has harmed you?

- Make a list of those who have harmed , you resent in your life for their wronging you

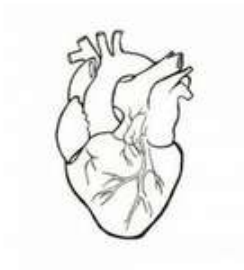


Your Three Brains



Cephalic Brain

What you think in your head



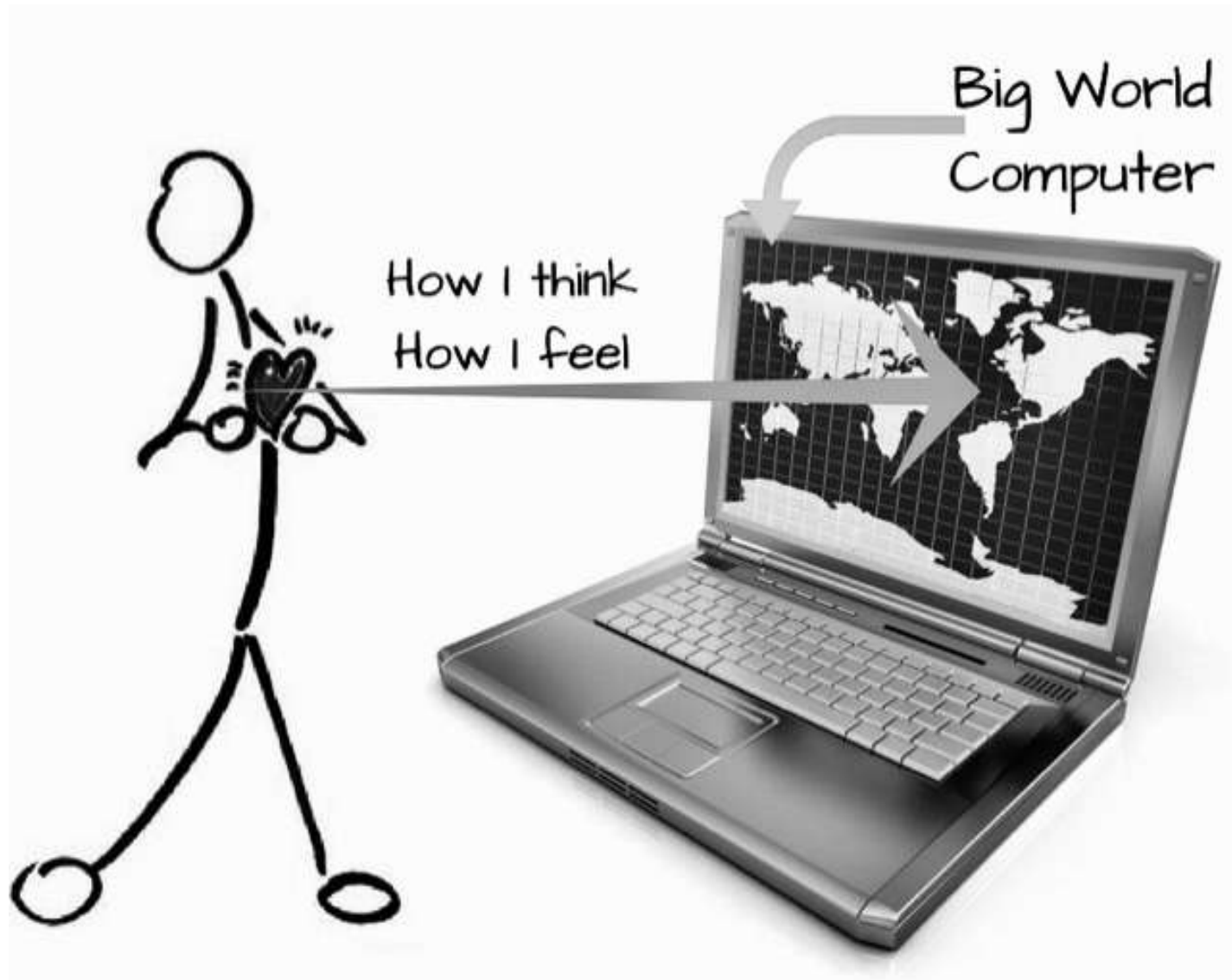
Cardiac Brain

How much self-love you have



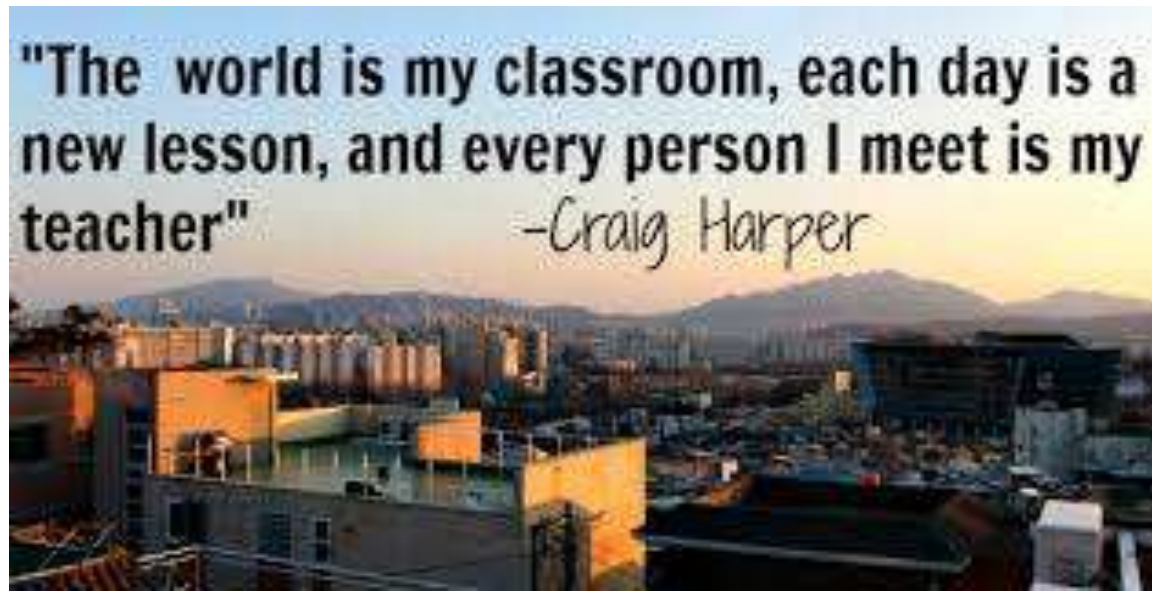
Enteric Brain

What you feel about yourself
and others



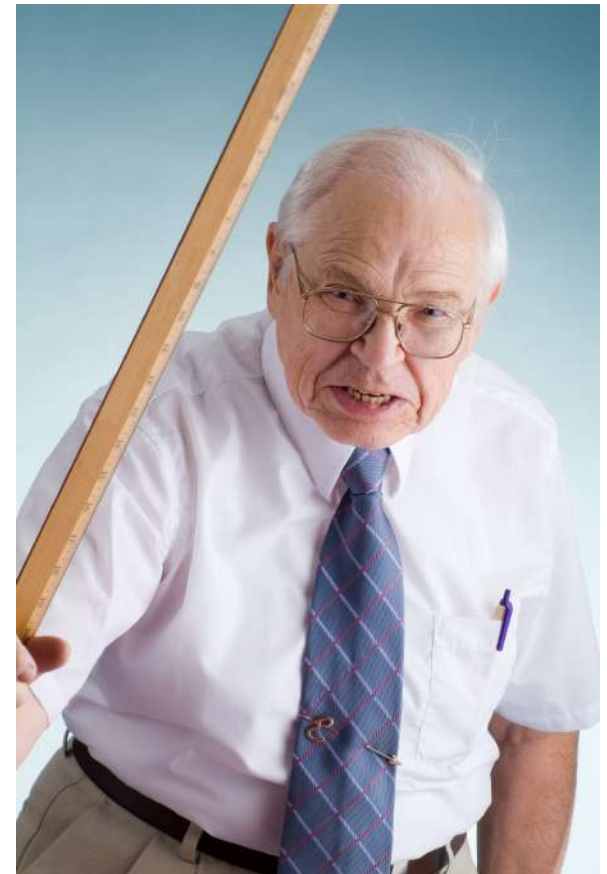
Reasons why we have difficult situations

- Set you up for your human conditioning before age 13
- Engage you in your learning
- Cause you to move through your learning



Why did you draw the person you need to forgive, to you?

- What were/are you learning?
- What were/are they teaching you?



Three Treasures

COMPASSION

Moderation

humility

Compassion

- Forgiveness honors the journey
 - We are all learning
 - We are all screwing up
 - We are all full of conditioning
 - We are all working through our conditioning
 - We did not come here perfect



Finding Compassion

- Why did they do what they did?
 - They felt insecure
 - They felt threatened by me
 - They didn't know what I was feeling
 - They are struggling with their own human conditioning
 - They had a hard upbringing
 - They felt rejected
 - They didn't understand me



Being with someone
is understanding
they have a thicket
from their past to
walk through;
loving someone is
holding their hand
and bringing them
out of it knowing
the thorns are going
to cut you too.

-Leo Christopher

Humility

- Lack of one's own importance (ego)
- Negates the need to be...
 - Right
 - Validated
 - Respected
 - Understood
 - Valued



Can you forgive?

- Listen inside for that voice that is upset, angry or still hurt
 - What is it saying?
 - Who is still hurting?
 - Do you still believe you could be hurt, betrayed, rejected?



Forgiving

- You don't need to like the person you are forgiving
- You don't need to like what the person you are forgiving did
- Can you move into compassion for the situation all together?



The Apology

The ego--our desire for self-importance and outside validation of our self-esteem--takes on many forms. Have you ever wondered how the ego plays itself out in an apology?

Demand an Apology	Offer an Apology NEGATIVE	Offer an Apology POSITIVE	Accept an Apology NEGATIVE	Accept an Apology POSITIVE
<ul style="list-style-type: none"> • A demand that someone else is wrong and you are right • Validation of a story • Admission that you are hurt and wounded • Anger • Control • Demand for respect and justification • EGO 	<ul style="list-style-type: none"> • Condescending • NEED to be forgiven • Judgment of being human by feeling you are bad or wrong • Self-focused • Looking for forgiveness to make yourself feel better 	<ul style="list-style-type: none"> • Compassion for the human condition • Not sorry for the experience but compassionate about another's journey and their response to you • Other-focused 	<ul style="list-style-type: none"> • Feeling validated • Feeling justified • Feeling right 	<ul style="list-style-type: none"> • Acceptance of a compassionate act by another • Feelings of compassion for the human condition • Mutual compassion for the situation both engaged in

Giving away your power

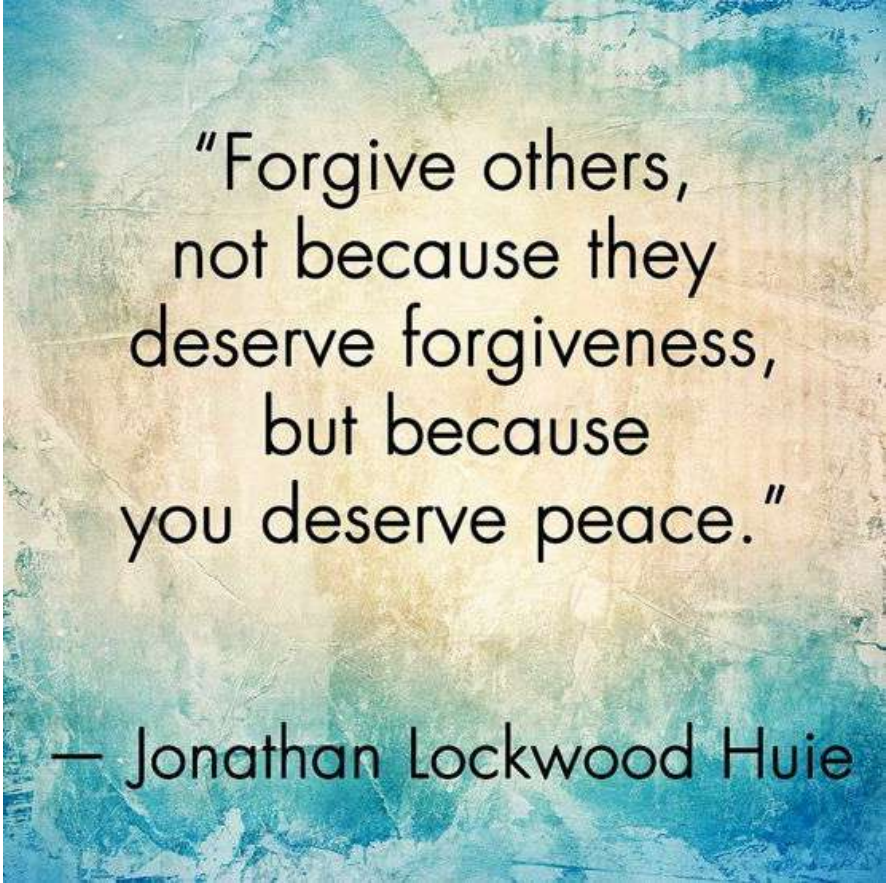
- Does someone else hold the key to your being happy and in peace?
- Take your power back

“You Hurt Me!”



Lowering your vibration

- Anger
- Resentment
- Grudges
- Taking things personal
- Sadness
- Hurt



"Forgive others,
not because they
deserve forgiveness,
but because
you deserve peace."

— Jonathan Lockwood Huie

**BE IMPECCABLE
WITH YOUR WORD**

*Speak with integrity,
say only what you mean.*

**DON'T TAKE
ANYTHING PERSONALLY**

*Nothing others do,
is because of you.*

THE FOUR AGREEMENTS

Based on the writings of Don Miguel Ruiz

**DON'T
MAKE ASSUMPTIONS**

*Find the courage
to ask questions and to
express what you really want.*

**ALWAYS
DO YOUR BEST**

*Doing your best means
enjoying the action, without
expecting a reward.*

”Who hurt you?”

“My own expectations”



Forgiveness meditation

