

## HOW FORGIVENESS HEALS

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**Forgiveness heals everything it touches.** It frees, uplifts and expands us like nothing else in this world can do. Even things that are unknowingly disturbing our sense of peace and wellbeing can be changed as we find the willingness to let go of our inner pain.

Forgiveness opens the heart and mind to a new way of seeing ourselves and others. Where we perhaps once looked upon ourselves with judgment or self-criticism, we now see through the eyes of compassion and a little more understanding.

### **Forgiveness releases the intelligence of the heart.**

- It releases the grip of resentment so we can find resolution about old hurts instead of carrying them with us year after year.
- It releases the pain of life's disappointments so we can discover new possibilities about how to live with greater freedom and happiness.
- It frees us of recurring anger about our unmet needs and allows us the space and grace to receive God's healing love.
- It heals by facilitating a deep and quietly soothing change within us; a shift in our perception that can be so profound it literally ushers in new life and new hope.

Perhaps the most powerful healing effect of forgiveness is that, as stated in the Course In Miracles, ***it allows love to return to our awareness.***

Where the dark shadows of old pain once obscured the radiance of our own wholeness, now there is nothing to hide its original glow and warmth.

The change in perception that forgiveness brings to us is nothing short of miraculous. It disarms our ego defenses, lifts the burden of our unhealed pain, creates an energy shift inside us, welcomes an inflow of peace into our mind, and restores a sense of wellbeing where it is needed most.

### **Benefits of Forgiveness to Consider:**

- Forgiveness can cleanse away years of bitterness, disappointment, anger, guilt, blame and shame.
- Forgiveness can improve our overall mental and emotional outlook.
- Forgiveness can release the hold of negative energy in the body that may have resulted in physical illness or stress.
- Forgiveness puts an end to any habituated sense of suffering or victimhood.
- Forgiveness helps us move forward in our lives instead of continually ruminating in the unchangeable past.

*All this forgiveness offers you and more.*

*It sparkles on your eyes as you awake, and gives you joy with which to meet the day. It soothes your forehead while you sleep, and rests upon your eyelids so you see no dreams of fear. And when you wake again, it offers you another day of happiness and peace.*

*~ A Course In Miracles - Lesson 122 ~*

Many of the healing benefits of forgiveness come immediately while others come slowly into our awareness as the days go by. All of them can be permanent when the past is consciously released once and for all, with no desire to pick it up and revisit it again.

What is it that you really wish forgiveness could do for you? It will do that and more! Every sincere desire of your heart to be free to live life differently *will* be answered as you are willing to let go of all the old hurt. The key to your freedom has always been, as it is now, in your own thoughts.

***When we forgive, we trade old hurt and emotional baggage from the past for a sacred infusion of healing grace.***

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### **Important Reminders:**

- To forgive is to overlook the past. The past is gone; it ended yesterday or last year or twenty years ago. Let it go!
  - Forgiveness doesn't seek to justify our own or anyone else's bad behavior. And it's not about denying that something bad may have happened to us. It's about no longer allowing anything of the past to control us.
  - Forgiveness doesn't make us spiritually superior to anyone else. It does, however, make us spiritually powerful and humbly capable to manifest a better life.
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