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Emotional Wounds

- Emotional wounds are inflicted through trespass and abuse
- Trespass is inflicting a loss of life, health, liberty or property on another
- Abuse is inflicting a loss of self esteem or emotional well-being on another
- Like physical wounds, emotional wounds need to heal
- Unhealed emotional wounds can lead to feelings of irritability, resentment, bitterness and hatred

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The Desire for Revenge

- The desire for revenge is a misplaced (inappropriately expressed) desire for empathy and understanding
- The person who has suffered wants the person who caused the suffering to "feel their pain" or to empathize with them and understand the hurt they feel as a result of the other person's actions
- Unfortunately, seeking revenge does not achieve this goal



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Unhealed Emotional Wounds Can Contribute to the Development of

- Cancer and Autoimmune disorders
- Liver and Gallbladder diseases
- Irritable Bladder or Frequent UTIs
- Heart disease
- Parasites



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Forgiveness and Healing

- There are parallels between physical and emotional healing
- Physical and emotional symptoms typically mirror each other
- Many diseases require physical and emotional detoxification in order to heal
- Cleansing detoxifies the body, forgiveness detoxifies the emotions



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Forgiveness

- To forgive is to:
 - To cease to feel resentment against (an offender)
 - To give up one's claim to requital (recompense or retribution)
 - To grant relief from payment or obligation
- Forgiveness is the act of turning what was lost through trespass or abuse into a gift of love
- It is literally "giving-a-fore"
- The resentment disappears because there is no longer a need or desire for recompense or restoration



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Les Miserable—A Story of Forgiveness



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Why Forgive?

- Why would I choose to voluntarily give away something that was taken from me trespass or abuse?
- Shouldn't I seek revenge and make them "pay" for what they did?
- Why should I let go of the bad feeling I have towards that person?
- Shouldn't they have to show remorse or try to make it up to me first?



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The Law of the Harvest

- "As you sow, so shall you reap"
- "Do unto others as you would have others do unto you..."
- "For every action, there is an equal and opposite reaction."
- Retribution is sure
- The other person will reap what they sow, and you will reap what you sow
- It's worse to do evil than to suffer evil

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Reasons to Forgive

- When I "hold on" to what was lost, nothing can come into my life to replace it because energetically, I'm still attached to it
- The anger, resentment and bitterness I feel destroys my own health and happiness
- By "letting go" of what was lost, the law of the harvest means that I must receive something to replace what I gave
- Besides, according to the "law of the harvest" I must forgive if I desire to be forgiven, so forgiveness sets me free



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Forgiveness is Not...

- Forgetting – many people think forgiving is trying to forget the trespass, which means they bury the hurt and pain instead of healing from it. When you forgive you can remember the trespass without the feeling of pain and loss
- Restoring Trust – forgiving someone doesn't mean you have to trust them (that is, put them into a position where they can trespass against you again. Forgiveness is an act of love. Trust must be earned. You can forgive someone and still not trust them.

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Forgiveness is Not Self-Righteous

- Genuine forgiveness does not result in a “holier-than-thou” attitude
- Genuine forgiveness comes from the realization that I have also trespassed and abused and need forgiveness
- The ability to forgive arises from compassion and humility



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Forgiveness Sets You Free

- When you are able to be slow to take offense and quick to forgive it sets you free
- You do not carry around with you a burden of pain and suffering from the past
- You “cleanse” your soul when you forgive and receive happiness and love in return



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How to Help Yourself or Others Forgive

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Steps to Forgiving

- Identify and acknowledge your loss (hurt, pain, etc.)
- Recognize that it is in the past and cannot be changed
- Acknowledge your own capacity to trespass and abuse others and desire forgiveness
- Recognize the emotional wounds the other person has or must have to cause them to trespass or be abusive
- Release the loss in love and trust that what you lost will be restored to you and you will also find forgiveness for your own trespasses and tendency to abuse

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A Forgiveness Journal

- Get a blank notebook and turn it into a forgiveness journal
- Write in it:
 - [your first name] forgives [person you need to forgive] completely
- Do this for all the significant people in your life starting with:
 - Your father and mother
 - Your self
 - Your siblings and other family members
 - Former and current lovers and spouses



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Uncovering Buried Hurts



- Do not assume that you don't need to forgive anyone on your list
- People who think their parents or childhood were perfect often find they have a lot to forgive
- As you write, things will come to mind, add them to the writing:
 - [your name] forgives [person] completely for [a specific trespass that comes to mind]

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Finding Hidden Hurts with Muscle Testing

- Have the person say, "I have forgiven everyone who has wronged me in my life" and muscle test them
- If they are weak, they have trespasses they need to forgive
- Have them say, "I have forgiven [think of a significant person in their life] completely" and test again
- If they are weak, they need to do forgiveness work with that person
- Check them on the same list: mother, father, self, siblings, lovers and spouses
- Also consider business partners, former friends, etc.

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Forgiveness Process Step One

- Have the person get into a comfortable position (lying down or sitting in a chair).
- Have them close their eyes and breathe deeply
- Have them ask out loud, "What would it feel like if I forgave [person] completely?"
- Ask them to tune into their body and notice what they are feeling (make sure they aren't staying in their head)
- Repeat the above process until you can see their body relax, then ask them how they are feeling
- When they report that they are feeling good, that is peaceful, relaxed, etc., move to the next step

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Forgiveness Process Step Two

- Ask the person if they would like to feel this way (that is relaxed, peaceful, etc.)
- If they say, "yes," then say, "Then, all you need to do is forgive this person"
- Have them breathe deeply and say, "I forgive [name] completely" three to seven times



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An Exercise in “Letting Go”

- Write the thing that bother you on slips of paper
- Put them in balloons and fill them with helium
- Let the balloons go and give all these troublesome things to God



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Forgiving Yourself



- Often it is easier to forgive others than to forgive ourselves
- Try to make restitution to the person(s) you have wronged
- If you can't make restitution, ask God to bless them on your behalf and seek to do good for others instead
- Ask God for forgiveness

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Want to Be Happy?

- Be slow to anger or take offense
- Be quick to notice the good in others
- Be quick to forgive
- Do good for others whenever you can




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A Holistic Approach to Disease

Register at:
<https://events.genndi.com/channel/wholisticapproach>

- Two free lessons
- December 5, 12
- 6:00 PM MT (8 ET, 7 CT, 5 PT)
- Both sessions will be recorded and the those who register will be a link to the recordings



Discovering the Inner Healer

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