

Pardon Me, Please...While I Forgive Myself

By Sharon E. Green

Forgiveness is a state of mind that wipes clean any past hurts or wrongdoings. I have found that it takes less energy to forgive myself than to carry around a heavy burden mentally chained to previous mistakes. That's why it is so important to live in the present and not in the past; keep all things in a positive light; and resist states of darkness where negativity abides. The fear of future hurts should not bind us in a present state of un-forgiveness. Within the practice of unconditional love, our capacity to *forgive* covers any reoccurrences of hurt inflicted upon us.

I encourage anyone to examine the issues you have with "yourself" first. Chances are, if you have that issue with yourself you may be consciously or unconsciously applying those preconceptions to others. Forgiveness of self provides a measure of relief by allowing me to give up the desire to continually punish myself for past actions.

It's been said, "Excuses don't excuse; explanations don't explain". Through forgiveness, I think it's possible to accept the excuse and then excuse the explanation. You see, pardoning oneself absolves us of the consequences of *guilt*, even though there may be consequences of actions. It is good to have this *understanding*. By definition, "understanding" is synonymous with being "sympathetic, empathetic, considerate, thoughtful, kind, accepting, indulgent, appreciative, supportive, tolerant, and aware". I believe that the capacity to forgive aligns these noble states of being.

Whether or not we provide for our self a reason why, justify our actions, explain the problem, defend our cause, apologize for a wrongdoing, plead our case, or provide an alibi it becomes inconsequential when all is received in the spirit of unconditional love. If you love yourself with an unconditional love, you are able to freely forgive yourself. When you apply wisdom, understanding and knowledge, to a situation you have a more pleasant outcome that leaves you in a better state of mind.

I have learned that if you believe that you did the best that you could do with what you knew and with whatever resources you had at the time, then, go ahead and forgive yourself and give yourself a break. If you believe the same of others, the knowledge of this understanding should make it such that it's already forgiven of them, also. Thank God for "forgiveness"! So, pardon me, please...while, I forgive myself.

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