

# The Power of Forgiveness



John Raye

by John Raye

You can read it for yourself because its right there in the bible; we are suppose to forgive those who lie, cheat, steal, abuse or misuse our trust and friendship. Yes, we are suppose to forgive our enemies...period! Without excuses, without qualifications. But its hard to forgive someone who lie or deceive, someone who really abused your trust, or took advantage of your friendship.

Not only are you suppose to forgive but forget as well; forget whatever wrong was done to you! To forgive and then forget what someone did to you is indeed a hard biscuit to swallow. It takes tremendous skill, supreme patience and supreme courage to forgive someone who disappoint or whose word is not bond and who, quite intentionally, stole your dreams or broke your heart.

Plain and simple, its hard, real hard to forgive a lying tongue. How do you forgive a liar? A thief...a bold, two-faced crook?

People whom you held in high confidence, whom you greatly admired, deceived, lied or left you looking foolish or embarrassed in public and who caused much anger or resentment to rise in you is cause, seemingly, for retribution. Its human nature to want to strike back, to even the score, so to speak.

Truth be told, you want your enemies to feel some pain too! It takes an extraordinary soul who, instead of striking back, reacts before acting by turning the other cheek. Having the capacity to checkmate your emotions is the apex of self-mastery.

But how does one forgive the stupidity and viciousness of a John Muhammad and Lee Malvo, the alleged snipers who caused so much grief? Or the horrifying crimes of those high placed hucksters at Enron and WorldCom! We are supposed to forget what they did? And forgive them also?

The tenth sniper victim was Ken Bridges, a Philadelphia-based entrepreneur and father of six wonderful children. I greatly admired this man, his genuine humility, and his brilliant, above- genius mind. Ken left the prestigious Wharton School of Finance, with an MBA degree, which he could have, but did not take to corporate America. Instead, he went back into the trenches, working to better the condition of the have-nots and the left-outs of our nation.

He committed his life to serving people, to improving the life of people at the bottom of the economic ladder. I grieve for the loss of his life as well as the great hurt placed upon his family. I grieve also for the thousands of families devastated by the thievery of those nimble footed, spineless, white-shirted crooks at Enron and WorldCom. Think about the lives they destroyed!

And we are supposed to forgive, and then forget?

## Release Your Anger

Walking around with a puffed up chest filled with resentment and anger, sadness or depression can destroy you. Pent up anger, lingering animosity or outright hatred will suck every bit of energy from your spirit! Little can be accomplished with a dead spirit!

Dead energy is released when you decided to forgive someone; you feel so much better when you let go of anger, of resentment, of despair, of shame, hate or regret. Hating another person, for whatever reason, is counter-productive and totally self-defeating.

Any form of hate including self-hatred creates blisters in your spirit; tumors in your soul.

When you allow yourself to hate or resent another person, the toxic seed of discouragement is being built up in your own spirit. Look at the damage slavery did to America! The lasting effect of this "peculiar institution" gave birth to America's infamous Civil War, claimed more than 600,000 lives and continues to this day! And segregation made everyone a victim.

It takes great energy to hold on to a grudge. The only way to be truly free, to be the master of all your emotions, is to bless and release those who cause harm, hurt or damage in your life. Instead of cursing, bless and release those

who dislike you. Bless and release those who stole or lied to you, with you, and on you!

The most effective way to release toxic energy is to forgive and then forget. People who hold on to negative energy or carry grudges are little more than walking time bombs, waiting to self-destruct. The inability or unwillingness to forgive compromises your creativity, corrupts your thinking and distorts your vision. You become an unfortunate parasite choking on the residue of your own vomit!

## Lead With Your Faith

Your strength and energy becomes stronger the moment you make the decision to forgive. This is best accomplished by activating your faith. Allow your faith to lead the way. Hatred, sadness or depression creates a vacuum in your emotions. You become the victor, and know longer a victim, the moment you forgive, forget and then move on with your life. When you forgive another person, you unload a heavy burden. You release excess, toxic energy because forgiveness is an act of purification. It is also, and very much so, an act of faith that can lead to monumental freedom.

When you are ready to forgive someone, do so by declaring your intentions; activate and intensify your faith; decree your concerns to an authority higher than yourself. Decree the following with absolute faith:

"This is a brand new day; an opportunity for a new beginning. I consciously and unconsciously forgive all the harm, hurt and damage done to me by (insert name). This individual, and this deed, will no longer be an occupation of my mind. I am moving forward with a brand new agenda. I have places to go, things to do and see. I have people who need my help; there are lives to save, burdens to be lifted. Therefore, my mind is clear, my soul is rested and I feel no strain or stress. I am at peace, perfect peace with people everywhere, and also with myself. I now bless and release those who interfered with my life. I released them to another consciousness, in another time and in another place. They are forever away from my spirit. I am now free to begin again, to move forward again, with burdens lifted and blessings flowing again. I affirm my divine right to power, peace, prosperity, absolute glory and all of his amazing grace, now and forever! And so it is!"

## Always Forgive Yourself

Forgiveness is a personal matter. Some people, no matter how hard they try, are never quite able to forgive. This is because they fail to forgive themselves! Forgiveness is an act of self-empowerment; you must first forgive yourself before forgiving others. You must first detoxify your own spirit by working on your self. Purge those evil, negative, creeping thoughts from your spirit. Cease entertaining bad thoughts. Anoint your mind with majestic, divine, inspirational, uplifting thoughts and words of endearment.

Speak what you really want by acknowledging that you are not powerless; that there is power in your spoken word. Speak some good into your life, by decreeing, from this moment on, goodwill, joy, peace, power and plenty for every soul that crosses your path. Speak prosperity into every household, and be sure to include your house hold! And quickly speak some joy into your own spirit!

Acknowledge your divine right to master your emotions, your circumstances. Acknowledge your divine right, also, to forgive others by first forgiving yourself. Be aware of this fact; the sooner you forgive yourself, the stronger your capacity becomes to forgive others!

Power is multiplied when you decide to forgive yourself. It enables you to become whole again, well again, free again; forgiveness heals all manner of pain!

No matter how badly you may have been treated, dismissed and all thoughts of revenge. Secure yourself by observing that everything that goes around will, at some point in time, come right back around! There can be no escape. What goes out, inevitably, must come back. That is the law. Anyone who does harm and hurt to you must suffer a similar or worse consequence.

So move on with your life. Vengeance does not belong to you or to me! Allow the passion of Henry David Thoreau to live in your spirit: "Live in each season as it passes; breathe the air, drink the drink, taste the fruit".

**John Raye is the author of "Make Yourself Great, Inspiration For Dark Days And Long Nights". He can be reached at (336) 996-4704 or [rayeandrosie@aol.com](mailto:rayeandrosie@aol.com)**