

Live Well Lifestyle Webinar Recap & Recording

April 13, 2017 - [Click Here for the Recording](#) (requires [Windows Media Player](#)) or [download mp3](#)



Perry A~

Topic: Forgiveness

Generally, forgiveness is a decision to let go of resentment and thoughts of revenge. The act that hurt or offended you might always remain a part of your life, but forgiveness can lessen its grip on you and help you focus on other, more positive parts of your life. Forgiveness can even lead to feelings of understanding, empathy and compassion for the one who hurt you.

When we've been deeply wronged something inside yearns for justice. If we don't forgive, our desire for justice becomes revenge, subjecting us to the bondage of bitterness and self-righteousness.

Forgiveness doesn't mean that you deny the other person's responsibility for hurting you, and it doesn't minimize or justify the wrong. You can forgive the person without excusing the act. Forgiveness brings a kind of peace that helps you go on with life.

As you let go of grudges, you'll no longer define your life by how you've been hurt. You might even find compassion and understanding. Letting go of grudges and bitterness can make way for happiness, health and peace.

Forgiveness Prayer

I forgive you for anything you may have done to me.

I forgive myself for any mean or hurtful thing I may have done or said to you.

I give you permission to forgive me.

I forgive myself for having taken anything you did in a way that was not useful to me.

We think if we forgive, we must completely forgive and get over it immediately. Forgiveness is often a process, not a one-time act. While it begins with the decision to forgive, it may take time before the heart fully accepts what the will has set in motion. How long it takes may depend on the severity of the pain of the offense, and we must give ourselves the grace our healing requires as we move forward to full forgiveness.

Even Joseph, one of scripture's greatest examples of forgiveness, allowed the full forgiveness of his brothers to marinate over time. When he first recognized his brothers in Egypt, he did not run out to them with extended arms. After his initial decision to forgive, he tested their hearts, giving them a chance to reflect on their sin. When he finally forgave them, his forgiveness was complete and glorious.

A good way to forgive is to send the person love from your heart to theirs. Sit in silence and extend the love with them in mind.

Points to discuss from Byron Katie and the www.TheWork.com

Prayer: "God, spare me from the desire of wanting acceptance, love and approval."

When we live out of wanting acceptance, love and approval we set ourselves up to be use. We sell our selves short and settle for trying to earn that which we can give ourselves. Think about what you have done to be accepted, loved and approved of.

“No one has the power to hurt you. That’s your job.”

If you don’t let it in, it cannot hurt you. You do not have to believe what others say about you. It is what you know in your heart that counts.

“I am your description of me. All perceptions come back to be lived by the one who plays them.”

I can never be in your eyes anyway except how **you** see me. You literally hold me hostage to your beliefs of who I am. Are you willing to let me be more than I appear to be in your mind? Try seeing me without your labels.

“Everyone who rejects me; I know I’ve been spared.”

Don’t carry your feeling on your shoulder. You can’t expect everyone to like you. Sometimes relationships, jobs and situations are simply not a fit and just see rejections as freeing you for something better. It is not about you personally.

“I am so busy thinking what you are thinking that I have lost my mind.”

Spare yourself from the anxiety of trying to figure out why another person says or does what they do. You are only making assumptions and more than likely negative ones. Spare yourself the guessing game. Bill is late getting home, I wonder if he went to the bar? Maybe he has found another girl friend. Now don’t say you have never done this!

“It’s not your job to like me – it’s mine.”

I don’t need you to like me. It is up to me to like myself. Totally my job.

God is good, God is everything –the end.

You go on with your illusion that something is not okay
and you lose
and you lose
and you lose. Byron Katie

Follow the three Rs:

Respect for self
Respect for others and
Responsibility for all your actions.

There are 3 kinds of business:

Your Business
My Business
And God’s Business

“What we think about we bring about.”

Thought become things. Pick good ones.

“I never heard anything I didn’t need to hear. That’s why I heard it.”

There are no accidents. Be open to hearing. It is how we learn.

“Whatever we believe we live our lives out of that.”

Time to clean out old beliefs that no longer serve you. Your life is a blank canvas and today is a new day. How do you want to paint the picture of **your life**.

“When I argue with what is, I always loose, but only 100% of the time!”

Complaining about something that has already happened is a total waste of time. Complaining is not action.

Have a FIGO Day! - FORGIVE IT & GO ON!

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