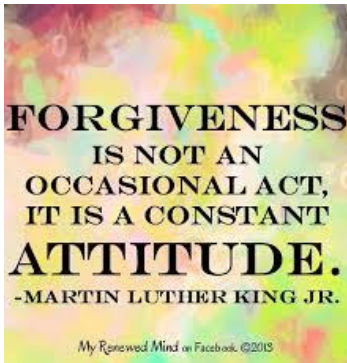


# Forgiveness Sets Us Free

***Forgiveness is as essential to the soul as oxygen is the body!***



As a life coach for over twenty-five years, the greatest gift I have received from my work is the pure awe of witnessing the deep healing that true forgiveness offers. The willingness to forgive is essential to lasting happiness and peace. I offer the idea of living the forgiveness lifestyle, to be in a state of constant willingness to forgive and let go of all grievances toward others and ourselves. Forgiving fifty times a day—is a good day! Please see page two of this document on how to live the forgiveness lifestyle!

## **True Forgiveness Occurs Within Grace Consciousness**

*Spirit does the Forgiveness. You do the Willingness.*

- A deeply authentic **willingness** to allow the Higher Power to heal your mind of misperceptions, grievances, hatred and victim consciousness.
- An act of humility in surrendering your “position” and beliefs so Divine Love can enter and heal.
- A recognition that Forgiveness cannot be willed or bestowed by the mind that holds any grievances and a childlike openness to Divine Intervention.
- A Higher Self (love) motivated action that asks for no punishment, only the release into Love.

## **False Forgiveness Occurs Within Victim Consciousness**

*False forgiveness deepens the wound and secretly harbors the desire to see the “offender” punished.*

- A mere mental exercise lacking any authentic choice to heal or willingness to allow Spiritual Intervention.
- An ego (fear) motivated action to feel superior, often concealing resentment and self-righteousness.
- A pretention and denial that actually reinforces victim consciousness.



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# Forgiveness Sets Us Free

## Living the Forgiveness Lifestyle

1. Be constantly aware of even the slightest mental or emotional disturbance.
2. Give up any disturbance to Spirit and pray for True Forgiveness as fast as you can!



**Memorize this 35-word forgiveness prayer  
for effective surrender and healing.**

*Help me, Spirit, let go of this grievance right now! I forgive  
myself and all concerned for not knowing any better.  
I surrender my desire to be right.  
I choose Peace and Love now. Help!  
~JJ*

### Additional Supportive Resources for Learning and Living True Forgiveness

► **Intuitive Life Coaching with Jennavieve “JJ” Joshua**

In my sessions devoted to forgiveness, we can set you free from Grievances and trauma gently, effectively, and within the field of Loving Grace.

► **Radical Forgiveness and Radical Self Forgiveness** by Collin C. Tipping

A fantastic book and worksheet to help you get free!

Look him up on the web for more support services.

► **The Four Agreements** by Don Miguel Ruiz

A profound little book! I recommend reading it once a year!

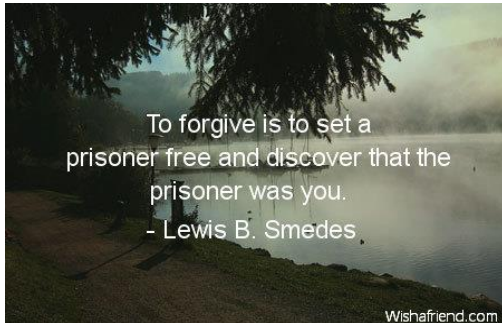
***Scroll down for a common question about forgiveness.***



# Forgiveness Sets Us Free

## A Forgiveness Question

Is it necessary for forgiveness to be a meaningful two-way street for all parties?



True Forgiveness, rather than false forgiveness, is always intended to facilitate **your own** freedom and healing. True Forgiveness *does not* require a meaningful 2-way street or exchange at all. True Forgiveness leaves the correction of the other person's heart, mind and soul, up to the Higher Power. However, leaving the correction up to Spirit does not mean that you have to continue to place yourself in the path of harm. Do what is right to take care of yourself in all circumstances while doing your best not to condemn the other.

The only relationship for forgiveness that is actually effective is between you and a Higher Power that can meet your authentic willingness to "let it go," and help you to receive and allow the Miracle of True Forgiveness. We cannot do this alone—Divine Help is required.

For example, I have a client who experienced religious ritual sexual abuse for most of her childhood. If it was necessary for her to receive a sincere request for forgiveness from each perpetrator, she could never get free, because she doesn't even know the names of most of them. Nor could she ever receive a sincere "apology" from the entire institution. She could never heal or get free from her past if that was required for healing and forgiveness.

Thank heavens there is another way! *A Course In Miracles* teaches that every egregious act is merely a cry for love and a demonstration of a mind made mad by fear and guilt. True Forgiveness teaches us not to "fix" or demand restitution of the other person, but to sincerely ask for Divine Help to forgive the attack so we may be more available for Love to heal our own minds. The Course also teaches that the only healing response to a cry for love, no matter how horrible it may seem, is to meet it with Love and forgiveness. "Forgiveness is the great need of the world."

It is quite satisfying to the ego mind to feel like the offender is truly remorseful and authentically asking for forgiveness. In my experience, this is a rare exchange. I have no power or control over another person's intentions or motivation. I can only be responsible for my own reactions to the world. In my request for help to Truly Forgive, I can rise above all of that and stop drinking the poison of hatred and resentment.

