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**YOU'RE THE ONE  
LIFE COACHING AND PERFORMANCE CONSULTING**

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## THEME FOR AUGUST— FORGIVE TO LIVE!

Welcome to August! Wow, time is flying and we are 2/3rds of the way through Winter!! If you are anything like me that is something to celebrate. I really want to acknowledge each and every one of you for really taking on board the transition to transformation theme of July. I had some phone calls from some of you who were going through that exact stage and I love receiving those calls, so please keep them coming.

So, here we are at August. When deciding what theme to write about, I decided that with my eye up ahead with Spring around the corner, I really wanted to focus on something that would assist you to let go of the past and truly help you to move forward. To me, for-

giveness is one of the most powerful tools that keep us striving forward so that nothing then can truly hold us back. So this month, we get to learn some interesting insights into what true forgiveness is, and what happens when we embrace it, and what the gifts are in forgiveness.

### THE PARABLE OF THE MAN WHO ASKED FOR FORGIVENESS

A man had a terrible argument and said some terrible things to his son. The man later felt bad about what he had said and asked his son for forgiveness but the son would not forgive the father. Time passed and the son still would not forgive the father. After much time had passed and he had still not been forgiven, the man went to a wise man and said, "My son and I have had a terrible argument and I said terrible things to him. I asked his forgiveness but he

would not forgive me, what should I do? I love him and want him to forgive me." The wise man said, "Go home, find a feather pillow, cut it open and spread the feathers inside the home and outside the home. Then when a week has passed if he has not forgiven you come back to see me." The man did as the wise man instructed and spread the feathers inside his home and outside but after a week the son had not forgiven the father so he went to see the wise man. The man told the wise man of the dilemma – the wise man told the father to return to his home and put the feathers back into the pillow.

***The message from the above story is that we cannot change the past. It no longer exists except in our memory. We must only be concerned with the present. The present is in fact the only thing we have for sure at this moment!***

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## WHAT IS FORGIVENESS?

Forgiveness is about willingly letting go of past hurts so that we are able to live a happier life in the present – simply – we move on, let go and not be held back by the past. We may not even be aware that we are holding on to past hurts. Think of a time when

you have become easily upset or tended to think the worst about people/situations – they are examples of the underlying root cause (we have not forgiven something from our past). If we do not forgive, then we remain a victim. We tend to replay over in our

minds the injustice that was done and each time we are trapped in bringing up the old memory, and all the negative emotions that go with it, which causes an endless cycle of trauma, pain and fear. Forgiveness is a gift to you! Not the other person.

# one

## WHAT HAPPENS AS YOU FORGIVE...



When you forgive you:

\*are no longer allowing yourself to remain a victim.

\*know the one who gains most by forgiving is the one doing the forgiving.

\*know that forgiveness does not necessarily mean reconciliation (more for your growth at these times).

\*sometimes can move forward

and experience a more positive relationship with the person.

\*know that it doesn't mean that you approve of the hurtful behavior/pretend that it never happened.

\*know that it doesn't mean that you must forget.

\*let go of the attachment to the wrong that has been done to you and learn from the

experience so that it doesn't happen again.

\*let go of expecting a positive response and the need to control the outcome – the person you are forgiving may not give you the positive response you would like.

\*know that forgiveness releases you for the future by dealing with the past

\*know that releasing past

## WHAT HAPPENS AS YOU FORGIVE...

***"In a recent poll 94% surveyed said it was important to forgive – in the same survey; only 48% said they usually tried to forgive others."***

hurts frees up your focus and energy.

\*improve your overall psychological, physical and spiritual wellbeing.

\*will now have greater feelings of hope, peace, compassion & self confidence.

**(Note: forgiveness can be made easier by realizing a person's mistreatment of someone else is often an expression of his/her own fear and unresolved hurt. Once we do that, we also need to release the person from retaliation and then wish that well.)**

## THE SPIRITUAL LESSON OF FORGIVENESS

Forgiveness is an act of love based on the foundation of wisdom.

A wise soul recognizes that the act of forgiveness is really an act of love towards oneself. For when we forgive, we release negative energy that existed within ourselves. Though that negativity was directed towards another person, the energy is always strongest in the host (that is within the person who needed to do the forgiving).

If you hold onto anger it is like holding on to hot coal

that hurts you more than the person who hurt you more than the other person.

The act of forgiveness releases negative energy that binds ourselves to the person whom we forgave. In effect, it demagnetizes us from that person. As a result, we are both free to move forward.

It is important to thank the person (mentally) for coming into your life because this person showed you what was out of balance within you. In this regard, the person acted as a mirror. Now that you see

what is out of balance, you can do what is necessary to restore balance.

Also recognize that if we hold on to anger, these negative feelings magnetize us to the lower planes of consciousness and undermine our spiritual practices. So an inability to forgive inhibits spiritual growth.

Thus, forgiveness is an essential quality in any individual who is sincerely trying to evolve spiritually.



## BREAKING THE CYCLE—MAKING THE CHOICE TO FORGIVE

After processing all your emotions, you are ready to make the choice to forgive.

It is a choice that requires compassion, understanding and an open and loving heart.

Each of us makes mistakes in life. At one time or another (probably more than one time), we will hurt another person.

Maybe it will be an accident, or perhaps it will be a purposeful reaction to someone hurting you.

When this does happen, do you want to be forgiven?

Do you want another chance to make amends?

Most people don't mean to hurt us – they are dealing with their own pain and unresolved resentment.

It's unfortunate that we take it out on our loved ones, but until we break the cycle, it will continue to happen. Are you ready to break the cycle and do your part to forgive?

IT IS TIME TO BREAK THE CYCLE

IT IS TIME TO DO YOUR PART

IT IS TIME TO FORGIVE

WILL YOU BE THE ONE

WHO DARES TO BREAK THE CYCLE

THE REWARDS WILL BE INFINITE!!



## FORGIVING OURSELVES

Forgiving ourselves is one of the major breakthroughs we can do. Self-forgiveness means accepting your human foibles, and that you have made some mistakes, and letting go of the anger/guilt resulting from making those mistakes, for if we don't release ourselves, we can find

ourselves moving toward depression.

The keys to forgiving yourself, include:

- \*developing trust in yourself
- \*being open to the idea that you can change
- \*being able to address your

weaknesses and have an honest, open communication with yourself regarding past hurts, pains and offenses

Ask yourself:

- \*what do I need to forgive myself about?
- \*what did I do to hurt someone else or myself (alcohol/

*"There is only one thing to consider when you hit the fork in the road that splits forgiveness and unforgiveness. Which is the better choice for you? Forgiveness is a choice you can and should make if you want to live longer and be healthy."*

## FORGIVING OURSELVES (continued)

drugs/self-destructive behavior-all symptoms of low self worth)

\*What beliefs do I have that may prevent me from forgiving myself?

\*What would be necessary to change those beliefs?

\*What new behaviors do I need to develop in order to forgive myself?

\*What do I gain from staying angry and what do I gain by giving up that anger?

IT IS TIME TO  
FORGIVE YOURSELF  
AND PAST MISTAKES  
TRUST YOURSELF  
OPEN UP TO CHANGE  
DO A LIFE INVENTORY  
LET GO OF LOW SELF  
WORTH  
ADOPT NEW BELIEFS  
& BEHAVIOURS!!





you're the one  
the best. the one

WE HOPE YOU ENJOYED THE NEWSLETTER AND HAVE LIVED, LEARNED, LOVED AND GROWN AS A RESULT OF IT....IF YOU WOULD LIKE TO EXPLORE LIFE COACHING, NEURO-LINGUISTIC PROGRAMMING, NLP COACHING, TIMELINE THERAPY OR HYPNOSIS..PLEASE CONTACT:

KAREN ON 0419 570011 OR 03-9318 3711

TO ARRANGE A COMPLIMENTARY ONE HOUR COACHING SESSION

WE LOOK FORWARD TO ASSISTING YOU IN YOUR DISCOVERY & BREAKTHROUGH

WARMEST REGARDS,

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## EXERCISES IN FORGIVENESS

1. Understand that forgiving does not mean giving permission for the behavior to be repeated. Forgiveness is needed for behaviors that were not acceptable and should not be repeated.
2. Recognize who is being hurt by your non-forgiveness. Does the other person burn with your anger, experience the recycling of your thoughts as you re-experience the events in your mind or stay awake as you rehearse in your mind what you would like to say or do to 'punish' them? No, the pain is all yours.
3. Do not require to know 'why' as a prerequisite to forgiveness. Knowing why the behavior happened is unlikely to lessen the pain, because the pain came at a time when you did not know why. Occasionally there are times when knowing why makes forgiveness unnecessary, but they are rare. Don't count on it and don't count on even the perpetrator knowing why.
4. Make a list of what you need to forgive. What was actually done (not felt) that caused your pain?
5. Acknowledge your part. Were you honest about your hurt or did you hide it? Did you seek peace by reassuring the perpetrator that it was all right? Did you stay when you could or should have left? (You start to move away from being a victim.)
6. Make a list of what you gained from the relationship. Looking back you may be focusing on the negatives, the hurts. You did not remove yourself. Why? There must have been some positives if you chose to stay around. What were they?
7. Write a letter to the person (no need to mail it). Acknowledge what you gained from the relationship, and express forgiveness for the hurts. Allow yourself to express all your feelings fully. Do not focus only on the hurts.
8. Create a ceremony in which you get rid of your lists and the letter, so symbolizing the ending of the link between you. You may choose to visualize placing them on a raft and watching it drift gently down a river.
9. Visualize the person you are forgiving being blessed by your forgiveness and, as a result, being freed from continuing the behavior that hurt you.
10. You have freed yourself & released the pain, feel yourself growing lighter and more joyous. Do not look back in anger. You are free!