

Healing the Heart: Anahata Chakra



“May all that is unforgiven in you be released
May your fears yield their deepest tranquilities
May all that is un-lived in you blossom into a future
Graced with love”

To come home to yourself. John O'Donoghue.

FORGIVENESS

"The weak can never forgive; forgiveness is an attribute of the strong." Mahatma Gandhi

The actual definition of forgiveness is to give way so something can be free to move forward. Without forgiveness, there is no moving forward. To the extent that you are not able to forgive yourself or others for what "they have done to you", "you have done to yourself, or," "you have done to others", you are holding yourself and others hostage and no one is free to move forward. We are in a time of tremendous potential for movement forward and the raising of consciousness but if we cannot forgive, we go nowhere.

Forgiving something does not mean that you agree with it or condone it. The action or situation can still be very wrong, but forgiving it cuts it loose so that the energy of it is no longer attached to you. You neutralize the charge so that you are no longer hooked into the debt of payback. Sometimes we hold onto old grudges for years and years and maybe even lifetimes, not even remembering exactly what started it. On a greater more global scale there is a need for forgiveness between countries, races, the masculine and the feminine.

Blame, grudges, judgement, hopelessness and depression are all symptoms of an inability to forgive. We hide behind the bad parents that did not love us the way they should have, or the boss that never saw our potential and wasted years of our talents, or the relationship that never gave us what we wanted, or all those that took advantage of us without the proper honour, payment or acknowledgement.

If you forgive those who "done you wrong", you are not only freeing yourself but freeing them as well.

This goes for situations as well. E.g. Mary is dealing with a large bank around a mortgage. She found herself in blame, anger, frustration, occasional rage, and conjuring up all kinds of ways she was going to make them "pay". And then in a moment of clarity she thought, "I am just buying into this whole lower vibration of dysfunction and it is really no one's "fault". These people are just trying to do their job and no one really knows who to blame anymore. So, she decided to forgive the situation, cut it loose and give it over to spirit. It is not resolved yet but it sure feels much better for her. There is a sense of freedom there and she is functioning at a higher level of vibration.

The key to forgiveness is not to be attached to the outcome, reactions, or end result after you forgive. You don't forgive your parents so that they will love you more, and you don't forgive someone who has mistreated you so that they will change. You also don't forgive yourself because someone else expects it of you. You forgive from the heart with no strings attached. Only in this way can you clear the decks for your own creativity to blossom and for spirit to bring you something new and wonderful.

Forgiveness is a tall order sometimes but easier than you think. Just remember that you cannot move forward unless you forgive and either can anyone else. This is not giving up, it is giving into the wisdom and maturity of becoming neutral about our past so that we can be free to create the future we want.

YOU PERSONALLY

Sometimes the biggest challenge is to forgive ourselves for what we perceive to have done, not done, failed at, not lived up to, been blinded about, wrong about and irresponsible about. We worry about how we show up and whether we will make the grade. Our fears run us and we can sometimes despair about our inability to “fix” our lives.

When you have been too focused on and burdened by the negative, it is difficult to tap into your own creative potential and to see the beauty all around you.

Cut it loose, forgive it, let it die, release and move on. Forgive yourself now for all that is past and focus instead on your dreams and intentions for the future.

RELATIONSHIPS

This is a big area for forgiveness as relationships are usually at the core of resentment, blame and the attachment to an unforgiving attitude. Since we are moving as a planet into a time of relationships being more important than perhaps getting to the top of the heap no matter who you trample on the way up, it makes sense to look at forgiveness as a way to reset the foundation of how we relate to each other.

Intimate relationships, families and close friendships will be affected most by this opportunity for forgiving the past. Especially relationships that still carry deep wounds of betrayal, disappointment, abandonment, abuse, neglect, violence, oppression or control, be it from this life or a previous one, will have the opportunity to work with the energy of forgiveness as way to move past what keeps them from moving on. Forgive all the disappointments in your life having to do with your relationships and how they may not have shown up in the way you expected. Disappointed expectations are often at the bottom of most things unforgiven. Remember you cannot change anyone else. But if you forgive, you will surely free yourself and move to a better place.

HEALTH AND THE PHYSICAL BODY

For those of you who have struggled with any kind of physical issue, be it weight problems, discipline, chronic pain, injuries, chronic illness etc., you can take the time to forgive your body for the challenges and the lessons it has provided you with. If you find yourself irritated with the body and its function, remember that the body is an elemental and takes direction from you. If you forgive yourself and forgive your body, you have a chance for some new direction and a reset.

You need to be able to forgive yourself before you have the freedom to move on to a healthier experience of life. The body may go through periods of deep exhaustion and we need some softness, compassion, understanding, acceptance and love.

FORGIVENESS LETTER

By Jennifer Hadley

I strongly encourage you to consider doing this as a release. It's very powerful. Many have had extraordinary and miraculous results, including me! First, create an environment – set the tone for yourself and allow for time without interruptions

Next, write out your intention clearly – example: My intention in writing this letter is to - release any resentment or regret and be free of the past, release any anger or hurt so that I can move forward in peace and freedom etc.

You can write the letter to yourself or anyone else that you're holding something against. Write at least a paragraph on each of the following:

I feel angry that ...

I feel afraid that ...

I feel hurt that ...

I feel sad that ...

I accept ... (what happened)

I accept ... (what is now)

The deep desire of my heart now is ...

What I'm doing to support myself now is ...

What I am asking you/myself for now is ...

What I'm asking for help with from you/my self/the Universe now is ...

I'm grateful that ...

My loving and powerful intention going forward is ...

I recommend writing separate letters to forgive yourself, to forgive others. If you truly want to free yourself make a plan to write these letters often and clear the past.

This is one of the most energizing things I know of to do. It is profoundly healing and also creates a breakthrough that usually brings spontaneous physical, mental, emotional and financial healing. It really works! Try it and see!