

# FORGIVING ALL WHO HAVE HURT YOU

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## IMPORTANT

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## Introduction

Is it possible, and is it even necessary, to truly forgive all those people who have hurt you?

The playwright and actor, Tyler Perry, once said:

*"When you haven't forgiven those who've hurt you, you turn your back against your future. When you do forgive, you start walking forward."*

This is indeed a profound thought, and it confirms the idea that forgiving others is more about "your peace of mind" than it is about "their feelings". In fact it is not even necessary to have to make it known, to those who have hurt, you that you have forgiven them.

The key to forgiveness is to be able to transcend the hurt, and to get to the position where the hurt is no longer holding you back from fully caring for others, and allowing yourself to be cared for by others.

Regarding the forgiving of others, the following common questions are often raised:

- Is it possible to truly forgive all transgressions against you?
- How do you forgive someone who physically abused you when you were a child?
- How do you forgive someone who raped you or a family member?
- How do you forgive someone who spread vicious and humiliating lies about you?
- How do you forgive someone who has used you in business, made a profit, and left you bankrupt?

- How do you forgive parents who put their own needs and egos way ahead of your basic emotional needs as a child?
- How do you forgive a parent who left you when you were young?
- How do you forgive someone who has disinherited you, who now lives very comfortably, and has left you in poverty?
- How do you forgive someone who has sucked the joy out of your life through his or her negative, hypocritical, phony, lazy, selfish, and ill-tempered behaviour through decades of marriage or partnership?

It is possible that complete forgiveness may be impossible in some cases. It is possible that the hurt is so bad that you will suffer, to some degree, until you die because you will always be angry with the person/people who hurt you.

However, if you are serious about freeing yourself of the anger and frustration, no matter how badly you have been used or hurt, there is a simple, but powerful, exercise that you can use.

### **The Exercise**

1) Sit or lie in a quiet place and relax deeply. To assist in the process, a suitable relaxation program (CD, mp3, etc) may be used.

2) Visualise or imagine your tormentors as they were when they were babies or young children.

3) Visualize these people, one at a time, and take the time to feel the realities of their lives as toddlers and young children.

Children are not born with a distinct desire to hurt others physically or emotionally. They are born craving love and protection.

Thus, visualize what your tormentors were like when they did nothing but crave love and protection.

4) If you work at understanding how pure and innocent your tormentors "once were", you may come to a point where it becomes clear that their "hurtful acts" as older children or adults likely stem from their own wounds.

This is all very personal, and should be approached in a personal way that you are comfortable with. Give this some thought and try the visualising; and see what happens.

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