

# SPIRALING INTO CONTROL

EXPLORING THE 4-STEP BLUEPRINT FOR QUANTUM BREAKTHROUGH



*Inner Change*  
ENTERPRISES, LLC

CONSCIOUS EVOLUTION FOR LIFE!™

## 7. FORGIVING OURSELF & OTHERS

As we progress on our journey forward, we come to realize that the resentments we hold—either toward ourself or another—are like lead weights on our feet. They bind us, hold us to this space and time, prevent our springing forward with the joy that is innately at the core of our being. When we feel resentment, the time has come to forgive. According to Webster, “to forgive” means “to cease to feel resentment against; to give up claim to requital on account of”. Thus, in practical terms, to forgive is to let go of the drama in our lives, which we lay claim to every time we rehash an old story.

In a restaurant today, I overheard a woman talking about a car accident she recently experienced. Interestingly, she spoke very little of the accident itself. Instead, she went on at length about how she didn’t think it was fair that she needed to buy a new car when the accident wasn’t her fault, about what she thought should happen to people who talk on cell phones when they drive, and about how she was sure to get stuck with medical bills the insurance companies wouldn’t pay. Clearly, she was not in a forgiving state of mind. Instead, she was staking her claim on melodrama, both in the form of circumstances beyond her control as well as yet unmanifested complications.

In forgiving, we are called to release our claim to (i.e. our active participation in) our resentments of past circumstances. Life is lived here and now. To completely forgive, we choose to stay present. No matter how tempting it may be to justify our current condition with a litany of circumstances gone by, we must put that temptation in its right place ... behind us. We invite this releasing to be alive and well in our consciousness whenever we refrain from regurgitation of our yesterdays. In forgiving ourself or others, we are called to claim whatever true and pure and good within.

When we forgive ourself, we claim our truth ... our spiritual dominion in the present moment, regardless of whatever has happened in the past ... so that we can move forward in an unfettered way. The less we resent ourselves for our own past mistakes or ignorance or poor choices—however conscious or unconscious they may have been—the more completely we forgive ourself.

To forgive another is to allow our memory of them—or a past event involving them—to be replaced in our heart and mind with truth. They may have been neglectful, hurtful, oppressive, or heinous in their words or actions. They may even continue such behaviors in full force today ... but our consciousness, which has at its core the love of God, does not have to be swayed by their choices. We can look through the dark veil and see rightly.

Webster further defines “forgiving” as being merciful, compassionate. Contained within this definition is an interesting paradox: the less we resent ourself, the less we resent others. The more compassionate we are toward ourself, the more mercy we automatically extend to others. Here’s why: As we forgive ourself for our thoughts and behaviors in circumstances of yesterday, we come to truly understand that we did our highest and best at that time ... and we realize the same holds true for us all. So it is that in forgiving ourselves, we grow to forgive the world.



Friend, let go of resentments, let go of any drama, let go of the stories of hurt and self deprecation. Instead, give your mercy, give your compassion, give your love to yourself and others. In so doing, you set yourself and all the world free!

Peace, Love, Joy,

*Diana*

