

THE BEAUTY OF FORGIVENESS



As this precious year unfolds, I feel the theme for 2010 is "Forgiveness". Even though many are uncomfortable with the word, I believe there truly is an art in forgiveness. Many simply express that they cannot do it...it is too hard, they were hurt and the damage is already done. Still others agree; our greatest teachers are those who have challenged us the most throughout our lives and so we should bless them. The words of Sri Chinmoy, renowned world harmony leader, spiritual teacher and humanitarian, echo in my soul.

"Our human mind may call it forgiveness, but God is not thinking about our inner and outer misdeeds. He just wants us to raise our consciousness so that we will increase our receptivity and oneness with Him."

The real art is finding the courage and beauty in the act of forgiving, the merging of divine souls coming together to bring serenity to one another. This can be a profound and liberating experience. You may even want to forgive yourself. Perhaps you have given yourself a difficult time, judging or placing blame for situations you are not content with. So the question is, are you ready to forgive?

If you feel this moment is "Divine Timing" and you would like to take the first step, here are some simple techniques that you may want to use.

The River of Forgiveness ~ Close your eyes, take a deep breath and continue to focus on your breathing. Take a walk into your sacred garden until it takes you to a free flowing river. Let go of any resentment, anger, frustration or anything else that is keeping you in the 'grudge game' and preventing you from forgiving. When you are ready, let it all go and watch it flow into the endless river as it is transformed into light.

Fire Ceremony ~ You can do this visually or physically. Write a letter to

the person you would like to forgive or a person you wish would forgive you or to yourself if you need forgiving. When you are ready, put it in the fire. Watch it go up in flames as it burns away all the energy that you have held on to, or that has been stopping you from moving on with your life.

Check in with your body to see if you are holding any energy associated with unforgiveness. Identify where it is in your body, speak to your body and ask for it to be gently released with Love and Light. If you are ready to do this then allow any emotions that have been suppressed to come forward, and acknowledge and honor your feelings. You may want to journal your experience.

Studies have shown that forgiveness can improve your well-being, so let go of anger and stress.

See the Beauty in Forgiving. Take this opportunity to shift and allow yourself to connect with your feelings. Surrender any negativity that you may have towards yourself or others, and make peace with it. Find it in your heart to forgive, as this will take you to a whole new level in your life. Finally, free yourself by accelerating and charging yourself up with a positive flow of a new awareness.

Go ahead...give yourself permission to enter the portal of Freedom. Expand your heart chakra - fill it with love and allow it to take you to that higher frequency, the Beautiful Vibration of Forgiveness.

Rosanna Ienco, an award-winning finalist of the National Best Books 2009 Awards, is the founder of Motivational Mentoring for the Soul® a program that helps others to find personal empowerment. She is currently offering New Shamanic Breakthrough sessions see ad for more details or visit www.rosannaienco.com

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