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Forgiveness

- A path to freedom

In this article, Sampoorna Garine, a psychologist with 27 years experience in counselling, meditation, mind coaching and training, explores the way in which forgiveness can be used to reduce stress and enhance the flow of energy. She provides you with a simple practical example to work with. Research in psychology over the last decade shows increasing evidence of the therapeutic power of forgiveness. Key to work in the area of forgiveness is the research of Gerald Jampolsky, MD, a psychiatrist, formerly of the faculty of the University of California Medical Centre in San Francisco. He is the founder of the Centre for Attitudinal Healing in California, and a fellow of the American Psychiatric Association.

How do you feel about your life? Do you utilise or do you dissipate your energy? An average person spends 80% of life energy shuttling between maintaining the past and controlling the future, leaving very little energy for the present.

Good health and well-being comes with a free flow of energy. Resentment, anger, sadness, grief and guilt locked inside obstruct this flow. We deny, repress or block these feelings to avoid experiencing them and create counter-energy of muscle tension and shallow breathing. We become psychologically numb, which may leave us prone to addictions.

We hurt more from our reactions, than we do through the original stimulus. Events in the past hurt us and are gone. We burden ourselves, by taking ownership of these hurts and carrying them with us through life like treasured trophies.

A way to stay in touch with our emotions, yet be free, is through forgiveness. We change from victims to victors and we reclaim our power. Forgiveness offers us the choice to move from self-righteous resentment to freedom. Psychiatrist, Gerald Jampolsky says, 'We can be right or we can be happy'. According to Jampolsky, other people do not have to change for us to experience peace of mind. When we resist the temptation to judge others, we can see them as teachers of forgiveness in our life, reminding us that we can have peace when we forgive rather than judge.

Forgiveness is not about getting rid of, or by-passing emotions. It is not about the person or the deed. It is not barter for an apology. Forgiveness is about having

memories processed and giving without strings attached. In this way, we set ourselves free. Forgiveness allows the drive behind the anger to surface and express itself positively. The alternative is the draining of our energy through bitterness and resentment.

Forgiveness means stepping out of numbness and frozenness to be free of addictions, compulsions and destructive patterns. It means coming alive and expressing energy with vitality.

Research in psychology over the last decade shows increasing evidence of the therapeutic power of forgiveness. Even thoughts of forgiveness appear to reduce stress. A positive way to attract good into our lives would be to start with a willingness to forgive, beginning with the smallest hurt. Forgiveness is an ecological way to bring healing, prosperity and love into life. Create harmony within yourself through forgiveness and celebrate your freedom. Here is an exercise to begin the journey.

A Sound Sigh for Freedom

- Close your eyes, relax, take a deep breath and let it go. Repeat and as you breathe out, allow the sound 'Ah' to slip out. Allow the sound to gently ride over your breath. Continue a few times, sounding 'Ah' with each out-breath.
- Now, think of something that bothers you. As you sound 'Ah', feel the tension and stress of the disturbing thoughts leave your body. Repeat a few times, each time aware of letting go of the churning feelings or buzzing thoughts along with the breath and sound.
- Notice if you feel lighter. Become aware of any difference.
- Doing this as a daily practice at the start and end of each day and many times throughout the day helps to let go, forgive and become free in a peaceful, non-violent manner.
- As simple as it seems, this is a powerful way to begin the process.



If you would like to read more on the work of Sampoorna Garine, please see <http://www.glsampoorna.com/>

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