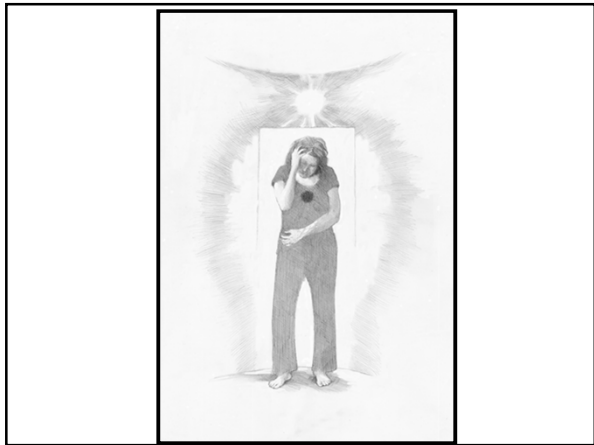


"FORGIVENESS :

*A Life Skill,
A Good Health Habit, and
The Key to Inner Freedom"*

With Mary Hayes Grieco



The Science on Forgiveness & Health

Once thought of as only a religious concept, forgiveness is now being actively studied in psychology and medicine.

Before 1997: only 50 studies
In 2019: 6000 published professional papers on forgiveness

Mental Health Benefits of Forgiveness

Decreased levels

- Depression*
- Anxiety*
- Sx's of PTSD,
- Phobia,
- Panic and
- Substance Abuse

* Most common outcome variables.
Review by Toussaint & Webb (2005) based on 13 correlation, 4 empirical & 1 experimental study; Reed & Enright, 2006

Mental Health Benefits of Forgiveness

- Increased sense of spiritual well-being
- Increased Social Competence
- Reduced of Negative Affect
- Reduced Mental and Physiologic Stress**
- Reduced rumination on trauma
- Improved quality of sleep

RESISTANCE TO Forgiveness

If forgiveness is so good for us, why do we have so much **resistance** to actually doing it?

We need to dispel some negative myths about it.

Dispel your Misunderstandings about Forgiveness ...

- "Forgive and Forget." (we can't/shouldn't)
- It's hard and takes a long time (No!)
- You have to work it out and apologize (No!)
- Some things are unforgiveable (No!)
- You have to be a saint to forgive a big hurt?

... and answer these important questions.

- **What** is forgiveness?
- **Why** should I forgive a wrong or an injustice?
- **When** am I ready to forgive?
- **How** do I do it?

What is Forgiveness? It Isn't -

Forgetting, Excusing, Pardoning, Condoning, Reconciling, Giving Up, Going back for more abuse, Saying something wrong is OK, or Getting Justice.

What is Forgiveness? A new definition:

"Forgiveness is the refreshing and healing experience of releasing an expectation that is causing you to suffer."

Defining Forgiveness, cont.

The refreshing experience of letting go of the stagnant weight of old pain from unfinished stories. "Lightening up."

Dissolving an attachment to old debts, conditions and demands; releasing one's self into a new flow of energy and love of life as it is, and people as they are.

“Why should I forgive something that is wrong?”

ANSWER: So you can be healthy, happy, sober and free.

So you can turn your wound into your wisdom and move forward from your bad story into a better one.

So you can gain new boundaries and soulful strength and understanding.

When are you ready to forgive?

- You are tired of your story
- You can identify and share feelings about it
- You have examined limiting beliefs you took on because of this wound
- You have gained insight about life decisions related to this wound

You are ready to forgive if ...

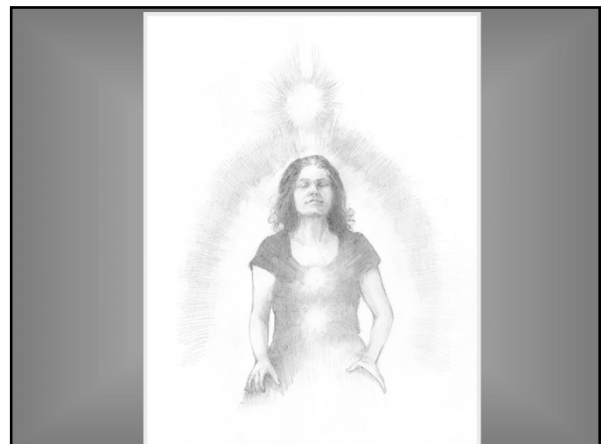
- You have been educated about what forgiveness is
- You trust and understand the process and experience of forgiveness
- You are open to presence and assistance of your Higher Self, or a spiritual Source of guidance and healing energy
- You are ready and willing to work with another and with Spirit to achieve a complete healing

How do you forgive another? 8 Steps to Freedom

1. Use your will to choose a new attitude.
2. Speak your emotional truth and release feelings.
3. Cancel your expectations, one by one.
 - Shift it to a preference
 - Acknowledge reality
 - Restate your will
 - Cancel the expectation

Forgiving Another: 8 Steps to Freedom

4. Restore your boundaries
 - Give the person responsibility for their actions
 - Visualize your personal space strong and clear
5. Open up to Spirit to get what you need
6. Bring light and love from above into the body, emotions, and mind
7. Send light and love to the person you're forgiving
8. See the good



Self Forgiveness

The healing experience of
seeing ourselves as
The Higher Power sees us ---
perfect and whole, a cherished
child of the Universe.

LIVING FORGIVENESS CREATES ...

A serene unity of Self ...
*the child, the adult,
the Soul, the Universe
(Spirit)*



**Experience the healing of
forgiveness!**

**THE WONDERFUL
FORGIVENESS WEEKEND
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Vital Energy System, How to stop self-sabotage,
Living your Life Purpose*

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