

CHAPTER SEVEN



Secret 1 The Miracle of Forgiveness

“Forgiveness is the fragrance that the violet sheds on the heel that has crushed it.”

- Mark Twain

Unseen Power

Here is the “take away” up front. Forgiveness is rocket fuel, lightning in a bottle and the stuff that quantum leaps are made of.

Forgiveness is one of life’s greatest obstacles and yet one of its greatest gifts. Like the “truth,” forgiveness can set you free. Let’s face it, if you haven’t forgiven someone, he or she still lives in your head and is disrupting your thoughts and the quality of your life.

You are spending the currency of your present life on the memory of a past hurt. This is like making payments on a credit card that you cut in pieces a long time ago.

“The weak can never forgive. Forgiveness is the attribute of the strong.”

— Mahatma Gandhi

Grievances can be very addictive. They can create a strong feeling that can arouse the senses as much as any drug. Keep it deep inside you and after a while, you may not want to let it go.

Consider this quote from the Bible:

“And when you stand praying, if you hold anything against anyone, forgive them, so that your Father in heaven may forgive you your sins.” - Mark 11:24-25

Forgiveness creates harmony. Grievances cause disruption and separation. Even in the prayer “Our Father” it states, “Forgive us our trespassers as we forgive those who trespass against us.”

Forgiveness is particularly important for the group or team that is attempting to work together. **Can you imagine the chaos that would follow if a kaleidoscope was peppered with infighting and grievances?** The group wouldn’t even be able to get off the ground much less fly in the same directions.

Science of Forgiveness

In study after study, results indicate that people who are forgiving tend to have not only less stress but also better relationships, fewer general health problems and lower incidences of the most serious illnesses—including depression, heart disease, stroke and cancer. Why? “Because *not* forgiving—nursing a grudge—is so caustic,” says Fred Luskin, PhD, a health psychologist at Stanford University and author of *Forgive for Good: A Proven Prescription for Health and Happiness*. “It raises your blood pressure, depletes immune function, makes you more depressed and causes enormous physical stress to the whole body.”

My first suggestion is to, “decide to let the hurt and anger go.” As a minister friend once told me, “Are you sick and tired of being sick and tired? Then decide to heal!”

“True forgiveness is when you can say, “Thank you for that experience.”

- Oprah Winfrey

Refusing to forgive is like cutting off oxygen to the soul. **That is why it is the first step of the Butterfly Code and the way of the Warrior.** We must wipe the canvas clean before we paint the picture of our newly conceived Miraculous Life.

“Forgiveness is not an occasional act, it is a constant attitude.”

— Martin Luther King Jr.

We must guard the doorway to our mind and monitor our thoughts in order to make sure that negative or unforgiving thoughts do not enter. They are clearly a lower vibration of thought that attract lower vibrational people, places or things.

Forgiveness may not be easy, however it is well worth the effort. Hate and resentment will only cause you pain and diminish the quality of your life. And you deserve more. Let the exquisite “fragrance” of life touch your soul. Become motivated by love not hate and you will experience the Unseen Power of God’s love and infinite strength.

Exercise:

Write an answer to the following:

- 1) Make a list of those you feel you need to forgive.**
- 2) Explain why you haven't been able to forgive these people in the past.**
- 3) Describe what these people, places or things have taught you even though it was painful.**