

Forgiveness—The Master Healer

Forgiveness is as essential to the soul as oxygen is to the body!



As a life coach for over twenty-five years, the greatest gift I have received from my work is the pure awe of witnessing the deep healing that true forgiveness offers. The willingness to forgive is essential to lasting happiness and peace. I offer the idea of living the forgiveness lifestyle, to be in a state of constant willingness to forgive and let go of all grievances toward others and ourselves. Forgiving several times, a day—is a good day! Please see page two of this document on how to live the forgiveness lifestyle!

True Forgiveness Occurs Within Grace Consciousness

Spirit does the Forgiveness. You do the Willingness.

- A deeply authentic **willingness** to allow the Higher Power to heal your mind of misperceptions, grievances, hatred and or victim consciousness.
- An act of humility in surrendering your “position” and beliefs so Divine Love can enter and heal.
- A recognition that Forgiveness cannot be willed or bestowed by the mind that holds any grievances.
- A Higher Self and Love motivated action that asks for no punishment, only the release into Love.
- An attitude of childlike openness to Divine Intervention.

Note: Refer to the third page for a fundamental approach that facilitates True Forgiveness.

False Forgiveness Occurs Within Victim Consciousness

False forgiveness deepens the wound and secretly harbors the desire to see the “offender” punished.

- A mere mental exercise lacking any authentic choice to heal or willingness to allow Spiritual Intervention.
- An ego (fear) motivated action to feel superior, often concealing resentment and self-righteousness.
- A pretention and denial that actually reinforces victim consciousness.



Jennavieve “JJ” Joshua p. 360.714.8868 (land) jj@jjforinsight.com
1050 Larrabee Ave. Suite 104, PMB #808, Bellingham, WA 98225
www.jjforinsight.com

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Living the Forgiveness Lifestyle

1. Be constantly aware of even the slightest mental or emotional disturbance.
2. Give up any disturbance to Spirit and pray for True Forgiveness as fast as you can!



I suggest you memorize this 46-word forgiveness prayer for deep transformational healing.

I call upon my Higher Self to join me
as I choose to let go of this grievance right now!
I forgive myself and all concerned for not
knowing any better. I surrender my desire to be right.
I now choose True Forgiveness, Peace, and Love.

Additional Supportive Resources for Learning and Living True Forgiveness

► **Miracle Minded Life Coaching with Jennavieve “JJ” Joshua**

In my sessions devoted to forgiveness, we can set you free from grievances and trauma gently, effectively, and within the field of Loving Grace.

► **Book Rec: *Radical Forgiveness and Radical Self Forgiveness* by Collin C. Tipping**

A fantastic book and worksheet to help you get free!

Look him up on the web for more support services.

► **Book Rec: *Forgiveness the Greatest Healer of All* by Gerald G. Jampolsky, M.D.**

A profound and easy to read book! I recommend reading it once a year!

(Just the story on pages 7 to 10 is worth the price of the book)

► **Watch this fabulous You Tube: *The Power of Letting Go* by Alan H. Cohen** bestselling author of 28 popular inspirational books, including the best-selling *The Dragon Doesn't Live Here Anymore*, *The Master Keys of Healing* and *A Course in Miracles Made Easy*.

Go to: <https://www.google.com/search?client=firefox-b-1-d&q=alan+cohen+books+on+forgiveness#fpstate=ive&vld=cid:b3911fbf,vid:Dq143zfWxl>



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The Two Truths

Holding on to regret, or the desire for retribution impedes true forgiveness and healing and a complete release from the past. The primary healing goal is to set yourself free from the past on every level.

Reminding ourselves frequently of these two truths can support us in being able to forgive faster and let go easier. Integrating the *Two Truths* can effectively, and in my experience, miraculously facilitate your Soul's journey toward peace, freedom, joy and greater personal empowerment.

These two truths function as the energetic and intellectual threshold for forgiveness to be possible from the perspective of our reasoning minds. True forgiveness takes place first at the spiritual levels and then trickles down into our mind, emotions, and bodies.*

Everything happened in the only way it could have.

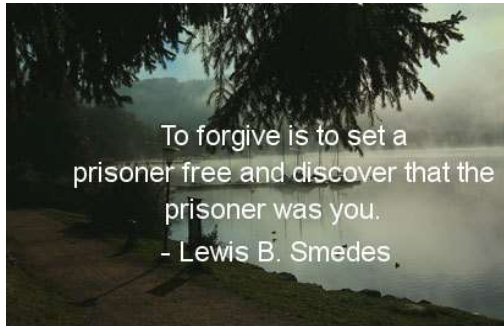
The proof of this is quite obvious—that *is* the way it happened and no other way. The only “*other*” way we think it could have happened, is taking place only in our imagination, in a fantasy, not in a 3-dimensional reality.

Everyone did the best they could with what they knew and with what they had available to them at the time: physically, emotionally, mentally, and spiritually. Everyone. Every time. Period.



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Is it necessary for forgiveness to be a meaningful two-way street for all parties?

True Forgiveness, rather than false forgiveness, is always intended to facilitate **your own** freedom and healing. True Forgiveness *does not* require a meaningful 2-way street or exchange at all. True Forgiveness leaves the correction of the other person's heart, mind, and soul, up to the Higher Power. However, leaving the correction up to Spirit does not mean that you must continue to place yourself in the path of harm. Do what is right to take care of yourself in all circumstances while doing your best not to condemn the other person or institution.

The only relationship for forgiveness that is truly effective is between you and a Higher Power that can meet and use your authentic willingness to “let it go,” and help you to receive and allow the Miracle of True Forgiveness. We cannot do this alone—Divine Help is required.

For example, I have a client who experienced religious ritual sexual abuse for most of her childhood. If it was necessary for her to receive a sincere request for forgiveness from each perpetrator, she could never gain freedom, because she does not even know the names of most of them. Nor could she ever receive a sincere “apology” from the entire institution. She could never heal or get free from her past if that was required for healing and forgiveness.

Thank heavens there is another way! *A Course In Miracles* teaches that every egregious act is merely a cry for love and a demonstration of a mind made mad by fear and guilt. True Forgiveness teaches us not to *fix* or demand restitution from the other person, but to sincerely ask for Divine Help to forgive the attack so that we may be more available for Love to heal our own minds. The Course also teaches that the only healing response to a cry for love, no matter how horrible it may seem, is to meet it with Love and forgiveness. “*Forgiveness is the great need of the world.*”

It is quite satisfying to the ego mind to feel like the offender is truly remorseful and authentically asking for forgiveness. In my experience, this is a rare exchange. I have no power or control over another person's intentions or thoughts. I can only be responsible for my own response to the world. In my intention to Truly Forgive, I can rise above all of that mental terrorism and release myself from victimhood. I can now stop drinking the poison of hatred and resentment. I can now be free of the past.



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