

THE THREE KEYS OF FORGIVENESS

There are three keys to the path of forgiveness. Two are the essential elements of the forgiveness process and the third is the driving force behind any and all forgiveness success.

The first key of forgiveness is your own experience of unconditional love. Most conceptual understandings of unconditional love are just...conceptual understandings, which means unconditional love exists as an idea in the mind. Good ideas are important starting points but it is only when they become tangible experiences that you will actually benefit from them. Thus, its not enough to know, understand, or believe in unconditional love, in order to really use it, one must have a first-hand experience that they can call their own.

With that said, unconditional love has important and distinctive qualities:

Unconditional love is a spiritual love. It's very much in this world but is not of this world. It's the love we come from before we arrive to this planet and it's the love we return to when we leave.

Beings who have recently arrived to earth, aka babies, have an undeniable ability to beam and illicit unconditional love. Persons who've had near death experiences universally report being completely enveloped by a supreme love. Devoted meditation practitioners attest to merging into a profoundly loving oneness.

Though spiritual in nature, humans transmit unconditional love via the heart. Right now, happening all around the world, human beings are transmitting unconditional love to other human beings, to other living creatures, to creations, big, small, animate and inanimate. Unconditional love is always flowing forth on planet earth in many forms.

The second key of forgiveness is your emotional truth. Emotions are energies that exist in the body and range from subtle to strong. To be a breathing human is to be having an emotional experience. Even if you consider yourself highly rational and extremely practical, emotions are always circulating through your body and influencing your thoughts, beliefs and behaviors. Forgiveness exists to resolve stuck and chronic emotions, thus emotional awareness is core to forgiveness success.

The third key of forgiveness is a foundational key - meaning whether or not the first two keys work is completely dependent on the third key. The third key is your desire. Specifically your desire to be free from chronic emotional struggle. The forgiveness journey is fueled by your desire to feel better.

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Most healing paths are only using two keys. For example, many people who are struggling emotionally take refuge in spiritual paths. Whether it be a religion or spiritual practices like yoga and meditation, these folks benefit greatly from spiritual teachings and almost all religions and spiritual paths have unconditional love at their core.

This path has the desire to be free key and the unconditional love key. The potential pitfall for only using these two keys is a phenomena called spiritual bypassing which is when spiritual teachings and practices are used to avoid uncomfortable and painful truths.

On the flip side, some people who are struggling choose the tried and true path of counseling and therapy. Generally speaking, counseling and therapy are designed to help people understand their emotional truth. When therapy is seriously pursued with a good practitioner, it can be very effective. This path has the desire to feel better key and it has the emotional truth key. The downside to only using these two keys is that one misses out on the healing ability of their very own hearts. Knowing how to transmit unconditional love is not only healing, it's guiding, creative and above all, your power.

With the desire to heal in place, forgiveness synchronizes the emotional world with the spiritual world, creating a path that resolves difficult emotions and frees us to move forward.

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I hope you found this information helpful and to end I offer you these questions to contemplate:

Where do you see unconditional love flowing?

Are you in a positive relationship with your emotional truth?

Do you have a strong desire to feel better about something?