



# **FORGIVENESS, MERCY AND TOLERANCE - MODERATION**

**INNER TRANSFORMATION  
LESSON 6**



United States  
Spiritist Council

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*Sermon On the Mount by w:Carl Heinrich Bloch, Danish painter, d. 1890.*

*Blessed are the merciful, for they will be shown mercy. (Mt. 5:7) >>*

*Mercy is the compliment of meekness, because whoever is not merciful cannot be meek and peaceable. Mercy consists in forgetting and forgiving offenses. Forgetting offenses is proper for the advanced soul to forget offenses, and to be above the insults that might be directed towards it.*



886. What is the true meaning of the word charity as Jesus understood it?

»» Benevolence towards everyone, indulgence towards the imperfections of others and forgiveness for offenses.”

The Spirits' Book

# Forgiveness

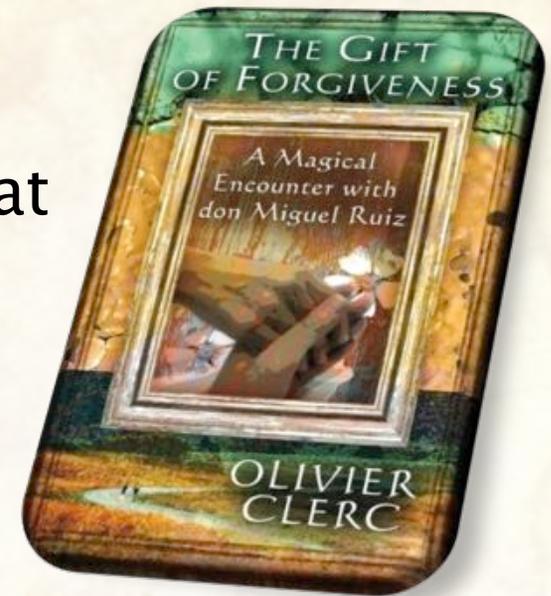
- ▶ How many times do we pay for one mistake?
- ▶ The answer is thousands of times.
- ▶ Humans are the only animals on earth who pay a thousand times for the same mistake.
- ▶ Every time we remember, we judge ourselves again, we are guilty again and we punish ourselves repeatedly.



Forgiveness

# Forgiveness

- ▶ A wife or a husband may also remind us of our mistakes, so that we end up judging ourselves, punishing ourselves, and finding ourselves guilty yet again.
- ▶ Is this fair?
- ▶ *Every time we remember the mistake, we blame them again and send them all the emotional poison we feel at the injustice, and then we make them pay again for the same mistake. Is that justice?"*



*Don Miguel Ruiz*

# forgiveness heals

- ▶ *Recognize that it is not your job — and you have no right — to repeatedly punish another person or yourself for making a mistake. As a human being, it is only your job to forgive, to love, to heal, and to grow and, of course, to forgive always.*



▶ To forgive is to set a prisoner free and discover the prisoner was you.

Unknown



# Forgiveness and Health

- People who forgive others experience reductions in feelings of nervousness, restlessness and hopelessness.
- Forgiveness lowers the blood pressure and heart rates, and reduces chronic pain and symptoms from anxiety, depression or stress.
- Any mental or physical distress you feel now about a situation or grudge comes from current hurt feelings, not from the original offense or hurt experienced in the past.

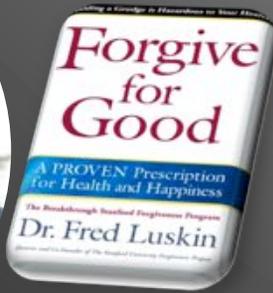




Negative emotions are recorded in our cellular memory. They remain constantly in the background affecting our health, producing traumas and emotional blockages >>>



Nutritional health, >>>  
Physical Health  
Emotional Health = FORGIVENESS



# Research on Health Benefits of Forgiveness

»» Counseling & Health Psychology from Stanford University

[www.learningtoforgive.com](http://www.learningtoforgive.com)

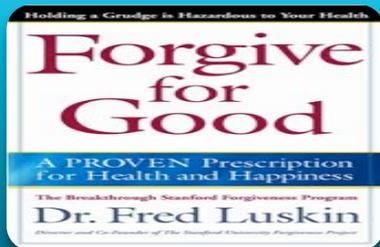
**FORGIVENESS: PRESCRIPTION FOR HEALTH AND HAPPINESS**

**THE MEDICINE YOU NEED.**

**EXTRA STRENGTH FORGIVENALL**  
Easy-to-Swallow

*If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.*  
1 John 1:9

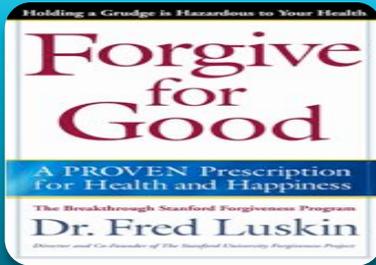
Warnings: Side effects include freedom from guilt, reduced anger, increased self-esteem and happiness, and increased love for others. Name: FORGIVENALL. © 2008, Fred Luskin



“The practice of Forgiveness has been shown to reduce anger, hurt, depression and stress, and it leads to greater feelings of HOPE, PEACE, COMPASSION and SELF-CONFIDENCE.



Practicing forgiveness leads to healthy relationships as well as physical health. It also influences our attitudes, which opens the heart to kindness, beauty and love.”



1. Know exactly how you feel about what happened and be able to articulate what about the situation IS NOT OK. Then, tell a trusted couple of people about your experience.



2. Make a commitment to yourself to do what you have to do to feel better. FORGIVENESS IS FOR YOU AND NOT FOR ANYONE ELSE.



3. Forgiveness does not necessarily mean reconciliation with the person who hurt you or condoning of their action. WHAT YOU ARE AFTER IS TO FIND PEACE.



4. Get the right perspective on what is happening. Recognize that your primary distress is coming from the HURT FEELINGS, THOUGHTS and PHYSICAL UPSET you are suffering now; not what offended you 2 minutes or 10 years ago.



5. At the moment you feel upset PRACTICE A SIMPLE STRESS MANAGEMENT TECHNIQUE to soothe your body's flight or fight response.



6. Give up expecting things from other people, or your life, that they do not choose to give you. Recognize the "unenforceable rules" you have for your health such as how you or other people must behave. Remind yourself that you can hope for HEALTH, LOVE, PEACE and PROSPERITY and WORK HARD TO GET THEM.



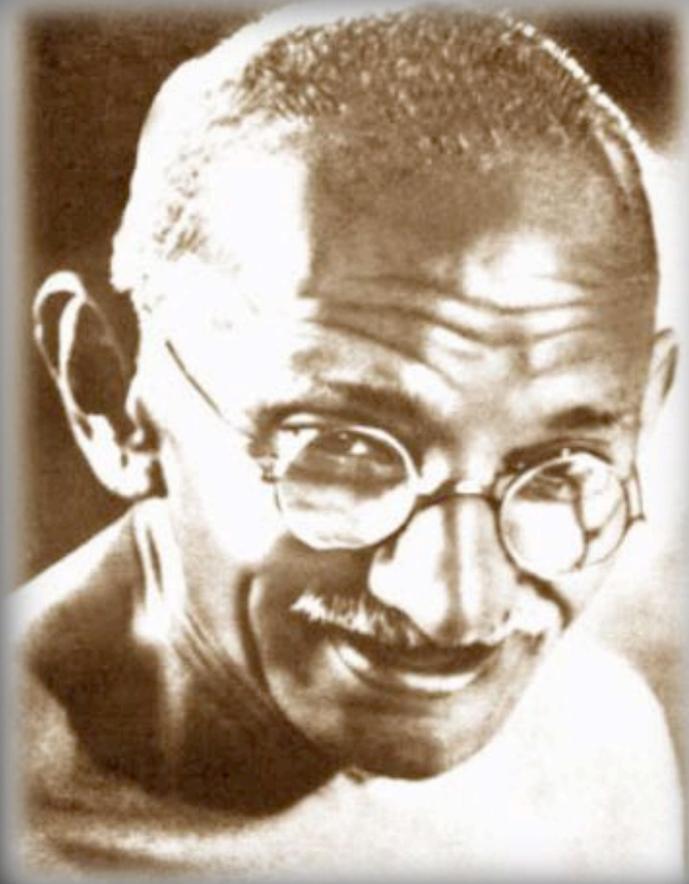
7. PUT YOUR ENERGY INTO LOOKING FOR ANOTHER WAY TO GET YOUR POSITIVE GOALS MET than through the experience that has hurt you. Instead of mentally replaying your hurt, seek out new ways to get what you want.



8. REMEMBER THAT A LIFE WELL LIVED IS YOUR BEST REVENGE. Instead of focusing on your wounded feelings, and thereby GIVING THE PERSON WHO CAUSED YOU PAIN POWER OVER YOU, learn to look for love, beauty and kindness around you. FORGIVENESS IS ABOUT PERSONAL POWER.



9. Amend your grievance story to remind you of THE HEROIC CHOICE TO FORGIVE



An eye for an eye will make  
the whole humanity blind. »

Mahatma Gandhi (1869 - 1948)

# FORGIVENESS

## How to Release Toxic Emotions



North American doctor,  
born and trained in India  
with specialization in the  
USA in Internal Medicine  
and Endocrinology.

*“Forgiveness is a powerful tool for  
personal healing and spiritual transformation,  
But it is a skill that must be learned.*

*By practicing the STEPS for releasing toxic emotions,  
We can make forgiveness a functional part of our growth  
Instead of just a moral dictate.”*

*Dr Deepak Chopra – Prophet– Poet of Alternative Medicine >>*

*He brings together theoretical, practical, philosophical and  
spiritual knowledge in a scientifically proven context.*



The best way to understand forgiveness is to realize that to forgive and to ask for forgiveness is the best use of one's energy and also one of the most important paths to self-healing.



HOSTILITY is an inflammatory emotion and causes PHYSICAL INFLAMMATIONS as well, which can result in inflammatory cardiovascular episodes and is also linked to AUTOIMMUNE DISORDERS.



It is more than remembered pain; it is also RUMINATION over a past hurt.

Who is most damaged by holding  
on toxic energy?

The answer of course is obvious:

You are hurting yourself  
more than you are hurting another.



Nelson Mandela once said:  
“Resentment is like drinking  
poison and then hoping it will  
kill your enemies.”





Learning HOW TO LET GO of  
toxic emotions such as  
HOSTILITY is the essence of  
LEARNING HOW TO FORGIVE



because forgiveness is  
basically releasing your  
attachment or  
identification with the  
conditioned response.

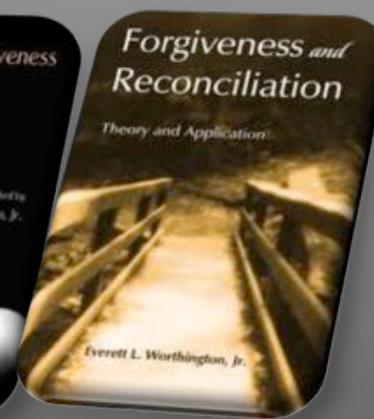
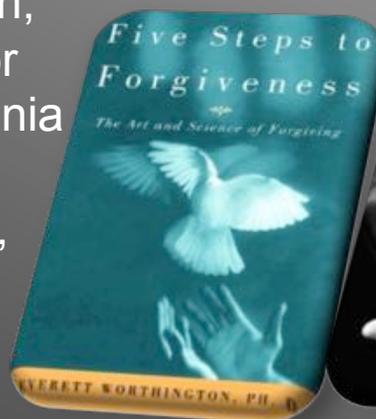
# 7 – STEPS PROCESS TO RELEASE TOXIC EMOTIONS:



- ① Taking responsibility for your emotion.
- ② Witnessing the emotion.
- ③ Defining or labeling the emotion.
- ④ Expressing the emotion.
- ⑤ Sharing the emotion.
- ⑥ Releasing the emotion through ritual.
- ⑦ Celebrating the release and MOVING ON.



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Forgiveness is both a DECISION and a REAL CHANGE IN EMOTIONAL EXPERIENCE. That change in emotion is related to better MENTAL AND PHYSICAL HEALTH.

**FIVE STEPS TO FORGIVENESS: REACH**

[www.forgiving.org](http://www.forgiving.org)



1. Recall the hurt.



2. Empathize with the one who committed hurt.



3. Altruistic gift. Offer the altruistic gift of forgiveness.



4. Commit. Make a commitment to forgive.



5. Hold onto forgiveness

# Mark Twain- Forgiveness



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



# FORGIVING OTHERS – SELF FORGIVENESS

## Five Steps Process to Forgiveness

- ① Indignation
- ② Comprehension
- ③ Compassion
- ④ Mercy
- ⑤ Forgetfulness

## Five Steps Process to Self-Forgiveness

- ① Guilt
- ② Remorse
- ③ Repentance
- ④ Self-acceptance
- ⑤ Renewed Behavior

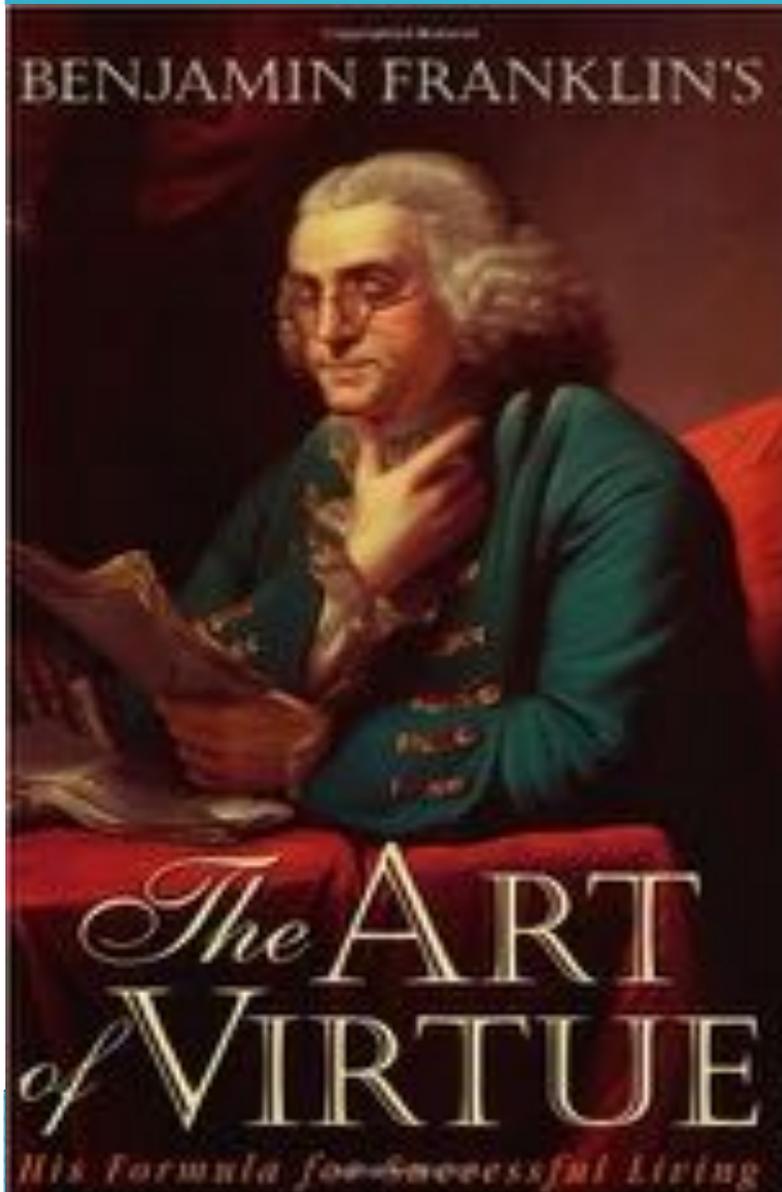
- ▶ 3 R's of Spiritism:
  - ▶ Repentance, Repair, Renewal

The more you know yourself,  
the more you forgive yourself.

Confucius



# MODERATION



- ▶ Avoid extremes; forbear resenting injuries so much as you think they deserve.
- ▶ Learn to forgive injuries, letting go of grudges, thus avoiding actions that could lead to greater damages.

"Moderation in all things -- including moderation."

Benjamin Franklyn

# Abraham Lincoln – Forgiveness



- ▶ Am I not destroying my enemies when I make friends of them?

Abraham Lincoln  
(1809 – 1865)

# Parable of the Prodigal Son

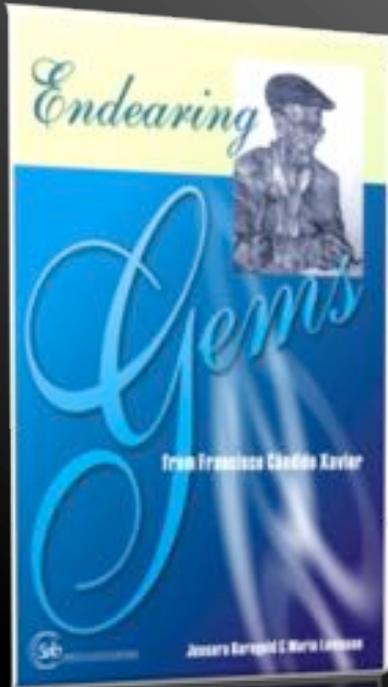


- ▶ “Let's have a feast and celebrate. For this son of mine was dead and is alive again; he was lost and is found.”

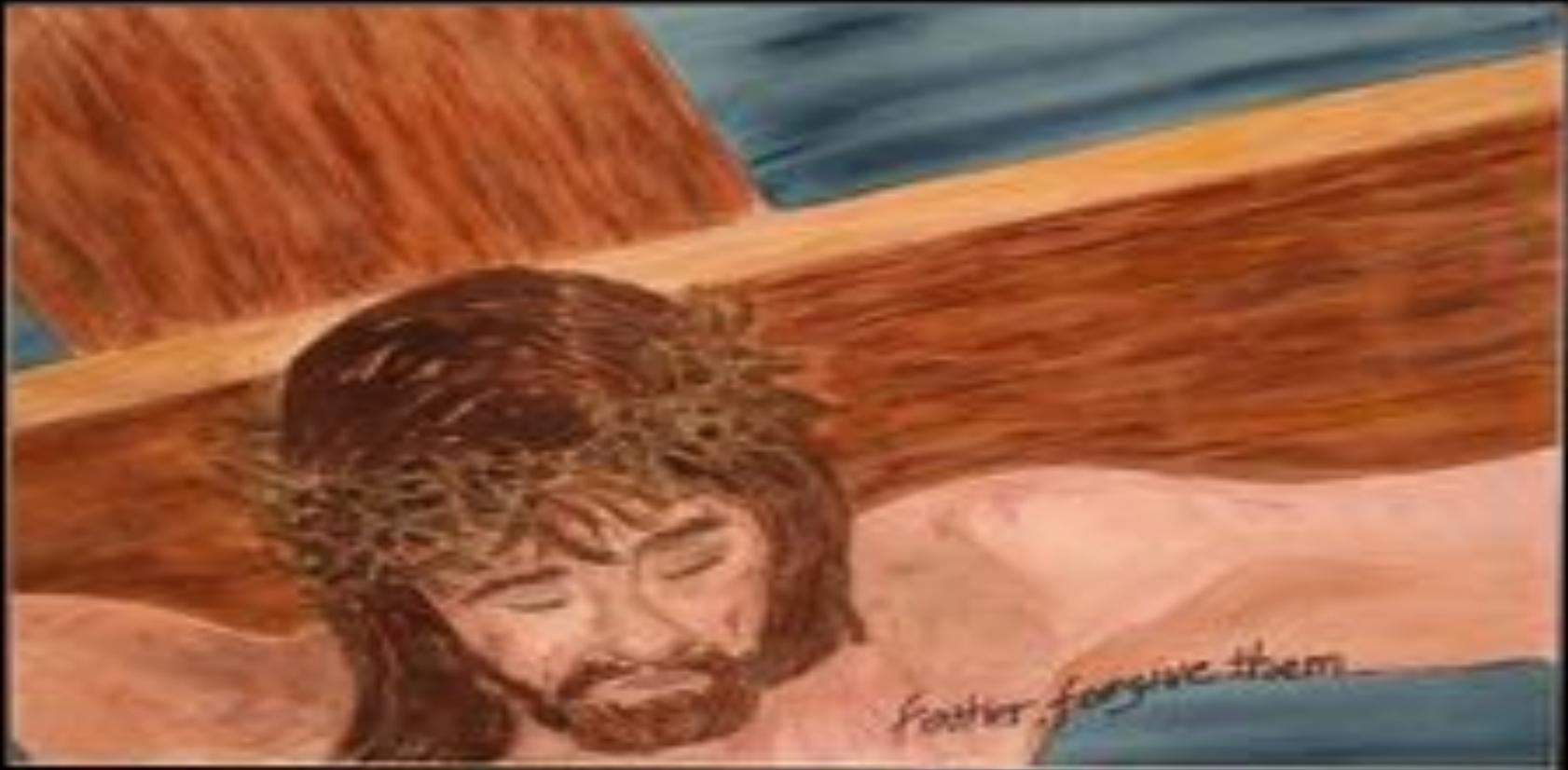
Luke 15:11-32

An example of forgiveness

# Forgive seventy times seven

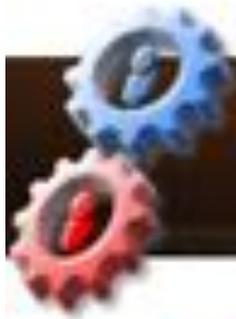


- ▶ A lady once came to Chico Xavier complaining about her difficult family, *saying she couldn't stand them any longer. Her husband was too aggressive and her children drove her crazy.*
- ▶ Chico reminded her that Jesus recommended that we must forgive not only seven times, but seventy times seven.
- ▶ But she replied to Chico: “Look Chico, I am aware of the amount and I have already forgiven my relatives over four hundred and ninety times.”
- ▶ “Well, my daughter, Emmanuel is by my side and he asks me to tell you that we must forgive seventy times seven in each type of offence. There is still much more to forgive.”



Jesus said, "Father, forgive them, for they do not know what they are doing." >>

Luke 23:34



## Spiritism for Everyone

**Live web meetings**

Participation

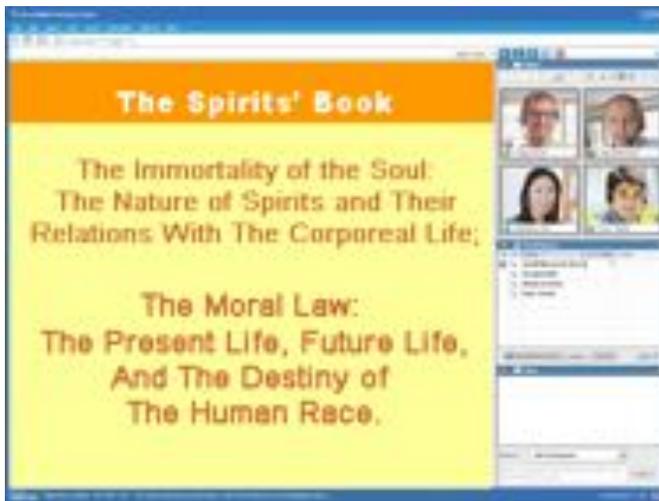
Dissemination

Collaboration

Unification

Communication

Assimilation



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