

STEP INTO FREEDOM...



...FORGIVE

SO WHAT EXACTLY IS FORGIVENESS?

I was tempted to write my own definition of forgiveness but then I thought I should check what the dictionary says first. I used the Oxford dictionary. Here we go;

“To forgive is to stop feeling angry or resentful towards someone for an offence or mistake.”

Wow, what a loaded definition. The only thing they left out here is that forgiveness is for your own good. As you forgive yourself for all the bad things you have done in the past and forgive all the people who have ever hurt you, you set yourself FREE. So just do yourself a huge favour and forgive.



BENEFITS OF FORGIVENESS

I have already mentioned that forgiveness is for your own good so my guess is that you want to know more about that. Here are some of the benefits of forgiveness;

- To be honest you really don't have any choice but to forgive. That's if you are serious about becoming all that you were created to be. If you don't forgive, the heartache is going to replay in your mind over and over again and cause fresh pain each time it does that. Something might have happened 20 years ago but still hurt you now as if it happened yesterday. I don't think anyone deserves that so just let go.



Forgiveness also leads to the following;

- Healthier relationships
- Greater psychological and spiritual wellbeing
- Lower risk of engaging in destructive behaviour such as alcohol and substance abuse
- Lower cases of depression

There are many benefits really. I can't mention all of them here even if I wanted to but I guess you get the point.



THE HOLE WITHIN

I lived with unforgiveness for many years. A lot of bad things happened to me and I did a couple of bad things as a result so I harboured a lot of anger and resentment and if you remember our definition in the beginning, forgiveness is all about letting that anger and resentment go. I lived for many years with a hole inside of me that I just couldn't fill no matter how much I tried and I know many people are going through that as well. I learnt all about forgiveness and started releasing all the anger and all the resentment and slowly but surely I started to feel whole again; slowly but surely I started to fill up that hole. You need to understand that forgiveness is for your own good. Some people feel that they are condoning bad behaviour when they forgive but its not like that at all. All it means is that you want to be free; you want to be complete and you want to become all that you were created to be. So do yourself a favour and just forgive..Its liberating.

WRITE A LETTER

Let's make things a bit practical. If anyone has ever hurt you in anyway, tell them that you have forgiven them even before they ask for forgiveness. I'm going to say this again-It is for your own good. If you have ever hurt yourself in anyway, tell yourself right now that you have forgiven yourself. I know some people are not comfortable with this but it is really an important thing to do. If you don't want to talk to those people, no problem. Just take out a piece of paper and write them a letter. Pour your heart out and tell them what made you angry; what made you resent them and let them know that you have forgiven them and then at the end tear up the paper or burn it. This might sound like a ridiculous idea but believe me it is really liberating. I once did it and I felt so much lighter afterwards. You cannot become all that you were created to be if you are walking around with a heavy heart; a heart full of unforgiveness. So just go for it okay.

THE ULTIMATE SOLUTION-LET GO

Let go, let go, let go..That's what everyone is going to tell you but we all know it's easier said than done. If you loved someone for many years and they hurt you horribly at some point in your life, its not going to be easy to just let them go.They were a part of your life for many years; you loved them for many years so how can you be expect to just "pretend "like it never happened?I wouldn't call it pretending. I prefer calling it finding peace in the midst of all the bad things that have happened. Believe me, it is not going to happen overnight. Like I said I had a lot of forgiving to do. I asked God to help me; I did affirmations; I prayed; I did everything in my power but I kept relapsing.The best advise I can give you is that you need to focus on doing it one day at a time. Do it one step at a time. Don't be too hard on yourself okay. If you relapse,dont be mad at yourself. Remember this is a journey and just like any other journey when you trip and fall, you need to pick yourself up and keep going. So yeah,the ultimate goal is to let go but it is not going to happen overnight.




LET LOVE TAKE OVER

Love is everything. Love is God. It is the most powerful force in the whole universe. Understanding this simple fact is liberating. There is nothing that love cannot do. It heals, it restores. You need to learn to approach every situation with love no matter how hurt you are. Instead of fighting darkness with darkness, bring in some light. Don't fight resentment and anger with more resentment and anger. It's just going to make matters worse. When I say you should let go I don't mean that you should hate the people who hurt you and curse them. No, no.. I just mean that you should love yourself enough and love them enough to distance yourself from the pain. It doesn't mean you condone what they did. It just means that you want to be free; you want to become all that you were created to be. That will only happen if you allow love to take over; allow God to take over and allow Him to restore you and make you whole again.



FOCUS YOUR SEARCH ON THE INSIDE

One of my favourite motivational speakers is Jim Rohn. He passed away unfortunately so I will never get to meet him. Can you believe that he was broke at 25 and a millionaire at 31? It's really amazing what can happen when you stay focused and do what you have to do day in and day out to turn your goals into reality. Anyway, the reason why I am talking about Jim Rohn is because he once said something I will never forget. I listen to his motivational tapes a lot. Here's what he said, "Forget the thief in the alley waiting to snatch your purse, what about the one in your mind?" He was right. The most dangerous dream stealer is not found on the outside. It's usually on the inside. People can tell you that you will never amount to anything but if you truly understand yourself, that won't stop you from working on your goals. On the other hand, if your mind and heart are full of anger, resentment, unforgiveness, self loathing, low self esteem and other negative emotions, no matter how much you work, you will just go around in circles and not achieve anything at all.



Most people are looking for answers on the outside. That is just a waste of time and energy. They are trying to mask the internal skeletons with external fulfillment. Believe me, it doesn't work. I tried it for many years. What you need to do is go back to basics. Return to Love. It is the most basic vibration in which everything was created. Love is God and God lives inside of us in the form of the Holy Spirit. Once you reconnect with God, all sorts of things can happen on the outside but you will remain unstoppable. You will fall so many times but you will still manage to pick yourself up and keep moving forward. Phew let me stop typing. You get my point, right? The answers are inside of you. Replace all those negative emotions with love and you will be okay.




A SUPPORT STRUCTURE


No one is an island. We all need each other. You cannot do this on your own. You need to have someone you can confide in. Talking is part of the healing process. It doesn't have to be a professional psychologist or psychiatrist, it can be your friend or a stranger if you prefer that. Just find someone you're comfortable talking to. When I am not busy I always make time to talk to people who feel like confiding in me. So many people commit suicide because of being overwhelmed by negative emotions and in most cases you'll find that talking to someone about their problems could have solved their problems or maybe started them on their journey to recovery.


FACEBOOK POSTS

I just thought it would be nice if I can copy and paste everything I posted on facebook about love and forgiveness just in case you missed some of the posts..Here you go;

- FORGIVENESS is the key that unlocks the door to our peace,happiness,healing and ability to LOVE again :-)
- It doesn't matter how messed up you are,God will take that mess and turn it into a beautiful testimony that will impact many lives..Just FORGIVE and allow Him to use you :-)
- Love heals..Love restores..Love is the answer to all the emotional turmoil in your heart..Love gets in when unforgiveness gets out..Love is what the world needs..Love is the most powerful force in the entire Universe..Love is God :-)

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- Once you forgive, your life and health will improve dramatically..Emotional pain has a way of manifesting physically..Anger and resentment can cause chronic fatigue,depression and all sorts of ailments..Do yourself a favour-Let it go..Replace all that unforgiveness with love and you'll get your restoration :-)
 - When it seems like everything in your life is going wrong..When it seems like you're just going around in circles and not achieving what you truly want to achieve,just pause and go back to basics..Search deep inside of you..Are you harbouring any anger or resentment?Is there anyone you need to forgive?Return to LOVE..Its the most powerful force in the entire universe..With LOVE everything came into being..In its purest form it can heal and restore..God is love..Reconnect with Him..He is the foundation..You cannot build anything worthwhile unless you're deeply rooted in Him :-)

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- You know you have started the process of forgiveness when you think of all the people who've hurt you and you don't fill up with rage but you just smile and wish them well..For me this is a powerful point to be at.Its a point where you claim all your power back..You see,when you're harbouring anger,resentment and all the other negative emotions associated with unforgiveness you lose your power..Everytime when you think about that person or when you think about what happened it messes up your day or your entire week or even an entire month for some people but the moment you forgive,your mood and your happiness cannot be determined by that situation anymore..That person cannot control your life anymore..Your healing and restoration will come from the inside and whatever happens on the outside will no longer control you..There is so much power in understanding this :-)

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- There is so much beauty beneath all those masks..So much beauty..All that pain is obscuring the true awesome reality of who you are-A magnificent human being with a sacred purpose..A unique human being who has a lot to offer..Stop hiding..Its time to get out of that shell..Forgive and set yourself free..Forgive yourself;forgive all the people who've ever hurt you and just embark on this amazing journey of becoming all that you were created to be..YOU CAN DO IT :-)
 - Sometimes you're gona relapse okay..You decide to forgive yourself and forgive all the people who've ever hurt you;you're making good progress and then all of a sudden something happens that brings back all the pain..All of a sudden you get tempted to call that guy who tore your heart into pieces and he does that all over again..You need to remember that this is a journey..You're not gona get your restoration over night so don't be too hard on yourself okay..Its a process so when you relapse just acknowledge that and cry if you have to and then get back on track..Do that until you become more stable :-)

MY FINAL THOUGHTS

As you might have noticed, this article is not structured in the form of a book. I decided to type everything that was coming to my mind on a daily basis as I was doing the forgiveness series on facebook. So what you just read is my unedited thoughts if there is something like that. hahaha. I really hope the article has blessed you; I hope it will help you to start your journey of becoming all that you were created to be.

On the next page I have shared with you where you can follow me. Feel free to keep in touch okay. I do a lot of seminars so if you have a group of people that you want me to come and talk to just let me know and we will get that done. I believe God wants to do something HUGE in people's lives. He is just waiting for us to forgive and leave space in our hearts for his love and spirit.

I wish you all the best in everything you do. Let's do this again soon 😊

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WHERE TO FOLLOW ME;

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*FEEL FREE TO CONTACT ME
ANYTIME ☺*

THANK YOU...!!!!

