

# Wendy's Reflections

## FORGIVENESS

Many have asked, "What the key to forgiveness?" "How do I forgive?" For me, the answer is willingness. The how is revealed by Spirit when I am willing. I must be willing to give up my well thought out and repeated stories about what happened or didn't happen and why it is unforgiveable.

Nothing is unforgiveable.

Yes, all of us are capable of doing horrific things that seem unforgiveable from our human condition. But, the absolute Truth is that forgiveness is the greatest expression of the Christ within that we can demonstrate in our lives.

Today, I forgave myself. I have been the hardest person for me to forgive in my life. As I coughed up all my unforgiving stories about myself this morning, I realized that much greater atrocities had been done against me, and in comparison, it was easier to forgive them.

I find it fascinating how easy it is for me to rotate me on the spit of my shame. Giving up my stories about me, what is not ok about me, and what I failed to do are the hardest stories for me to give up because they are so well done. I am crispy and there is no taste for this left.

With courage and faith, I stand in willingness.

I forgave myself this morning.

If those sneaky little stories creep back into my mind, I will say to them, "Too late! I already forgave that totally, absolutely, and unconditionally." And, I will smile and give thanks for my willingness.