

The Meaning of Forgiveness

Forgiveness is a *voluntary act* in which you *make a decision* to see a *situation differently*. Forgiveness helps us change the way we think so instead of seeing a situation *through the lens of anger*, guilt or fear we see it through the eyes of compassion and understanding. Instead of *getting stuck* in your own *emotional baggage* you can now see the situation differently with greater *wisdom and understanding*. That is forgiveness.

I like to think of forgiveness as the science of the heart, a discipline of discovering all the ways of being that will extend your love to the world and discarding all the ways that do not. It is the accomplishment of mastery over a wound. Forgiveness is a process through which an injured person first fights off, then embraces, then conquers a situation that has nearly destroyed him or her.

On a deeper level forgiveness *is about changing the way we think* which includes embracing our humanity and spiritual nature and the humanity and spiritual nature of all human beings.

For further information on Finding Forgiveness go to www.dreileenborris.com.

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