

## ***Moving beyond forgiveness***

Many therapists, books, and tapes are available to help you forgive your parents, siblings, friends, enemies, boss, spouse, children, and, of course, yourself. However, spirituality ratchets the forgiveness paradigm up a notch or two.

I call this section “Moving beyond forgiveness” because forgiving another person means that you’re still judging him or her, and possibly harboring some hidden resentment inside yourself. Also, judging another person can leave yourself open for judgment in return. The Lord’s Prayer teaches the importance of forgiving by asking God to “*Forgive us our trespasses as we forgive those who trespass against us,*” a statement that is also in harmony with theories about karma (see Chapter 15). As you forgive, so you are forgiven.

True forgiveness is to rise into a bigger view of universal oneness, and to have faith that whatever happens in your life is a part of the big-picture experience of joys and sorrows that you’re meant to experience as a human being living on planet Earth at this time.

True forgiveness is so powerful that one Indian scripture declares that someone who is truly forgiving cannot be burned by fire or drowned by water, and that even wild beasts become docile before a truly forgiving person!