

Forgiveness and Divine Will

One of the most damaging problems with a prideful, resistant state is that it makes us unwilling to forgive others. Instead, we hold on to the real or imagined hurts we have suffered, and this leads us to feel more negative emotions, and sometimes even want revenge.

Anger will never disappear so long as thoughts of resentment are cherished in the mind. Anger will disappear just as soon as thoughts of resentment are forgotten.—Buddha

The state of resistance can also place us in opposition to the will of our divine Creator and the universe. We have the amazing opportunity every single day to receive divine inspiration and harness universal intelligence. But when we choose to be in resistance, we leave that beautiful power by the wayside and trudge through life on low battery power, stewing in low vibrational energies and feeling disconnected from everything good.

When we pit our own will against others or against our Creator or the universe, we block our ability to grow, and we cut ourselves off from the power that is available to us.

Our bodies react to resistance as you might expect—we become tense and inflamed. We can't sleep. We have pain. What is really happening here is that our bodies are responding to the chaotic state that resistance has created in our energy, as well as in the energy around us.

When we resist, we attract more resistance to us! It's like expecting the worst to happen and then getting angry when it does.

Contrast this with a state of acceptance. When we are in this state, energy is not chaotic but flows like peaceful water. Acceptance allows us to be open to others, to connect with them on a deep and meaningful level, to see their beauty and respond with compassion. Being in a state of acceptance does not make us more vulnerable to being hurt, but it allows us to respond more slowly, thoughtfully, and appropriately to whatever is happening now. And it can also act as a type of protection against negativity, too, primarily because we attract less negativity but also because it raises our vibration so that negativity will not stick to us as much or at all.

Being accepting of the past allows us to forgive and let go. This is a choice. Trapped emotions may be making this step very difficult for you to complete, but you can release them and it should be much easier. Acceptance is about letting go completely of past unmet expectations. When you make the decision to shift into a state of acceptance and let go of resistance, you will find it much easier to let go of old emotions that have been hindering your progress and happiness.

A LOVELY PROCESS

As a whole, I have been going through a lovely process that at times has been quite difficult. The processing can be challenging. But the results are worth it. I have a very challenging relationship with a family member. It has been this way all of my life. My compassion and ability to stay nonjudgmental are getting stronger each day. And my chronic fatigue is improving thanks to, I believe, the Heart-Wall clearing and also Body Code work. —Kat L.

Be Willing to Be Wrong

One of the keys to shifting into acceptance and achieving a powerful breakthrough in self-improvement comes when we find ourselves giving in to the possibility that we have been wrong. No one is perfect. We are supposed to make mistakes; that is how we learn and progress. But injured pride and other negative emotional experiences may have taught us that being wrong isn't okay. If you find yourself experiencing emotions like stubbornness, shame, guilt, self-abuse, resentment, and pride, you may want to take a hard look at your beliefs about being in the wrong. If you're the type that has a hard time apologizing, this applies to you. If you can't stand to lose an argument, especially when you know you're right, this applies to you, too.

Being willing to be wrong is a helpful state to be in when practicing the Emotion Code because it allows you to practice without judging yourself. It allows you to be curious and to explore. Think of how little children are able to freely explore the world around them with curiosity and amazement, learning as they go along. This is possible for them because they are not hung up on being right, and they're not afraid of being wrong! When we accept that we have been wrong before, and that we will most certainly be wrong again, we free ourselves from this little prison of our own making. This is empowering because it not only enables us to explore new things but also gives us a greater sense of valuable self-awareness.

DRAWING WITH ABANDON AGAIN

Removing my Heart-Wall was a powerful experience. When my practitioner and I were getting to the last few emotions, it felt like a separate door was opening with each release. It felt like love and light were pouring out of each new opening. My heart grew more and more full and satisfied with each layer that was released. This effect continues, though to a lesser degree.

I also noticed a big difference in my drawing. I have an art degree but have had this fear of drawing or doing art of any kind because I was constantly worried about how my work would be judged by others. After the release of the Heart-Wall, I began to draw one day and found that I was truly enjoying myself. I could draw what I felt, or what made me happy, with no concern of judgment. I hadn't been able to draw that way at least since high school, though it reminded me more of how I drew as a child. Absorbed in my own world, drawing with abandon for hours.

I also have been able to lose weight with a lot more ease. I haven't felt the addiction to junk food like I have normally felt, and have been able to stick to a nutritious eating plan.

I'm so grateful for this knowledge of the Heart-Wall and for our ability to release it. Since its release, I feel like I have been able to rediscover my true self, and share that true self with others. —Amber R.

Be Willing to Let Others Be Wrong

Part of being in a state of acceptance is constantly forgiving others their trespasses. We may feel justified in holding on to hurt feelings because it seems to punish those who hurt us. In reality, holding on to negative emotions hurts us, not them. They may or may not be aware of how we feel, but the way they feel is entirely up to them. Acceptance is realizing that we have no control over anyone in this way; we can only decide how we want to feel now. Just because you choose to suffer by holding on to the past doesn't mean they will suffer along with you. And desiring the suffering of another is a low vibrational state that hurts you anyway!

I've always liked this quote by Lewis Smedes: "To forgive is to set a prisoner free and then discover that the prisoner was you." So why not set yourself free? Why create more negativity and more damage by feeding your hurt feelings year after year?

So much human suffering occurs because we don't know what we do to one another. If only we could understand that what we do to others, we do to ourselves.

If you've been mistreated, think of the example left for us by Jesus Christ, who said these words near the end of his life: "Father, forgive them, for they know not what they do." In his extremity, he chose the emotions of love and forgiveness, and we can, too.

A true-life example of the power of forgiveness made national news in 2005.

Columnist Jay Evensen tells the story:

How would you feel toward a teenager who decided to toss a twenty-pound frozen turkey from a speeding car headlong into the windshield of the car you were driving? How would you feel after enduring six hours of surgery using metal plates and other hardware to piece your face together, and after learning you still face years of therapy before returning to normal—and that you ought to feel lucky you didn't die or suffer permanent brain damage?

And how would you feel after learning that your assailant and his buddies had the turkey in the first place because they had stolen a credit card and gone on a senseless shopping spree, just for kicks?...

This is the kind of hideous crime that propels politicians to office on promises of getting tough on crime. It's the kind of thing that prompts legislators to climb all over each other in a struggle to be the first to introduce a bill that would add enhanced penalties for the use of frozen fowl in the commission of a crime.

The New York Times quoted the district attorney as saying this is the sort of crime for which victims feel no punishment is harsh enough. "Death doesn't even satisfy them," he said.

Which is what makes what really happened so unusual. The victim, Victoria Ruvolo, a forty-four-year-old former manager of a collections agency, was more interested in salvaging the life of her nineteen-year-old assailant, Ryan Cushing, than in exacting any sort of revenge. She pestered prosecutors for information about him, his life, how he was raised, etc. Then she insisted on offering him a plea deal. Cushing could serve six months in the county jail and be on probation for five years if he pleaded guilty to second-degree assault.

Had he been convicted of first-degree assault—the charge most fitting for the crime—he could have served twenty-five years in prison, finally thrown back into society as a middle-aged man with no skills or prospects.

But this is only half the story. The rest of it, what happened the day this all played out in court, is the truly remarkable part.

According to an account in the New York Post, Cushing carefully and tentatively made his way to where Ruvolo sat in the courtroom and tearfully whispered an apology. “I’m so sorry for what I did to you.”

Ruvolo then stood, and the victim and her assailant embraced, weeping. She stroked his head and patted his back as he sobbed, and witnesses, including a Times reporter, heard her say, “It’s OK. I just want you to make your life the best it can be.” According to accounts, hardened prosecutors, and even reporters, were choking back tears.²

THE EMOTION CODE HEALED US AND ENABLED ME TO FORGIVE

My ex-husband was cheating on me for most of our twenty-three-year marriage, due to addictions to pornography and sex. Once I completed removing his negative trapped emotions, he no longer had the desire to participate in these things anymore. He was so amazed by this that he read The Emotion Code himself and learned how to do it. He has become quite proficient. He spent the next several months removing all of the negative trapped emotions he had caused me, as he wanted to do anything he could to repair the damage he had caused. This made such a difference in me that I was able to fully forgive him, remove that burden on myself and heal. —Anonymous

About Love

The ability to forgive others arises from our own ability to love. Often it is difficult to send love to someone who has hurt you, so if that feels like a stretch, focus that love on yourself! The purest form of love is unconditional love, which does not have limitations or conditions put upon it.

How can forgiving others and having unconditional love help you to avoid getting trapped emotions?

When we focus on generating the vibration of unconditional love for ourselves and for our fellow beings, we ascend to a higher level of consciousness. We are more open to understanding the motivations of others, and we are able to connect with them better. We are slower to judge and quicker to show compassion. In this state, we are less likely to experience as many negative emotions to begin with. This beautiful frequency of unconditional love simply doesn’t allow room for any of the dark feelings that could create trapped emotions.

I believe that learning to develop this kind of love is one of the most important reasons we are here on this earth. It can feel challenging at times, but we are made of pure energy and light, and if we ask for divine help, we can receive it.

When we feel this way toward others, our hearts resonate at the frequency of love, and we experience peace and harmony within.

Unconditional love helps us to focus outward, beyond our own self-centeredness. It helps us to be more interested and understanding of the needs of others. It leads us to give our time, service, and

resources to help others in need. It helps us to become givers and grateful receivers rather than takers. It creates a bond, a kinship, a brotherhood between us. It gives value to us as individuals and gives us wholeness and a sense of belonging.

This pure love is a gift from our Creator, and it emanates from the heart, where it is generated in us. We can ask for divine help in generating more of this frequency, and remove any trapped emotions that may be in the way, and it will be an attainable goal.

When our hearts are filled with love, we find joy in helping to create happiness for others. Our concern for the welfare of others becomes as great a concern as our own happiness. We therefore create our own happiness by making worthwhile contributions to others and to society. Our hearts enlarge in a spiritual sense, becoming more capable of giving and receiving love.

When our hearts are full of love, we are much less likely to develop trapped emotions. We are more forgiving, patient, and kind.

When we have unconditional love, we easily overlook the faults and weaknesses of others rather than judge them. A life full of pure love is worth striving for and worth living for. It is a life of positivity, a life that rises high above the sea of negative emotions below.

We all have the capacity to transcend our old habits and the lower energies of the world, becoming beings of great love. It begins with intention, and is attained one step at a time.

