

Chapter 1- Forgiving Others – What is True Forgiveness?



S1: In this video, we'll learn about forgiving others and what exactly is true forgiveness.

True Forgiveness

- When you learn about forgiveness, it's like giving a gift
- You give with no strings attached

S2: True forgiveness doesn't come back to kick you in the teeth. When you learn about forgiveness, it's like giving a gift. You give with no strings attached.

People who say that they
forgive but still *bring up*
the past every time shows
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forgiven



S3: People who say that they forgive but still bring up the past every time shows that they haven't truly forgiven. They might have said that they had forgiven but with zero intent. So, what is true forgiveness?

- Daisy is a gifted child
- However, she mingled with the wrong kids who were into stealing and because she wasn't very good at it, she was caught
- As expected, her parents were angry

S4: Daisy is a gifted child. However, she mingled with the wrong kids who were into stealing and because she wasn't very good at it, she was caught. As expected, her parents were angry.

- After the entire saga, they encouraged her to move on and do better things in life
- Several years later, her mother was still constantly reminding the child of the things that she did wrong
- Of course, this didn't sit well with Daisy and she felt terrible every time her mother brings up the past

S5: After the entire saga, they encouraged her to move on and do better things in life. Verbally, they forgave her. Several years later, her mother was still constantly reminding the child of the things that she did wrong every time when she got mad. Of course, this didn't sit well with Daisy and she felt terrible every time her mother brings up the past.

- Furthermore, Daisy found that this stifled her creativity and that she dreaded going home to her mother because she knew that history would repeat itself
- In the end, their relationship turned sour and things only got from bad to worse



S6: Furthermore, Daisy found that this stifled her creativity and that she dreaded going home to her mother because she knew that history would repeat itself. In the end, their relationship turned sour and things only got from bad to worse.

When you truly forgive someone, the past
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brought up again

S7: When you truly forgive someone, the past shall remain the past and should never be brought up again.

Forgiveness gives both you and the person
you feel has wronged you freedom to
move on

S8: Forgiveness gives both you and the person you feel has wronged you the freedom to move on. However, forgiving doesn't mean forgetting.

Daisy actually grew up to be a very forgiving person, learning from the lessons that she had been taught by her mother, and embraced with unconditional love.

Even though you may remember the event as if it was yesterday, **Forgiveness** means not bringing it up in the future whenever you feel like it



S9: Even though you may remember the event as if it was yesterday, forgiveness means not bringing it up in the future whenever you feel like it.

You liberate yourself by learning to let go
of blame and starting to embrace
compassion

S10: You liberate yourself by learning to let go of blame and starting to embrace compassion. Let me give you an example:

- John was always bullied by his brother
- Instead of holding onto bad feelings, John learned that compassion was a better answer
- He approached his brother to see if there was something he could do to help his brother through a bad patch

S11: John was always bullied by his brother. As he grew up, he had less to do with his brother but could see that his brother's life wasn't a very happy one. Instead of holding onto bad feelings, John learned that compassion was a better answer.

He approached his brother to see if there was something he could do to help his brother through a bad patch. His brother was astounded that John would even bother with him after all the hell that he had put John through as a child, but when people forgive, it helps them to see things from both sides.

- You have to remember that people who make your life a misery are usually quite miserable themselves
- You have a choice to let go, and to forgive, or to carry a grudge and live with blame and anger
- Both are bad for you because these are negative traits and they diminish who you are

S12: You have to remember that people who make your life a misery are usually quite miserable themselves. You have a choice to let go, and to forgive, or to carry a grudge and live with blame and anger. Both are bad for you because these are negative traits and they diminish who you are. Even if you were technically right in the 'blame game', deep inside you won't feel good due to all the negativity and sense of grudge.



- Forgiveness requires the strength of character, rather than weakness
- Those who are able to forgive are more likely to live happier lives

S13: Forgiveness requires the strength of character, rather than weakness. Those who are able to forgive are more likely to live happier lives.

- In John's case, his brother is now his best friend because he learned from the kid he bullied how to move on and create major successes in life despite circumstances
- He didn't despise him, or try to prove that he was better than his brother, but he demonstrated that when you forgive, you become a happier and more fulfilled human being

S14: In John's case, his brother is now his best friend because he learned from the kid he bullied how to move on and create major successes in life despite circumstances. John's brother asked him once how he could forgive and the answer is simple, to love is far better than to hate someone.

He didn't despise him, or try to prove that he was better than his brother, but he demonstrated that when you forgive, you become a happier and more fulfilled human being. There is no better example than John himself.

- There are so many things that people are unable to forgive from their childhood till death start knocking onto their door
- That intangible burden that they carry with them their entire lives will diminish their ability to experience true happiness and fulfillment

S15: There are so many things that people are unable to forgive from their childhood till death start knocking onto their door. That intangible burden that they carry with them their entire

lives will diminish their ability to experience true happiness and fulfillment.

Forgiveness allows you to lift that burden
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S16: This places a heavy burden not only on them, but also people around them. Forgiveness allows you to lift that burden and to see life from a different perspective.



No matter what
childhood offered or left
in its tracks, *forgiveness*
and *acceptance of life* is
a healthier way to go
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S17: No matter what childhood offered or left in its tracks,
forgiveness and acceptance of life is a healthier way to go and
makes you less bitter.

That bitterness tarnishes everything that you
do and each interaction you have with others
until YOU decide to *Let It Go*

S18: That bitterness tarnishes everything that you do and each interaction you have with others until YOU decide to let it go.

- Remember that it's our responsibility to make the world a better place
- Once you experience letting go, you will never go back to the bitterness again
- It's about saying sorry and moving on in your life to start over with new hopes and dreams

S19: Remember that it's our responsibility to make the world a better place. Believe me, once you experience letting go, you will never go back to the bitterness again, because the choice is so much sweeter.

It makes you feel like you have un-laden a huge load and when you feel that way for the first time, you will be shocked at how easy it is. It's not even about pride. It's about saying sorry and moving on in your life to start over with new hopes and dreams.

True forgiveness is when
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S20: True forgiveness is when you can look inside and see no hatred, negativities or any strings attached to past bitter experiences.

- You begin to see the good in you and it isn't being vain or narcissistic
- You'll be freed from the burden of all the bad things that happened and that truly is a gift that only those who are prepared to look beyond remorse and anger will experience

S21: You begin to see the good in you and it isn't being vain or

narcissistic. You'll be freed from the burden of all the bad things that happened and that truly is a gift that only those who are prepared to look beyond remorse and anger will experience. That, my friend, is the Freedom in Forgiveness.