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## **Be-Coming: Forgiveness**

The wonders and joys of **being** human

Vol. 2, No. 5 ----- July 2006

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1. Note from Rikki

This is a new one for me. I wrote the essay in July and didn't get the other parts around it. The experience of forgiving myself has been so powerful that I'm sending it out, even though it's September now. The September issue will give more clarity about the summer, if such a thing is possible. I was very unclear.

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### **2. Essay for the Heart: Forgiveness**

Perhaps you've seen the word in the subject of an email - Ho'oponopono. I saw it several times. I glanced at the first few paragraphs. Some guy in Hawaii had healed all the patients in a mental ward. That's pretty amazing, but it wouldn't do anything for me.

Several more emails came along. How do you pronounce that word? Another of those viral emails that goes around.

And then I was in a very scared place and hadn't been able to get myself out of it. I called a friend, who had just happened to read the article. Before I got very far into my tale of woe, she said STOP. Then told me to say "I'm so sorry, I forgive you, I love you" and to say thanks at the end. She asked me to do this for an hour. At that point, I'd try anything. That was Wednesday.

Today I realize that I'd rather forgive myself than to be scared or to scare myself.

Post script: At first, I thought I'm supposed to be forgiving others and then my experience proved that in forgiving myself, I was forgiving others. Actually as I've become more compassionate toward myself, the world looks like a very different place. I forgive myself and know that I did the best I could at the time with the resources I had. If that's true for me, then how can I judge anything about what another person has done?

By the way, you can sing "I forgive myself, I forgive myself" to the tune of O Tannenbaum. It surpasses a lot of other things I used to play in my head!

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The Fine Print

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