A low-angle photograph of bare tree branches against a bright blue sky. The sun is shining brightly from the right side, creating a lens flare effect. The text is overlaid on the image.

*As we move through World with love,
forgiveness follows.*

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How to Practice Forgiveness: Moving Through Tender Spots with Grace

Introduction:

The truth is, **forgiveness is a tool of empowerment**; yet, many in mainstream society *purposely choose to withhold it*—from self, others, World. In essence, this choice is one of pain versus peace; constriction versus freedom.

I choose presence to peace and freedom. It is my hope that you join me.

This is an invitation to explore the concepts within forgiveness: how to move with grace, regardless of external circumstances. Perhaps this is a practice you currently use, perhaps this is a gentle stretch for you; I am honored that you are choosing to walk a few steps together.

I believe that we learn depth through our similarities and range through our differences. May this be a conscious conversation—one in which we share through reflection. After reviewing these concepts, please feel free to email me at joy@facetsofjoy.com with your questions and/or reflections.

Thank you for your presence!

Much peace and abundant love,
Joy

Intention

I open this discussion with a brief overview of the concept of intention.

When we explore something new, and perhaps unfamiliar, if we set an overall intention for the exploration, we are energetically opening our heart to the process. The practice of setting an intention engages mind with thought, effectively--and naturally-- dissolving doubt and/or fear, so that heart may enthusiastically feel the resonance within the space.

Thus, we are moving forward, gently stretching into this new space, with whole-body participation.

(How does that feel? Pretty powerful when we allow it to be!).

I ask how does that feel, because *forgiveness may lead to a spot of vulnerability*. **When we are feeling comfortable and empowered when we reach our personal place of vulnerability, we are more likely to contemplate within it, stretch through it.** When we are feeling uncomfortable, we may be hesitant to connect from such a space.

I invite you to step into this space with me. May you consider your overall intention for choosing to receive this message and, as you read, may you consider an overall intention for application of this message. I encourage you to begin by setting an intention such as “I will read with an open mind and heart because I wish to.....”.

My intention is that I will center into gratitude and love and share solely from this space, even when I feel vulnerable; releasing a “need for perfection” while allowing the message to flow freely.

Any typos and errors are mine, the rest is Universal.

And so it shall be. (A wonderful phrase to “close your intention” while keeping your being open to receive).

Grace is a portal to peace
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I would like to ease into this exploration of forgiveness.

There seems to be this notion that if one chooses to forgive, one is in some way conceding power and if one chooses not to forgive one is in some way yielding power over the situation. This feels extremely reactive to me.

What if, instead, we choose to center into our overall life commitment to vest presence to spirit.

If this commitment does not resonate with you, may you choose a commitment that does. What is it that your heart desires from a specific connection/experience (this would be your overall commitment).

Choosing to create from center—and *with* external—instead of reacting to, is choosing to connect from an empowered place.

As I suggest through the practice of presence classes and services I share, first may we apply our concepts to self, then others, then World. So, I would look into my own life and decide *what is my overall commitment* to regarding myself.

If I am vesting presence in spirit to self, forgiveness naturally flows as I am being love. Forgiveness of self is not something I consciously need to think about because grace is present in all of my thoughts and actions.

However, in my journey, while I center into presence now, I haven't always been centered. So, when I review my past steps, *the application of forgiveness is an essential practice to move through tender spots.*

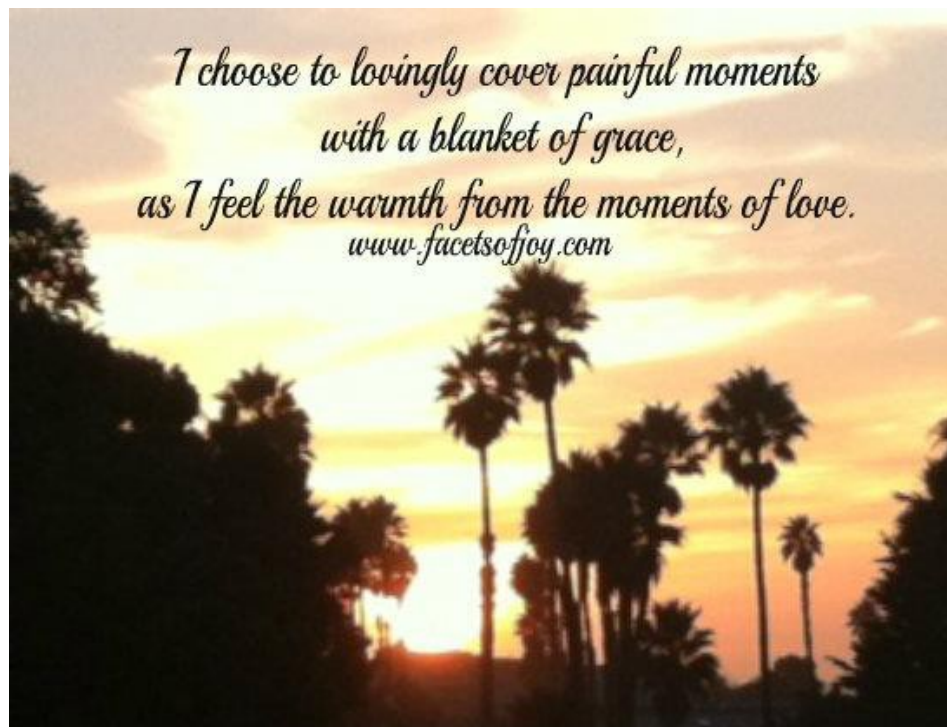
In essence, forgiveness is the application of love and gratitude, regardless of external. As I review my past steps, if the words “mistake”, “wrong”, “regret” rise, *this is my sign* that I have an internal barrier...a tender spot in which the application of forgiveness will amplify spirit (thus, magnifying the feel of abundance).

Within the feel of abundance, one may experience inner peace, joy, love, gratitude, delight, spirit, regardless of external. One feels “more than enough”, which is a place of empowerment. (See how we might *think* forgiveness is conceding power, yet empowerment resides within grace).

The Application of Forgiveness

As I mentioned, when we are centered into love and gratitude, forgiveness naturally flows. What if the practice of (and thought of) forgiveness is new, how would we step into it?

1. Set an intention
2. Occupy mind with thoughts of gratitude
3. Occupy heart with feelings of love
4. With this whole-body integration, one may ease into the wounded spot
5. In this spot, simply say: I forgive you
6. Back up the words with action
7. Allow this action to move you through the wounded spot



A few points to consider:

- We are not ignoring or excusing the specific experience, *we are removing judgment* from the situation while adding spirit (love and gratitude).
- Forgiveness *does not mean* we need to continue to vest physical or energetic presence. **Forgiveness closes the energetic circle of that experience, vesting all involved with the freedom of movement within resonance.**
- When we choose to hold onto grudges, anger, bitterness, regret, it manifests in various ways in our personal life: tension, stress, an inability to sleep, an unwillingness to connect or create beyond surface, physical ailments and illness, emotional illness. It is impossible to cultivate enriching and enlivening if one is mired down with this dead weight. It is impossible to move through something, if one is bound by these external ties.
- **Forgiveness in words is the beginning. Forgiveness in action allows movement through the experience.**
- Here is the thing, if you choose not to forgive...another, World...it is likely that you are causing pain to yourself while the other person/s is moving through world unaware, and most likely enjoying life. Why would we choose to cause ourself pain? Because we don't wish to move forward and we can use this as our excuse to not move forward.

Think of this, if you may...within an experience, if we feel we have been wronged, and others agree with us, and we apply forgiveness, people are incredulous, and ask why? If however, we choose to withhold forgiveness, people seem to understand that...the same people for whom inner peace is elusive...think about that please.

So, you might not understand my choices to apply forgiveness and move through grace, but those choices allow me to experience peace and abundance in this moment of now. It sometimes takes courage to create from your own truth, but once you do, it becomes easier. And if you believe in resonance, you will then draw to you people who not only understand your choices, but will also inspire you to make them. *Surrounded by enriching and enlivening*, there won't be as many "instances" for forgiveness.

This is because when love enters the room, forgiveness naturally follows.

Let's go through the steps together and apply them to a fictional circumstance. Friend A said they would be present at Friend B's very special live event party. Friend A did not show up, nor did they call. Friend B missed Friend A's presence and felt very hurt.

This exercise is from Friend B's perspective:

1. Set an intention. Friend B is committed to peace and presence.
2. Occupy mind with thoughts of gratitude. Friend B does not try to think out reasons or explanations for Friend A's behavior. B instead thinks of how wonderful the event was, how Friend A brings x, y, z to this connection.

3. Occupy heart with feelings of love. B feels all of the ways in which she loves the essence of A.
4. Holding an intention of peace and presence, with a heart full of love and gratitude, B then asks A to connect and communicate. B explains that she would have loved A's presence and that this absence was felt, but also that the event was wonderful and because she truly loves A's presence she is open to communicating about this situation.
5. B listens, without judgment, and simply says I forgive you for not being present at my special event. Internally B says (to her self) I forgive you for trusting and loving A, and I appreciate you for your presence to peace in this connection.
6. Back up words with action. Once forgiven, the situation is not rehashed, or brought up again in the future, not internally as B moves forward and has opportunities to love and trust, not externally as B moves forward with A and chooses whether or not to continue to vest presence. If B chooses to vest presence, it is with a "clean slate" of trust, love, and gratitude.
7. Allow this action to move you through the wounded spot. You can see how B's decision to honor peace, engage her mind, open her heart, connect from center, forgive herself and A, and continue to trust in her future decisions moved her through a wounded spot. That is huge! And, it is completely independent of external circumstances...for it won't matter what A says, B is honoring her values and remaining centered as she moves through a potentially painful situation.

Now, if A says something that doesn't resonate, instead of allowing that to bring drama to the moment, B *remains centered*, issuing forgiveness with the option to remove presence.

The use of forgiveness is not a "reward", and the withholding of forgiveness is not a "discipline".

(How does that feel?).

What if the other party doesn't want to connect? Just energetically work through the steps as above, visualizing their participation. Again, the point is not *what they* do with the gift of forgiveness, it is that you have moved through your wounded spot, with resonance.

It is important to remember to apply forgiveness internally.

Are there instances we should withhold forgiveness? When we withhold forgiveness, we cause pain. Introducing pain into a situation only serves to disempower the person giving it, as well as the person receiving it. **Choosing grace is choosing infinite possibility.** Forgiveness and presence are two separate choices. Choosing to forgive the situation is choosing to move through a wounded spot; one may then say I do not wish to continue vesting presence because this no longer resonates.

What if the event happened years ago? If we are doing inner work, we can *energetically go back in time, to apply forgiveness*. We would visualize the experience and work through it energetically following the same steps as above. This is a very powerful exercise, because we believe we cannot reverse time, yet these physical and energetic layers of pain can cause illness, stress, pain in these moments of now. *Applying forgiveness dissolves those layers.*



Thank you for your presence to this exploration.

Please note: *I weave energetic principles throughout each message.* Three examples: **1:** I used the color green, which is symbolic of the heart-chakra color of love. **2:** I kept the format casual (light) because the message had potential to be heavy. **3:** I opened and closed the energetic circle of this document with gratitude for your presence.

Life is a collaboration of love. It is a joy to share these steps with you!

I understand that as you read through this message, residual from your past might rise and some variables in your present might feel magnified. My intent is *to move us through pain*, so if you read through this material and you would like some guidance, I am offering a gift of a complimentary 20-minute phone consultation. If you would like to receive this gift, please email me at joy@facetsofjoy.com .

If this message—the style, the tone, the feel—resonates with you, I invite you to join the Facets community through this link: [The Art of Receiving Abundance](#).

Much peace and abundant love,
Joy Holland: founder of Facets of Joy.com