



# Forgiveness: The Healing Gift We Give Ourselves

*Cheryl Carson*

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## **Forgiveness: The Healing Gift We Give Ourselves** Cheryl Carson

Only one obstacle keeps us from forgiving others. It is the belief that we are not the one who receives the benefit of our forgiveness. Unconsciously, we associate forgiveness with loss instead of gain. We may think of it as acquiescence, giving in. Yet, who is the one who suffers? When our grievance grows to hatred, we become slaves of the very persons we hate. We are bound to them with chains that leave us no peace. None of us can afford to pay the price of carrying grudges or harboring bitterness, because of what it does to us.

Cheryl Carson offers a fresh perspective, the result of her own intense struggle to learn how to forgive. She presents a new way of thinking, suggesting a way of perceiving others that can make forgiveness easy and, ultimately, make it unnecessary. If forgiveness is something we need to learn, we will continue to attract opportunities to practice it. But inner peace and happiness and true freedom are attainable once we have learned to let go, once we have learned to forgive.

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