

# The Challenges Of Forgiveness



**Mushiba:** “Forgive and Forget.” “Let it Go.” “Give it to The Universe.” Sure, easy to say ~ not so easy to do. Our lives present us with daily opportunities to practice forgiveness ~ and *practice*, it certainly does seem to be! However, eventually, we do finally learn ~ if not during this life, then another.

Waith talks about forgiveness frequently. Here is one of my favorite excerpts taken from way back in 1988:

*Waith: “Most of you deal each day in conditions where the practice of forgiveness is quite difficult and you question how you can achieve a greater ability to forgive. Begin with love. Love Self, first and foremost ~ appreciate who you are regardless of where you are on your path. You are each beautiful and loving and need only to express that and to believe it yourselves.*

*“This can be done through your focusings to reach your Higher Self and to call on your Soul and its memories. Surround yourself with the love of all who are assigned to protect you. So often, you forget what is available to you and go about your lessons and earth plane limitations thinking you must do this by yourself. This is simply not true.*

*By loving Self, as a part of The Universal Consciousness, you begin toward the understanding of Love of All. And, as you begin to slowly unfold and appreciate Self, you find yourself not judging as much, and when you are able to not judge, you are then able to forgive. It is a process.*

*We have a Focusing Tool that you can employ when you find yourself in a situation where you are judging and saying, ‘This person should not do this ~ it is not right,’ and therefore, you are unable to forgive the entity.*

*Envision the letters in your language that spell out love (for example, the English, through which we translate, L-O-V-E). Visualize the letters and a white beam of Light coming out of the letters and surrounding the letters, L-O-V-E.*

*This can serve as a simple reminder that if you love, then you can forgive, and that there is no situation or entity not deserving of forgiveness ~ ever ~ no matter how horrendous it might appear to you.”*

Waith’s message from so long ago is still relevant and, I believe, an example of the road to forgiveness of Self and Others unconditionally. As I reflect on his words, it seems that the ***Challenges of Forgiveness*** can be overcome with this simple mantra: the *More* we Love Self and Others, the *Less* we judge Self and Others, and thus, the *More* we forgive Self and Others. As Waith loves to say, *“It is as simple as that!”*