

Perspectives
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By Cathy Pfeil

Forgiveness Party

Are there people in your life you can't bear to be with? A short list of people who make your stomach do flips? An unfair ex-spouse or business relationship that soured? Whatever your story is holding on to these old feelings is only hurting one person - you. Walking around with anger and resentment raises your blood pressure and heart rate. It reduces the potency of your immune system and is an expensive use of energy.

If you are thinking this doesn't apply to you, create a party list. Who would you hate to have show up at your party? Who are you afraid to see? Now imagine that each one of these undesirable "party guests" costs \$1000.00 to invite to your party, plus extra "security costs" depending on how horrible it would be to have this person actually show up. Yikes!

Releasing these old hangers-on creates space in your life for new opportunities and change. It frees up that \$1000.00 party space for you to use in a different way, a way that serves you. We use up energy holding on to old unresolved issues. We deplete our emotional and physical resources by continuing to invite these people or ideas to our party or by spending time and energy making sure they are excluded.

Each day you get to choose how to use your precious emotional and physical energy. You can use your energy to hold on to the past or you can reroute it to your energetic bank account. Here is an exercise that will assist you.

Breathe and relax. Connect yourself to Spirit in the way that works for you. . Know that you are an aspect of the Divine manifesting as you. Hold that thought. Breathe that connection to Spirit through your body and through every aspect of your being.

Now picture that expensive party guest and as you do this, continue to hold yourself in the light of Spirit. Now surround them with that same loving energy, knowing that they, without exception, are a manifestation of the Divine. If you feel yourself getting heavy, mad or sad go back to the part about breathing and repeat until you can picture the person in front of you as whole and perfect. See yourself under a waterfall of Spirit and then expand that waterfall to include the other person. Rinse and repeat until you have held the whole party in this light.

From this centered space you can feel the connection between all things, and as you begin to pull back from old resentments, you can recognize that even if you don't want to hang out at a party together, you are still aspects of the same consciousness. You can allow yourself to let it go, and those redirected energies will begin to rebuild your depleted emotional storehouse and the real party can begin.

— About the Author: Rev. Cathy Pfeil is a founding member of Center for Spiritual Awakening, a New Thought church here in Olympia. www.csaolympia.com