

Mindfulness

Learning to forgive ourselves for the mistakes we make

One of the most difficult things to do is to forgive yourself for the mistakes you have made. Sometimes we are our own worst enemy and carry guilt for years and years. The biggest mistake we make is to not forgive ourselves. Everybody makes mistakes; we can learn from them and then forgive ourselves and move on. Not forgiving ourselves is a form of anger towards ourselves. It is punishment. It is self-hatred. This is an unnecessarily heavy burden for us to carry.

Learning to forgive ourselves is important for our mental health.

Many things can help us:

- In the Our Father we ask God to forgive us, and we know he does! We can learn to realise that God forgives and forgets, so we should too!

- By forgiving others, we learn to forgive ourselves.

As we learn to forgive ourselves, we grow in love for ourselves.

This is part of the greatest commandment: "Love your neighbour as yourself."

- Think of St Peter who messed up so much and denied Jesus three times. Jesus forgave him, because Peter had grown in love for Jesus. Jesus chose him to be the rock on which he would build his church. Human society may not forgive you the mistakes you have made, but God will and you can become great in God's eyes, as Peter did.



An unforgiving religion or society is a big burden for everybody to carry and it is totally unnecessary and destructive. It blocks the flow of energy in people. It doesn't help that often the media is so unforgiving when people make mistakes!

REMEMBER! What is important is that we learn from our mistakes, the mistake can turn in to a blessing, because it has enriches us and others.

TRY THIS: CELEBRATE YOUR FACE

Often when we look in the mirror we hate what we see. Spend some time on your own, sitting or lying down, to appreciate your beauty. And we are all beautiful!

Closing your eyes, take your attention to your face...just become aware of it...perhaps exploring its boundaries...where it begins and ends...

Then begin focussing your attention on specific parts of the face...the jaw...lips...mouth...inside the mouth...tongue...teeth...nose... Notice your eyes...the eyeballs resting in the sockets of the skull...protected by the eyelids...feeling the weight of the eyes resting here...

Now focus on the forehead and temples...the ears...left ear...right ear...scalp...in your mind's eye, massaging the scalp with awareness.

All the time take an active interest and curiosity about your face and your features....this face exactly as it is right now...letting go of any need or wish to assume a particular expression or pose...just allowing your face to be here as it is...Notice if any judgements arise and if they do, perhaps just noting "judging is here", before bringing your attention back to the face with kindness and gentleness.

You are beautiful. Be kind to yourself.

Simply be with your experience, whatever it may be.