

Healing Through Forgiveness

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"Forgiveness is not about forgetting the past, but about freeing the soul to live fully in the present."

A Quiet Place Within



Within each of us lies a deep well of compassion. Yet pain, betrayal, guilt, and disappointment often close the heart. Forgiveness is the gentle act of reopening, not for the sake of excusing hurt, but to release ourselves from the burden of carrying it.

Forgiveness is not weakness. It is a reclaiming of freedom, an act of choosing peace over pain.

Why Forgiveness Matters



Forgiveness restores peace by loosening the grip of resentment. It opens the path for love to flow again, both inward and outward. It frees energy once bound in anger, guilt, or shame to be used for healing and growth.

Unforgiveness corrodes from within. Shame convinces us that we are unworthy. Guilt tells us we are beyond repair. But forgiveness—especially self-forgiveness—restores dignity and self-worth.

For those of a religious or spiritual persuasion, forgiveness is not just a moral act but a sacred one. It is a return to grace: the recognition that love, compassion, and mercy are greater than judgement or punishment. In many traditions, to forgive is to mirror the divine; to extend to ourselves and others the grace we believe comes from God.

The Barriers to Forgiveness



Fear of condoning harm: Forgiveness can feel like excusing the inexcusable. Yet forgiveness is about your freedom, not theirs.

The ego's grip: The need to be right, to seek revenge, or to hold power keeps us bound.

Guilt and shame: We may struggle to forgive ourselves, believing we are undeserving of release. This self-condemnation erodes self-esteem and keeps us trapped.

Religious guilt: Many are taught forgiveness is required but struggle with the pressure of "having to forgive" before they are ready. This creates inner conflict, leaving them feeling guilty for not being able to forgive.

Recognising these barriers allows compassion to rise—for ourselves, and for the slow unfolding of the heart.

Simple Practices for Forgiveness



Letter of Release: Write honestly about the pain you carry—towards another, or towards yourself. When ready, release it by burning or tearing.

Self-Compassion Dialogue: Sit quietly and speak aloud to yourself as you would to a dear friend. Replace shame with kindness.

Sacred Perspective: If faith is important to you, invite prayer, scripture, or meditation into your process. Picture placing your guilt, shame, or resentment into divine hands, trusting that you are already forgiven.

Breath of Release: With each exhale, whisper: “I release. I forgive. I am free.” Allow the body to feel lighter with every breath.

Living Forgiveness Daily



Forgiveness is not always a single moment—it is often a practice. Some days you will feel lighter, others you may feel the old pain return. This does not mean you are failing; it means you are human.

Living forgiveness means:

- Choosing compassion over retaliation.
- Honouring your faith or values not through guilt, but through grace.
- Allowing forgiveness to be a daily choice rather than a pressured obligation.
- Releasing yourself from shame so your soul can stand tall.

The Fruits of Forgiveness



When forgiveness begins to take root, life feels lighter.

- A release from the heavy weight of guilt, shame, and resentment.
- A restored sense of self-worth and inner peace.
- A deeper compassion for both yourself and others.
- Freedom to live fully in the present, unchained from the past.
- For people of faith: a closer connection to the divine through embodying mercy and grace.

Reflection Questions



Take a moment to reflect:

- Who or what am I still carrying that needs forgiving?
- What fears or beliefs hold me back from forgiveness?
- What would change in my life if I chose to release?
- How has unforgiveness impacted my self-esteem and relationships?
- What role does my faith or spiritual belief play in how I view forgiveness?
- How can I practice self-forgiveness today?

Closing Blessing



May you find the courage to release what no longer serves you, the compassion to forgive yourself and others, and the grace to walk free of guilt and shame. May forgiveness lift you into peace, restore your worth, and draw you closer to love—both human and divine.

