

The Silk Net

Module 2

Returning to our silk net analogy, every time we hold a judgment towards something, we catch that experience within our net. Over time, if we continue to do this, our net becomes clogged and heavy. The material no longer flows freely and it becomes more difficult to see through its mesh. The net becomes toxic, heavy and depleted just like we humans can become. In order to free these trapped elements, we only have to forgive ourselves for holding a judgment towards the experience to begin with. Then, that which has been stuck, is freed to flow through us as it was naturally intended.

Staying in the present moment also helps to transform resentments into forgiveness. It's a "state of allowing" that simply means allowing life to move through us. This is our natural and intended way of being. It is a state of total aliveness and acceptance of ourselves and our lives. As soon as we move out of the present we move into judgment: judgment about the past or the future. The past is meant to be a place of reflection, of lessons learned, and the future is the untapped possibilities of what's to come. But the mind can get in the way. Through judgments we hold onto experiences instead of allowing them to move through us and this takes us out of the present moment. We hold the judgment within our hearts, our minds and our bodies. This makes us tired, depleted and toxic, just like our silk nets. The end result is harbored resentments.

So what is forgiveness? It's the transcendence of any judgment through forgiveness for oneself. We are all here to learn forgiveness. To do so, there has to be something within our lives to forgive and this is not always easy. To truly forgive another, we have to forgive ourselves. Forgiveness is not about freeing us from being judged, it's about freeing the judgment from us so that we can be free.

Exercise:

If you are struggling with forgiveness, allow yourself to be human for just a moment and step into your pain. So many of us run from our pain as a natural survival technique. But we want to thrive not just survive. I invite you to find a safe way to respect and honor your pain, allowing it to lead you through an amazing transformational process. Before the freedom of letting go and moving on, you will be asked to release your own judgments and contribution to the pain. Once you can do this for yourself, you will be amazed at what life looks like on the other side...



Five Practical Steps to Forgiveness...

1. Own It! Be real with yourself about the situation you need to heal. Ask yourself the hard questions and take full responsibility for your role in how things played out. For example, what role did you play in the situation and how could you have done things differently? Is there a familiar pattern arising in this situation? If there is, there's probably an important life lesson you are meant to learn. In the short term, it is much easier to blame others rather than to turn the spot light on ourselves. But in doing so we are delaying our healing process. Own it and you have found an important key to healing.

2. Reach out. Whether it's successful or not, at least you tried. Say you are sorry. It's never too late to pay respect to the people you have let down. You can do this in person, over the phone or through a letter. Whatever your muse, the idea is to purge yourself of any un-forgiveness. You may say something like, "This is way overdue but I wanted to send an apology to you. I know that what has happened cannot be undone and that is not my intention with this letter. I'm writing because you deserve an apology and I want you to know that I am deeply sorry for how things unfolded."

3. Reflect. Learn from your experiences. Make the most of any perceived bad situation and find out what you needed to learn about yourself. Every situation is an opportunity to grow.

4. Walk the Walk. Do things differently from now on. If you want a different outcome, then have different actions.

5. Forgive Yourself. When you get to the point where you are being called to forgive yourself, the experience is coming to completion. Try using the affirmation, "I deeply and completely love and forgive myself." If you want, you can even describe what you are wanting to heal: "I love and forgive myself for _____."

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