

# Mindset Mastery VI

*An exploration of Self-Coaching*

## Lesson #7

# *Forgiveness*

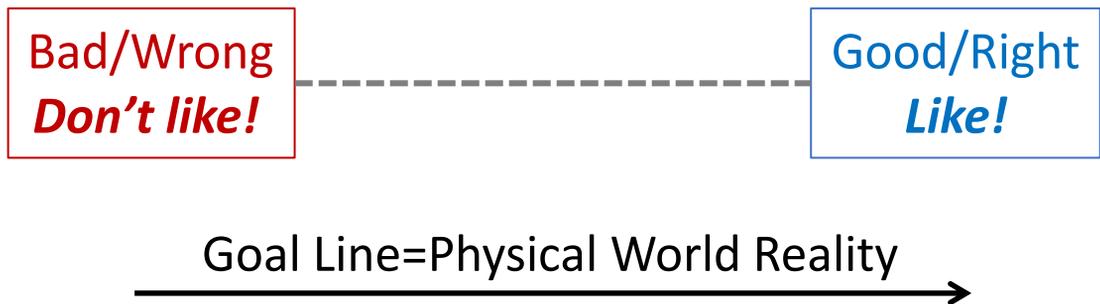
# CLASS GUIDELINES

1. I will be in a quiet place, using a high-quality headset. I will avoid distractions.
2. I will participate fully. All of my attention will be on the class.
3. I will be alone to protect the privacy of other participants and to create a safe, sacred space.
4. I will do my best to be present and on time to every class.
5. I agree to have my lesson in front of me, **PRINTED ON PAPER**, with a pen handy.
6. I understand that my role in the class is as the student.
7. I will laser my speaking.
8. I will refrain from marketing my product or service to fellow participants until two weeks after the last class.
9. I will refrain from alcohol and mind-altering drugs during class calls.
10. I understand hostility of any kind toward another person, including Dawnmarie, will not be tolerated.
11. I will not mention or discuss politics in class, with the exception of how they may pertain directly to my issues and healing.
12. I understand that Dawnmarie is a mandated reporter. If I tell her I have abused a minor or an elderly person, that I am going to harm myself or another physically or sexually, or that I am going to commit suicide or murder, she must, and will, report these facts to the appropriate authorities. I further understand that If I am in her physical presence when I make these statements, she must contain me and send for the Psychiatric Emergency Team to assist. If I tell Dawnmarie that I am depressed she must send me for a referral from the appropriate physician.

# How Mindset Mastery Works

A **Goal Line Mindset** fosters the belief that we can achieve satisfaction from the accumulation of possessions or status.

It is an attempt at moving from experiences that we judge as bad, wrong, or unpleasant to ones that we judge as good, right, or pleasant.



Every upset we experience is due to the illusion of the goal line. The illusion tells us that we can be happy, “If Only,” our circumstances were different.

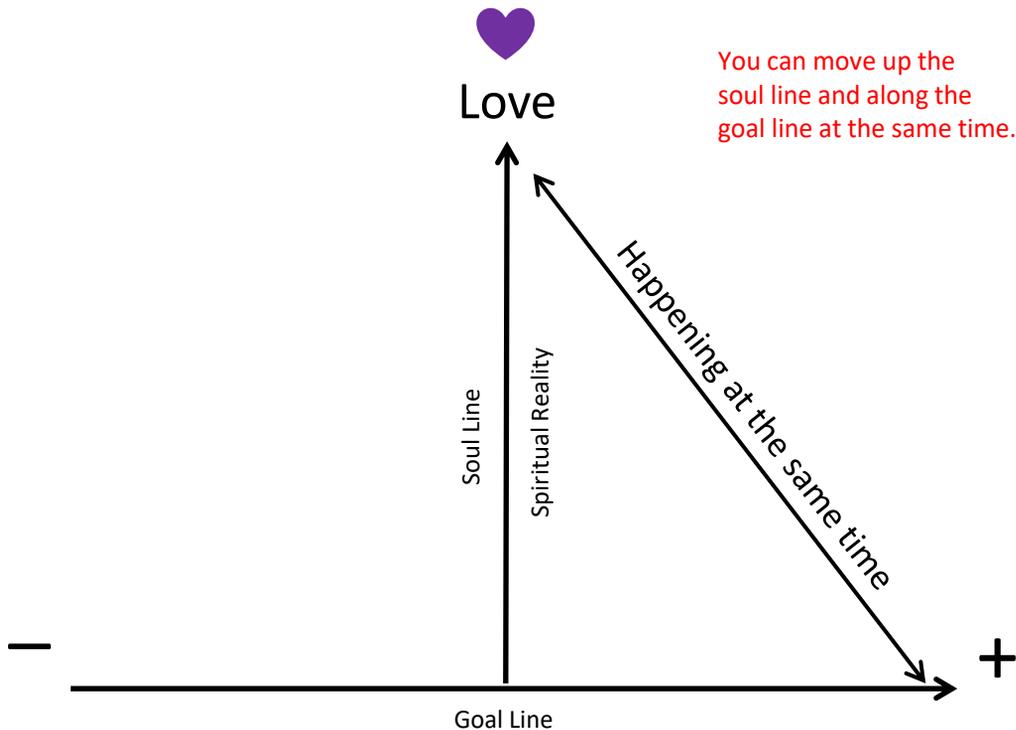
If only...

- they loved me.
- I had a better car.
- my boss was kind.
- it wasn't raining.
- it was raining.

What are your “If Onlies”...

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

# Meet The Soul Line!



Your nature is LOVE. The more you climb the soul line, the more you awaken to your loving nature, or rather, your authentic self.

Fulfillment in life is not on the goal line.

You can achieve great levels of success and still be miserable. Focusing only on the goal line creates an abundance of frustration, low self-esteem, discouragement, self-sabotage, loneliness, and often is at the root of suicide.

What you are seeking is LOVE, and you ARE that love. You are seeking yourself, and you are not where you have been looking.

**The Soul Line(ascension), is not UPWARD, it's INWARD.**

# An old Eastern European folktale

A man helps a pathetic old crone he passes on the road. The crone then morphs into an angel and tells him, *“As a reward for your kindness, I will grant you the fulfillment of one wish. There is, however, a caveat. Your worst enemy will get double whatever I give you.*

*For example, if you wish for \$1million dollars, your worst enemy will receive \$2million dollars.”*

The man thought for a moment. Then he said, *“Blind me in one eye.”*

# Forgiveness

Forgiveness is the most important gift you can give to yourself. Furthermore, it always boils down to self-forgiveness

Forgiveness:

- To pardon an offence by treating the offender as if the offence had not occurred.
- The act of freeing from guilt or shame.

Forgiveness is not an occasional act.

It is a constant attitude.

**~Martin Luther King Jr. ~**

Forgiveness is a way of life that offers inner peace, joy, and abundance. The alternative sucks!

**~Me~**

***The heart of unforgiveness lies in judgement and resentment, with roots based in ego. These come from fear on a deep subconscious level.***

# Resentments and judgement

Resentments come from a need to feel right, or better than, thus triggering a constant state of defining and labeling everything as right, wrong, good, or bad. They stem from an unhealthy self-esteem. Therefore, our self-esteem/ego dictates how unforgiving we will be.

True and full healing happens only after true and FULL forgiveness. Partial forgiveness means less freedom.

## **Forgiveness does not mean:**

- I have no boundaries.
- I am condoning a harmful behavior.
- I need to continue in an unhealthy relationship.
- I cannot take legal action for a transgression.

## **Forgiveness means:**

- I release myself of emotional and mental torture.
- I let go of the victim story.
- I take ownership and responsibility for my decisions regarding the situation.
- I let go of blame and fault finding.
- I choose to love.
- I experience freedom... and much more!

# Humility, Submission and Self-Respect

## Humility

A voluntary lowering of one's status for the benefit of all involved. It requires a lessening of ego.

## Submission

Acknowledging, being flexible, and/or yielding to another's authority.

## Self-Respect

To esteem oneself highly. To treat kindly, considerately and compassionately.

### Effects of Un-forgiveness

- Lower self-esteem
- Depression
- Anxiety
- Unworthiness
- Physical pain and illness
- Blocking abundance
- Guilt and shame.
- \_\_\_\_\_
- \_\_\_\_\_

### Benefits of forgiveness

- Higher self-esteem
- Inner joy
- Emotional freedom
- Higher worthiness
- Higher self-worth
- Higher vibration
- Success
- \_\_\_\_\_
- \_\_\_\_\_

# Why to Forgive

## **1. Forgiveness is a gift for you.**

The anger and pain you feel does not affect the other person as much as it does you. You are the one who benefits when you forgive.

However, on a spiritual level, everyone really benefits. The totality of negativity lessens when you forgive.

## **2. Your mind does not know the difference between fantasy and reality.**

Every time you think about a situation and have those feelings you are experiencing it over again.

## **3. Your mind does not know that what you are feeling is about the other person.**

To the subconscious mind any feelings, whether negative or positive, are processed as if they are about you.

# Viewpoints for Forgiveness

In doing your forgiveness work, it is important to adopt a few viewpoints.

You are not forgiving anyone for actions, behaviors or perceived ill intent. That would require you be in judgment about them, yourself, and the situation. It is best to adopt the idea that whatever happened is in the past and no longer exists. After all, we ARE LOVE, and not merely our behavior and ego.

What you are forgiving is your judgment about yourself, the other people involved and the circumstances as being right or wrong, good or bad.

This process of forgiveness is not religious, spiritual or emotional. It is mental. Remember, **how you relate to the issue is the issue.** How we relate to the issue is what causes the pain.

This forgiveness process helps you relate to yourself, the others involved, and the situation with neutrality. It changes your mental thoughts about it and impacts your ego in a positive way. It can also lead to greater commitment to **religious** and **spiritual** practices, deeper understanding and insight into your **spiritual** growth and ascension, and huge **emotional** release. But those are biproducts, not the goal.

Do follow your religious practices for forgiveness. This work need not interfere, as we are working specifically on the mental aspect. If there is a conflict with your religious beliefs, follow what you feel is right in your heart.

# Trio #10 - Identifying Challenges in Forgiveness

## Skills used

Silence

Deep Listening

Holding Space

Prizing

Timing

6/2/1

- **N.O.** - Focus your attention on the trio. Actively and silently send the sharer compassion and love.  
*Remember, your role is important!*
- **Coach** - Focus all of your attention on the Sharer. Silently send them compassion and love. Remember, they have all the inner resources to find their own answers and solutions.
- Invite your partner to share by saying something like this...  
*Please share with me an issue from your list which feels like it might be challenging for you.*
- **Sharer** - **Briefly** describe the situation.

# Trio #10 - Identifying Challenges in Forgiveness

- **Coach** – The only dialogue you will have in this Trio is asking this question.

Ask the Sharer the following question:  
What will be a challenging aspect of self-forgiveness relating to this issue for you?

- **Sharer** - Examples of responses:
  - *I am afraid to see how I am blaming myself.*
  - *I feel like I will lose control and be swallowed by rage.*
  - *I question if I let go of this, will I even be me?*
- **Coach** - If there is time, ask if there is another challenge they might have. Repeat, time allowing.
- **Feedback** is at the end of the EACH round for the Coach and N.O. to *Prize the Sharer*. Remember there is only 60 seconds.

# Homework

Homework this week is to do the complete Trio. You will function as Coach, N.O. and Sharer. Take as much time, and address as many issues, as you feel necessary.

If you want, you can write out the results of your Trio and send it to Dawnmarie in the body of an email. Do not send as an attachment.

Send to: [Dawnmarie@dawnmariepresley.com](mailto:Dawnmarie@dawnmariepresley.com)

