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# Hurting Women - The Miracle of Forgiveness

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Has anyone ever said to you, "I'll never forget how you treated me..." or "I'll never forgive you for what you did...?" We can even have unforgiveness toward ourselves. We cannot change some things that happen in our lives, no matter how we wish we could do them over again. No one can go back and relive past moments, mistakes or misunderstandings.

Regardless of whether the person who did wrong did so with intention or not, the real burden rests upon the one who chooses to hold the misdeed against the wrongdoer. When we don't forgive, we block forgiveness from ourselves. Harboring unforgiveness can cause physical illness and mental unrest.

Unforgiveness locks rusty handcuffs of repression and

depression on our minds and in our hearts. Forgiveness breaks them off. Forgiveness is a precious gift that we give to others and ourselves. That's what makes it a miracle. When we reverse the role and place ourselves on the other side of the painful occurrence, we may find the strength to look beyond the misdeed and release the wrongdoer from the prison of our thoughts.

The miracle of forgiveness contains the supernatural ingredients of love, compassion and mercy. There is another powerful gift that you receive when you allow the miracle of forgiveness to prevail—peace within your own heart and liberty in your spirit and soul.