

# **Reaching inner healing through forgiving, receiving forgiveness and forgiving oneself**

By Oscar Lepore, February 2017

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## **Introduction**

Dear friends, we are seeking serenity and peace, happiness and the joy of living. It is obvious that resentment is not the path of happiness and joy, it is not the peace we seek, and we can not reach these things through rancor. It is not possible to be happy while one is always in a state of anger towards this or that person, and we can not really enjoy life if we are full of wounds and rancor. In fact, it is not enough not to feel a grudge against anyone consciously, but it is also necessary to heal from the grudges and wounds accumulated in life, which all have, in order to live joyously in the fullness of the beauty of life. It is therefore serious to think that living an effort, a commitment, which lasts a few days of forgiveness, is the way to truly reach that reconciliation with life, with others, with God and with ourselves, necessary for true happiness.

I have practiced these things, I teach things that I personally have done and from which I have personally received immense benefits, healings and consequent happiness, peace and joy. It is beautiful what you feel when you are reconciled with everything, you get to

fully enjoy life with all its joys as when we were children, like when we were happy with life, because in the health of the heart and soul is the basis of living well and happy. So what I explain to you is practical and experiential, and I assure you that it is the door of significant improvements in life, which lead us to the joy of living risen, resurrected to the spiritual death that often the world brings us, with its imperfections compared to what should be the life of the children of God. Evil in the world is a consequence of sin and lack of love. Forgiving others we heal, and we are also forgiven by God for our faults to Him. The basis of a happy and peaceful and pleasant life are these, peace with God and with others and with ourselves. So now we talk pragmatically about how we reach this, how we get to these wonderful things, and with practice it will be possible to reach the longed-for peace that is not just a matter of external things, but a matter of internal things. If we solve internal things, even external things will begin to flow well into our lives. If we wait for external things to become perfect in order to feel good inwardly, we are deluded because what is external is a reflection of what is internal, depends on what we spiritually carry within ourselves. So we can not achieve peace in external things until we are worried about realizing it in internal ones. We put things in place and everything else will be given to us in addition, I'll tell you as a person who saw him personally realize himself in his life.

## **Useful concepts**

We have a spirit, a soul. It is through God, through the merits of Jesus Christ, that we have every spiritual good, and also material ones. The beauty of material life, of everyday life also depends on the health of the spirit. Usually it is thought that spiritual life is a secondary thing compared to "real" cossiddetta life. But it is the opposite, concrete material life depends on the state of concrete spiritual life. Therefore it is through faith and prayer that one reaches the inner healings and the beautiful life to be lived. Our heart is like a beehive in which each person represents a cell of

this hive. Each cell has its honey and unfortunately also its poisons. Our happiness depends on how much honey there is in every cell and depends on being liberated from poisons, from wounds. If our heart is full of rancor, wounds and poisons, it will always be heavy and hurt, and therefore we will not reach full and complete joy. If we, through the merits of the Death and Resurrection Passion of Jesus, allow ourselves to be healed and redeemed by such things, little by little we will have a heart full of honey, that is, good and beautiful things, and this will lead us to be happy and joyful, satisfied by life, serene and in peace.

Every person of our lives, ourselves included, occupies a cell in the hive of our heart, and so we will now understand the techniques for solving the situation of every relationship, with the neighbor, with God and with ourselves. Family members and important people in our lives have bigger cells in our hearts, and in the course of so much life together it is undeniable that we have accumulated not only good things but also bad things with them. So also reconciliation with the people most present in our lives is very important, especially the father and the mother.

Let us remember that this question is also important for the eternal salvation of our soul in Paradise, because Jesus said "Forgive and be forgiven" (Lk 6:37), "Blessed are the merciful because they will obtain mercy" (Mt 5: 7), and Our Father says, "Forgive us our trespasses as we forgive our debtors" (Mt 6,12). Therefore, to the extent that we are concerned to put the debts back on our debtors, God forgives us our debts to him, and our debts to him I assure you that they are much greater than those that others have towards us, and we would not like to be severely judged by our personal judgment, in which we decide our eternal life or our eternal condemnation. In addition, putting the debts to the others perfectly well, we obtain great praises from God, with a consequent increase in the reward in eternal life.

But remaining in earthly life it is obvious that if we want to reach full happiness in our earthly life, forgiving is a gift we give to others, undoubtedly, but it is an immense gift also for ourselves.

Given that we are not perfect and we also have people who have a grudge against us, we decide to make the leap and say: "I want to be a better man, I do not want to be as much as others, I want to go against the current in way of love and mercy, and I know that through this way the goal of starting to live as a child of Love will be beautiful, it will be wonderful to abandon the path of hatred, of falling back on myself, and follow the laws of love it will lead me to be immersed in Love and to be happy! ". Let's talk about this, and let's decide for the way of Love, if it is Love that we are looking for ourselves, because without love we can not receive love.

## **Forgive the enemies**

First we take a notebook and begin to list the people we hear as enemies, and for each we write the reasons that lead us not to love them and not trust them. We write what is unpleasant, what we hate or despise of them. We must be aware of it by putting it black on white.

The exercise that will now take place will be to take one person at a time to heart and begin to pray for her, to see the rancor begin to fade.

Let's start with a charismatic prayer of departure, to which then will follow many of our Father to forgiveness for that person, until we feel that we no longer have a grudge or reason to hate that person. So we say: "God the Father, I have more blame to you than this person has towards me, so I forgive her as I would like you to forgive me." I agree to forgive this person and that your love and grace flow through of me, towards her, healing ourselves from wounds and rancor and reconciling ourselves Amen ". Or we simply say: "God the Father, I accept to forgive this person, Your Grace and Your Love flow through me to her until healing and reconciling us." Amen ". To accept to forgive a person is to say Yes to God about this thing, accepting that He let His Love flow through us to that person and heal both wounds and rancor. In fact, relationships improve when this prayer comes to fulfillment.

After having done this prayer I advise you to pray so many of our Father or a few dozen of the Rosary with attention of heart and mind to what is being done. The quality of our commitment determines the quality of the results. So let us go on until our hearts are reconciled, until we feel that hatred and resentment towards that person has disappeared, and that we feel that we love him much more, that we do not care about past things anymore. Let us remember that it is not said that the grudge accumulated a long time before is consciously felt, so I said to list the names of the people with whom we have something to solve. No matter how consciously we feel it, the wounds and grudges are silently accumulated and must be resolved, even if we are dealing with things of many years before.

It is therefore good to do this exercise for every single person who has made us suffer in life. I say every single person because true forgiveness is not cumulative, it is not enough to say "I forgive everyone, solve the problem!", No! Forgives to cause perfect healing must be done well and carefully. So a little at a time we proceed in this way for every single person we have to forgive. After forgiving a person, we try to write in the notebook the good things of that person, at least some qualities, and to tell us that we want to appreciate it for those qualities instead of hating it for its faults. The extent to which we have freed our hearts from grudges will determine how to write so many beautiful things.

This is the first of the forgiveness to be realized. Remember that Jesus, without any personal fault, has forgiven His crucifiers, giving us an immense marvelous example of goodness and mercy. So we do not put our pride above the perfection of Jesus. I mean that to us, especially when we are neophytes of forgiveness, we do not like to forgive others so much, and we do not like doing it deeply and thoroughly. But did Jesus even teach it on the Cross, and so who are we to say that we are too righteous about others to forgive? It is not a question of who is wrong and who is wrong, it is a question of whether we want to be good according to the divine goodness taught by Jesus, or if we want to be according to our imperfect

concept of human justice, risking to hear from God at the end that it is not that we were then as good as we thought we were, and that it would be agreed to forgive others as we want to be forgiven. So it is convenient to make the effort to be good of the divine goodness taught by Jesus, and to let go of justifications and merely human revenge which only serve to complicate life and to embrace it.

The fruit of forgiveness is that one lives more in peace and lightened by great burdens accumulated in life. If we do not forgive others, at least let's do it for ourselves. Both for this earthly life and for the eternal one.

### **Forgive family members and important people in their lives**

As I said, the family members and the people with whom we are most in contact, occupy very large cells in the hive of our heart. We often think that everything is fine because roughly one gets along well, even if sometimes you fight. Well if this is the case it means that there is a lot to put in place, because if everything were right, you would be very happily and happily together, and you would have very few moments when things are not too good. So now the first exercise focuses on important people.

The father and the mother are the most important people with whom to put everything in place, because from our situation with them also depend the relationships and relationships with others. In practice, if things are resolved with the parents it is much easier to be solid in one's own roots, in one's own base, and to be very well also with others.

So let's start writing straightforward things that we do not like about them and our loved ones and friends, and this time we will pray a lot longer. So you can also do in installments, because for the important people may also want a few hours of prayer before having removed all the rancor, having healed all wounds, and have reached only a feeling full of honey against them. But the results are wonderful! A few hours of prayer have the power, over time, to

make wonderful all the relationship in the family and with loved ones. The quality of relationships will always become better and richer and more fruitful!

Ask for the healing of your wounds and their wounds for the merits of the Death and Resurrection Passion of Jesus. Pray: "Father, I accept to forgive my father (or my mother or whoever he is), for the Passion Death and Resurrection of Jesus heal with balsam of Your Love that heals everything, and bring us to be united and happy through You without rancor and wounds that divide us more! Amen ". So pray a lot of our Father or dozens of the Rosary until you feel within you that you have achieved peace and happiness about them.

This thing is very important for family life both as a child and as a husband or wife, father and mother. Having a good relationship in the family is the most important thing for a happy and blessed life. So do not consider too big a burden to commit to these things for hours, the results with time will be wonderful.

When you have resolved inwardly, consider the level of forgiveness achieved by trying to write the beautiful things you think of the person you prayed for. Reach the brightness and love in your most important relationships!

### **Ask forgiveness of God and men**

*Jesus said: « The kingdom of heaven is like a king who wanted to deal with his servants. Once the accounts had begun, he was presented with one who owed him ten thousand talents. However, since he did not have the money to repay, the master ordered that he be sold with his wife, with his children and with what he had, and thus sold the debt. Then that servant, thrown to the ground, begged him: Lord, have patience with me and I will give you back everything. Fearful of the servant, the master let him go and forgave him the debt. As soon as he came out, that servant found another servant like himself who owed him a hundred denarii and, seizing him, he*

*choked him and said: Pay what you owe! His companion, thrown to the ground, begged him saying: Be patient with me and I will repay the debt. But he did not want to grant it, he went and had him thrown into prison, until he paid the debt.*

*Given what was happening, the other servants were saddened and went to report to their master everything that had happened. Then the master called that man and said to him, "Evil servant, I have forgiven you all the debt because you have asked me." Did not you also have to have mercy on your partner, just as I had pity on you? And, disdainful, the master gave him to the torturers, until he had returned all due.*

*So also my heavenly Father will do to each of you, if you do not forgive your brother from the heart » (Mt 18: 23-35).*

As we see in this passage of the Gospel, Jesus, who only says the true truth, tells us that every man with God has enormous debts, because the Father's plan of holiness on men was not due to sin and consequent little sanctity, but it was a project of wonderful holiness and spiritual beauty. So we towards the Father, unless we are little Madonnas or little Josephs in our whole life, towards the Father we have great debts. Well, through Jesus Christ who gave His life of God, His blood for us, we have mercy and His paternal goodness. But Jesus says a condition: "If the Father forgives you so immensely so much through My, then you too must forgive the small faults of others towards you". Of course, the faults of others seem great to us, but if we knew how great our faults are to God we would gladly forgive anyone as we want to be forgiven of everything from God. Pascal one day asked God the Father in the prayer to reveal to him how much His sins were great toward Him. The Father answered him that he would die of sorrow to know it. Pascal was a very holy man. So we say that, at least by faith, it is better for us to be conscious and serious about the discourse of forgiving everyone and everything as we want to be forgiven. And if we commit ourselves to forgive deeply, to the end, in the ways explained, the debts of others towards us, even the Father will forgive us very much our debts. So it is clear that it is worth it,

unless you want to risk the hell for having hated too much, or purgatory for having forgiven too little without serious effort. I believe that whoever totally forgives everything to everyone does not have to fear purgatory and also makes a treasure for eternal life.

So now let's move on to ask God for forgiveness. Now that we have forgiven so much we can work on the forgiveness we desire from God for ourselves. Being reconciled with God is very important for one's spiritual life and for the richness of one's inner life. It is not that without God we have the complete happiness of our being creatures. We are creatures and therefore it takes peace with the Creator to live as creatures children of God in a complete, rich and fulfilling manner.

We take our notebook and write down the list of the wrong things we have done in our lives, or the kind of sins we have often committed. These are things to be confessed by the priest, who is minister of Jesus, knowing that confession will make us feel much lighter and free, and that the garments of our soul are well washed by the Blood of Jesus. After confessing we thank Jesus abundantly for having washed the soul with His Blood. Praise to Him who gave His life for us, because we do not have to pay our faults thanks to His Sacrifice! Once confessed you can also make Eucharistic communion, which should not be done in a state of sin, and this is good because through communion we have a very powerful prayer tool, for example if we offer the communion we do in forgiveness of this or that other person (making communion without a serious intention of prayer prevents the Eucharist from filling us with all the gifts we could ask but we do not ask).

But I would like to make you think that with reconciliation with God it is good to be long-winded, it is good to show them that we care and that we desire it in depth. So, these things written and confessed we do well to take them one by one and to ask God abundantly for forgiveness, with contrition of spirit, and also by beating our breasts if necessary. We will obtain a great liberation

from our faults, and this will make us live then in the exultation of the loving embrace of the Father. So I recommend it.

Whenever you have some serious sin (especially those against the Ten Commandments), try to go to confession, even for communion.

Regarding asking for forgiveness from others, try to do it, be honest with those people, humble, and sincerely ask for their forgiveness. Not only to have their forgiveness for you, which is important both spiritually and to reopen relationships, but also to sweeten the heart of that wounded person. Do not always be firm in your pride, be honest, humble, sincere and frank, say your faults by asking for forgiveness and do not stop with the thought that the other person has more guilt. Even if you have more guilt, however, you also have a little 'guilt, perhaps for too long a language, so ask forgiveness for yourself and easily also the other person will admit his guilt and ask for forgiveness. Love does not ask that the others always take the first step, but often the first step is taken from us. This is also important to become transparent and clear. People who admit their faults before God and men are transparent and clear, have a clear conscience.

### **Forgive the world for what it is and for how we do not like it**

Strange as it may seem, it is also a good idea to forgive the world. We all say that we do not like today's world, that many things in today's world do not please us. In some ways we "endure" the world without appreciating it much.

Well, the world in general has accumulated stress and resentment within us. Let us forgive him, let us pray to forgive the world. "God, with Your Grace and Your Love, forgive the world for what it is". Let's accept it as it is, without following it in what is wrong, but let's love it, love our neighbor and cultivate good thoughts towards everyone, without making any difference. The more we grow in trying to cultivate good thoughts for every type of person, the less

the world will look bad and negative. We will appreciate our neighbors more and more as brothers and companions traveling to Paradise.

## **Forgive God for the sufferings experienced**

And this too can sound strange ... Forgive God?!?

Well, as God is immaculate and perfect in our regard, His ways are not those that we rationally understand, and so this means that in many things we do not understand and do not understand what he is doing. If we had perfect eyes we would see the good in everything He does for us. But to have perfect eyes we should know a lot of things we do not know and we should also understand that everything is aimed at the greatest good in eternal life.

Therefore, because of our inability to understand God's way of acting and His ways, it is good that we make prayers to reconcile with Him. By asking for forgiveness He is reconciled with us and we live in His mercy, but if we too we forgive God this greatly helps the communion with God and our relationship with Him. With notable improvements of spiritual life and earthly life.

So we pray so often, several times: "My God, I know that everything you do in my life is aimed at my highest good, but I do not always understand it, I forgive you for the things that I have blamed you in some way".

You will say "but if it has no real fault, what is the point of forgiving it?". The problem is that in us there is something that considers him guilty of some things, so it is for our intimate that it is important to resolve the question, so as to have an inner vision of God purified and clean.

The Father's Love is wonderful, it's wonderful, and so let's help it to love us freely.

## **Forgive yourself**

And now that we have forgiven everyone, we think to forgive

ourselves. Even forgiving oneself is important for living in peace, for re-entering oneself and being in harmony with oneself.

So we write in the notebook the series of things that weigh on our conscience, and a little at a time, one by one, we pray saying:

"God, with You and with the help of Your Grace and Your Love, I forgive myself of this thing". Repeat prayer more than once and make reconciliation very well.

Why do I say I forgive myself with God? Because we live in God, and therefore perfect reconciliation comes from forgiving us with God, so we live perfectly in God, joyful in His grace and in His light.

### **Living in peace and living in love praying for everyone and becoming love**

If you put these things into practice you will be reconciled with everything and everyone. This will lead you to live a vastly more beautiful and rich life.

These are things that require some hours of prayer, but which have splendid and excellent results. Finally we reach a great peace and joy of life, and we are enthusiastic about life!

But once achieved this? It is time to live in peace and in Divine Love, which is to maintain the positive fruit of reconciliation by becoming people rich in love and goodness.

So always pray a lot for you and for everyone, intercede for others, please everyone, try to do all the good you can.

In other words, be Love, in the image and likeness of those who created you.

By Oscar Lepore, January 2017

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This book is offered to God the Trinity and to Our Lady in forgiveness of my sins and because your reading, like a prayer, brings to the world the most important doctrine of forgiveness. Peace and joy!