

# ASSOCIATION OF HOLISTIC PRACTITIONERS



The Association of Holistic Practitioners

[www.holisticassociation.org](http://www.holisticassociation.org)

## Forgiveness: Create a better life

Forgiveness is the opportunity to 'give' yourself permission to enter a place of unconditional love. This place of love is always and has always been available to you. Forgiveness is the greatest gift we have, for ourselves and others. It takes us to love every time we practice it.

Forgiveness usually comes during adulthood as we leave the 'me' behind, and begin to see others as fellow human beings (even our parents!), and understand that we all have been unjust, cruel or hurtful at some point in our lives.

Some of us learn forgiveness earlier than others, some will not learn forgiveness during this lifetime.

### Why forgive?

- Forgiveness ends suffering, hatred, revenge, pain, anger, blame and fear.
- Forgiveness creates love, joy, peaceful heart, happiness, compassion, tenderness and contentment.
- Forgiveness releases us from the need to change or justify the past.
- Forgiveness allows our Spiritual self to learn, understand and move into the present. (Cont' on page 3)



## Living with Uncertainty...

Many of us are looking for the "right" path or the answer to questions that have been coming up about who we are and who we are becoming. Many of us are starting to get a glimpse of what is ahead but, even so, we can still get caught up in the old way of believing that we are required to see HOW to get there.

We are being asked to be comfortable without knowing the answers. For many of us -- especially those of us who are really attached to the "doing" of things -- this is the worst place we can find ourselves. After 30 years I still remember telling a doctor "thank you" when he told me my son had a brain tumor. For several weeks we had (Cont' on page 2)

## Attitude of Gratitude

I think I am realizing more and more how very important the following things are to each of us.

Shelter: Do we have a roof over our head? A bed to sleep in? Bedding to keep us warm?

Food: Do we have food in the fridge? In cupboards? In a freezer?

Clothing: Do we have clothes for every possible occasion? All types of weather?

Community: Do we have companionship, friendship, neighbors?

Diversity: Do we have diversity in all of the above and acceptance of the diversity in each of us?

If we have those things, then we do not need more...we are in abundance.

So the next thing of great importance is Gratitude. Gratitude for every solitary thing that we are Blessed with. Do we have too much? Let's go inside of our hearts and find the answer...and I would bet that most everyone of us can say yes. I also think that most of us still look at having more...so... what is it that we can leave behind or let go?

I think I would like to change a couple of things.... (Cont' on page 2)

## INSIDE

Forgiveness:	
Create a Better Life .....	1,3, 4
Attitude of Gratitude .....	1,2
Living with Uncertainty... ..	1,2,3
Forgiveness Quotes .....	2
Welcome New Members.....	3
5 steps to Forgiveness.....	4
The Law of Connection .....	4
Association Information .....	4



★  
**Forgiveness  
 Quotes**

*'A Grievance is the Poison  
 one takes to harm one's  
 enemies'*  
 ~ Unknown

★  
*'To not forgive is a decision  
 to suffer.'*  
 ~ Unknown

★  
*'To forgive is to set a  
 prisoner free and discover  
 that the prisoner was you'*  
 ~ Lewis B. Smedes

★  
*'Forgiveness is the attribute  
 of the strong.'*  
 ~ Mahatma Gandhi

★  
*'Those who are the hardest  
 to love, need it the most.'*  
 ~ Unknown



**UNCERTAIN** (Cont' from page 1)

been trying to discover what was making the boy sick. Hearing a terrifying diagnosis was better than the more terrifying place of not knowing what was happening.

During my son's illness we were never given any reason to hope for his recovery. For months I lived asking each morning, "Is this the day it comes back?" Finally I reached an agreement with God/ the Universe - whatever name you choose to give to the Love that binds the Universe together - that I would stop worrying about what might happen tomorrow because the worry was eating up today. I began to wake up and say, "This is one more day I have in which to love all my children, all my friends, all my family, all beings. How do I choose to use this beautiful gift?" And so in these times of uncertainty we can embrace the

present moment for what it is. We can use this time to ask "How do I choose to use this beautiful gift?" We can put our attention to what is in front of us and find opportunity to support and serve each other. We are - all of us - part of the world community. We are not alone in this place. We can stop worrying about what we can't see or



**GRATITUDE** (Cont' from page 1)

1. Not be quite so quick to buy that new outfit...or the extra whatzit...or the much too big house. Greed? Or is it Reward?
2. Find someone who hasn't got as much as we have, and share... No don't pity, don't feel sorry, just share. Just say, I have more than I need, can you use this? Let's shine our light and spread love.
3. Instead of buying the whatzit, buy a book and find a child who would enjoy it or donate it to the library.
4. Share, Love, Care, We are ONE!

When was the last time that we engaged in conversations with our neighbors? They are our community. When push comes to shove, we are going to rely on and pull together and become one with these same people...So lets start bridging that gap NOW. We can start in small ways, smiling, saying hello, being kind....Just because it feels good.

Notice when they are gone, pay attention if you haven't seen the older lady down the street. Take her a cup of tea and make sure she is okay.

Now I realize that some have always been this way, in caring mode, and to you I say how grateful I am for you. Keep up the good work. For the rest of us, are you interested in joining me in making a change, a difference in someone else's life, in showing someone they count, that they are important just because they are here?

Let us leave behind any actions that represent separation from one another and embrace and acknowledge that we are all ONE, we are connected. Love is the biggest healer ever...it carries the highest vibration. So let us spread L O V E wherever we are.

*Judy M. Watts, Holistic Practitioner & Educator, Grand Forks, B.C.  
 ofearthandsky@gmail.com Phone: 250-443-3292*





## **FORGIVENESS** *(Cont' from page 1)*

- There are many proven health benefits to forgiveness including: Improved sleep, decrease in headaches and stomach problems (including ulcers), relief from anxiety and depression, renewed energy and as sense of calm.

### **Why don't we forgive?**

- Holding on to anger/blame protects us.
- Revenge makes us feel better.
- Remembering our hurt will prevent future hurts.

Forgiveness is the acceptance that the past is over, it is release, honesty, growth, moving on, freedom, strength, wisdom and joy. It is healing, peace, closure, unconditional and is a gift to yourself and others.

Forgiveness also requires great strength and is often difficult to do, requiring love, compassion and understanding.

Forgiveness is not changing the other person, the past or the event. It is not punishment, conditional, condoning bad behaviour, admitting you were wrong or a guaranteed reconciliation. It is certainly not allowing yourself to be victimized or permitting negative behaviour to continue.

Forgiveness is also not forgetting. Trying to forget something that occurred and caused significant emotional pain is like trying to forget how to ride a bike. In fact, one must acknowledge the situation and emotional trauma before forgiveness can occur. However, not forgetting does not mean holding a grudge.

### **15 reasons why our ego doesn't want to forgive**

1. Someone really hurt you. They deserve the pain you're dishing out. Your anger and punishment.
2. If you forgive, they'll just do it again.
3. If you forgive, you are weak.
4. If you forgive, that's the same as admitting you are wrong.
5. If you forgive and try to forget - you are no longer safe.
6. Not forgiving keeps you in control.
7. Not forgiving keeps a good distance between you and the person/situation.
8. Not forgiving feels like great revenge.
9. Not forgiving lets you hold power over others.
10. Forgiving someone who has caused you pain isn't very smart.
11. If you forgive - it's like agreeing.
12. If you forgive - you are condoning negative behaviour.
13. Only forgive if they say they are sorry.
13. If it's not your fault, why should you do the forgiving?
14. If you forgive you lose your role as the victim.
15. It's easier (more fun) to keep playing out the drama than dealing with the issues. *(Cont' on page 4)*

## **Welcome New Members**

### **Birgit Brammann**

*Berkana Life and Health*

*Alternative Healing*

*Practitioner/Homeopath*

*Sambro, NS, Canada*



### **Paul Laviolette**

*Best Foot Forward Health  
Services*

*Reflexologist/Trigger Point  
Therapist*

*Langley, BC, Canada*



## **UNCERTAIN** *(Cont' from page 2)*

understand. We can focus on what we do have and what we can learn by paying attention to what is happening (or NOT happening) around us and how we are reacting to it.

If we are here, it is because we need to be here. Notice it without getting into "figuring it out". Don't ask, "How do I get out of this?" Ask yourself instead, "When I'm past this point, what do I want my life to feel like? What will give me joy in that place?"

Be present in the moment, and at the same time, create your intention for the bigger life you are moving into.

To quote my son, David, that small boy with the tumor, who is now a grown man "miraculously" tumor-free and working with me every day to bring you the Conscious Connection Community "Dream Bigger Dreams". He knows all about that.

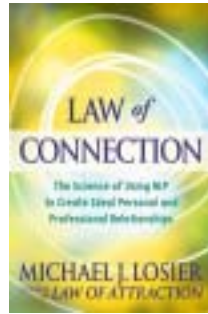
*Lynda Austin, Coach, Channel,  
DialogueswithEssence.com*





## 5 steps to forgive:

1. Discover what is stopping you from forgiving. Recognize it, own it and release it. It isn't good for you. (See the 15 reasons why we don't forgive)
2. Acknowledge the possibility of an alternative perception. View the situation as impersonal. Look for some good within the situation. Reframe the 'story'.
4. Understand the one to be forgiven through empathy or compassion. (We are all someone's child.)
5. Honour the emotions that your injury has caused as you move forward to embrace the new emotions that offer relief through the process of forgiveness and focus on the future.



## New Book

**Law of Connection** by Michael J. Losier

*The Science of Using NLP to Create Ideal Personal and Professional Relationships*

Married couples, dating couples, parents and children, teachers and students, office workers, management and staff, business to business.... There is a simple solution to improving your communication and building better, healthier relationships. It's called Law of Connection. Make it work for you!

Are there certain people you cannot seem to communicate with - at home, at work, or in your community? You say one thing, they hear something different. You simply do not understand one another, and you cannot explain why. The only thing you are certain of is that the lack of connection leads to disappointment, frustration and conflict.

Now in *Law of Connection*, Michael J. Losier gives you the key to successful communication. Using the principles of Neuro-Linguistic Programming (NLP), you will soon master the few simple skills needed to create better understanding with people in every aspect of your life.

With tips, tools, exercises and scripts to guide you, you will discover:

The three conditions for connecting; techniques for calibrating your conversations; four easy methods for effective communication; tips for creating positive rapport in all kinds of situations; a special section for teachers, trainers and anyone who makes group presentations.

Bring *Law of Connection* home to your family and introduce it into your workplace. Watch and listen as communication improves wherever you are, and your relationships become fuller, richer and free of conflict.

---

## FORGIVE *(Cont' from page 3)*

When our sense of Self is one of suffering or misery, adding more misery will add to our sense of Self. Conflict, blame, revenge, spite, punishment, easy way out, control, power, self-righteousness, fear, anger, self-pity and judgement help identify the external 'me'.

This is the drama — the play. Sometimes 'pretending' we are dealing with issues surrounding forgiveness can add even more drama.

What would you do without those pains? Who would you really be? Do you need to be suffering? Stop intensifying the pain by stop telling the story.

### **The benefits of forgiveness:**

The number one benefit of forgiving yourself, others and situations is a sense of peace.

**Other benefits include;** personal happiness, optimism, greater self-esteem, personal empowerment, more time to focus on other things, less procrastination, more energy, less self-defeating thinking, personal and spiritual growth, improved relationships and better conflict management in all other areas of life.

**Health benefits include;** less stress, lower heart rate and blood pressure, improved sleep, decrease in anxiety and/or depression.

Finally, it makes it easier to forgive in the future. Yes, forgiveness is an ongoing thing!

ASSOCIATION OF  
**HOLISTIC PRACTITIONERS**

**OUR MISSION:**  
*To serve and unite Holistic Practitioners in the fields of alternative healing, personal development and intuitive consulting.*  
*To assist in maintaining the highest standards in the fields listed above.*  
*To serve as a resource for Holistic Practitioners and the clients who seek such services.*

---

*To register as an association member visit [www.holisticassociation.org](http://www.holisticassociation.org)*