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*An inspirational book to overcoming past trauma*

# POWER OF FORGIVENESS

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PRACTICING SELF-FORGIVENESS

KURT GASSNER



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BY  
KURT GASSNER



[My-mindguide.com](http://My-mindguide.com)

Power of Forgiveness  
Kurt Gassner



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# PREFACE



When problems seem uncontrollable, quitting may look like the easiest way out. A word of encouragement when we fail is worth more than an hour of praise after success. Life doesn't always offer a soft landing. Everyone has a cross to carry. Some begin to believe that their cross may be heavier than others, but the truth is that our cross will shape us towards greatness. Our ability to achieve the conquest of our cross will likely predict our success in life.

One of the best ways to heal wounds is to learn from the situation and use these moments to focus on growth and momentum. If we get stuck thinking about what "should have been," we can freeze in painful feelings and memories. Forgiveness is essentially a positive way of acknowledging and letting go of negative thoughts and feelings. It is a skill, something that you improve over time. And you will get more and more benefits from doing so. Your personality improves to make it easier to be around you, but ultimately, you become happier as you become less and less bothered by other people's setbacks along the way. We hear this phrase all the time: "I want to be free." If you take the train off the track, it is free, but where does it go? The desire to write this book was born out of

the need to heal from past pain with the power of forgiveness. This book is meant to serve as a practical guide and motivation to develop self-forgiveness and overcoming past life trauma.

I will share with you my own path of life and the way I escaped the vicious circle of guilt. How I was hurt and truly struggled with the concept of forgiveness. When you are born, and the perpetrators are named mom and dad, it's not easy to heal your inner wounds. But I did it, and I don't feel like a victim anymore. I see myself as a helper and, in this role, I want to help you to pass your own traumas.

This book proffers solutions to some of the issues of life experiences and healing, comprising of fifteen chapters that treat topics with the following themes:

- FORGIVE + HEAL
- I CAN NOW FULLY FORGIVE MY FATHER
- I CAN NOW FORGIVE MY Mother
- I CAN NOW FORGIVE MY SISTER
- I CAN NOW FORGIVE THE SECOND WIFE OF MY FATHER
- I CAN NOW FULLY FORGIVE MYSELF
- ICANNOWFULLYFORGIVEMYEX-Business-PARTNER
- I CAN NOW FORGIVE ALL MY EX-PARTNERS
- I CAN EVEN FORGIVE MY TENANT
- THE VICIOUS RELATION OF PERPETRATOR-VICTIM
- THE TRIANGLE PERPETRATOR - VICTIM - HELPER
- THINK LIKE THE PERPETRATOR
- WHY WE SHOULD ESCAPE THE VICIOUS CIRCLE
- SELF-FORGIVENESS

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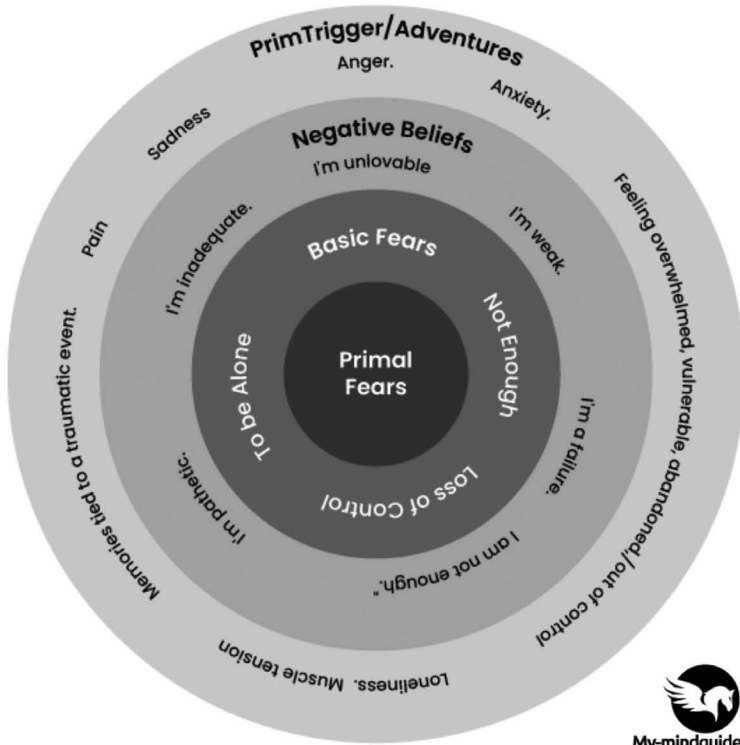
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# FEAR MODEL



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# THE ICE MOUNTAIN

## MIND MODEL

### CONSCIOUS MIND

**FACTS**  
Numbers, Facts, Logic

The diagram illustrates the mind as an iceberg. The visible tip above the water line represents the conscious mind, while the much larger submerged part represents the subconscious mind. A horizontal line separates the two. An arrow points from the text 'CONSCIOUS MIND' to the tip of the iceberg, and another arrow points from the text 'SUB CONSCIOUS MIND' to the submerged part.

### SUB CONSCIOUS MIND

**RELATIONS**  
Instinct, Feeling, Desire, Traumata,  
Emotion

## *Chapter One*

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# INTRODUCTION



**W**hen you are faced with a challenge, you probably have a handful of strategies to help you overcome it. Although your approach varies slightly from issue to issue, you probably handle most cases the same. Your personality could, for example, be a problem solver. When faced with a stressful event or challenge, you go straight to the source and work on it until you fix the problem or reduce your stress to a more manageable level. It's easy to focus on feelings of injustice or injustice when someone hurts you or does something wrong.

One thing that connects us as human beings is our ability to feel pain.

Whether this pain is physical or emotional, we all have been hurt. However, what separates us is how we deal with this pain. Experts have found that when emotional pain keeps you from recovering from a situation, it is a sign that you are not moving forward in a growth-oriented manner.

One of the best ways to heal wounds is to learn from the situation and focus on growth and momentum. If we get stuck thinking about what “should have been,” we can freeze inside us painful feelings and memories.

However, there is nothing you can do to change the injury you sustained. In other words, the damage is done, and all you have to do is let it go and move on.

Forgiveness can help you rid yourself of the pain and begin to heal it. Of course, forgiveness is not always easy.

**It may take a while for you to accept your pain before you feel able to forgive.**

What if acting immediately isn't your thing? You can try to hack your emotions by looking at the situation from a different perspective or relying on those close to you.

The decision to forgive someone is a deliberate action to free yourself. You act with a sense of agency and purpose wholly intended to heal you. By ignoring your abuser, you can accept the circumstances that led to your abuse and can let go of your preoccupation with the past and move forward with a focus on yourself. Therefore, forgiveness is not about condoning their behavior. Nor is it about letting them back in so that they can abuse you again.

Certain things are fundamental to human fulfillment. If these basic needs aren't met, we feel empty, incomplete. We may try to fill the void through nonsense additions. Or we may become complacent, temporarily satisfied with partial fulfillment.

But whether or not we fully acknowledge or address these needs on a conscious level, we know they are there deep inside. And they are essential. We can validate them through our own experience. We can validate them through the experience of other people.

As understood in Western societies, especially modern Christian communities, forgiveness is a puzzle, and it is a concept that I have struggled with for many years. It is something so warm and fuzzy that it is a challenge to apply it to a situation that is as painful as violence or aggression. Impossible, I would have said.

So what forgiveness means is letting go, releasing the bad feelings you have towards the person who hurt you. Holding onto his pain is like never throwing out the trash, and bad feelings are like eggshells and coffee grounds and old cans and tissues that are harder to carry every day.

You may not be able to find the grace to do this for a long time. Working on it with an advisor is a great idea. I will explain later who really can help you on your journey and whom you can trust. Forgiving yourself is part of the job, too, and probably the hardest of all. It's worth it because you don't want to carry that person into your life longer than you already have. Learn the lesson, then let it go. Many people share your experience, and we are all on your side. There's a famous quote: "The weak can never forgive. Forgiveness is the exclusive domain of the strong." You see, no matter how they behave with you or how badly they have treated you, remember, we are all connected. In the spiritual tradition of the East, there is the strong belief that every person who comes into your life has

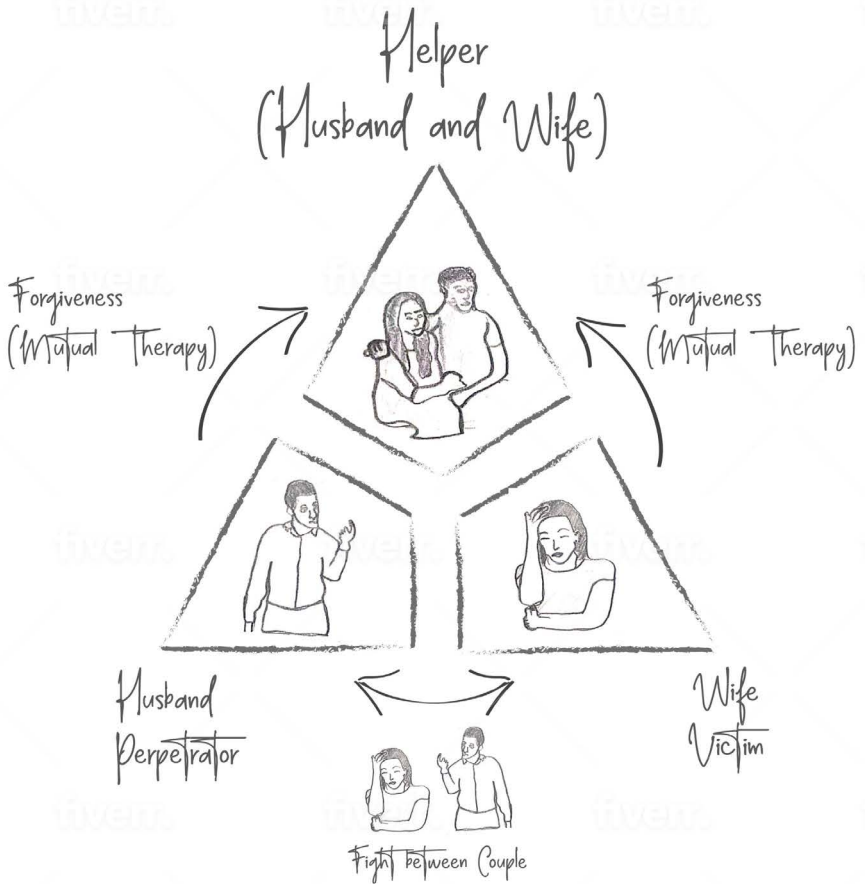
a reason. You have a karmic account of past lives with them. And you can't even ignore that fact because, in the end, it's the truth. If you don't forgive them now, that account will never end. It will continue throughout your life, if not the next time you are born. Even if we, Westerners, don't adhere to that belief, we learned to pray, "Forgive us our debts as we forgive our debtors". It doesn't matter if you are saying: "Yes, I have my karmic account with you, and I'm fixing it right now, right here. I forgive you. I hope we don't hold a grudge later in life," and move on. Or you just shake hands, hug him or her and let all the grudge pass.

It's important to forgive so that you don't get twisted inside and unable to move on with your life. If you don't forgive, then you hate. There may be a perfectly valid reason for this to happen. One of the leading causes of hate is that someone has humiliated and hurt you. Another is fear.

Now, I want to share with you my own painful lessons of forgiving.

# The Drama Triangle (Forgive the Past)

Wife and Husband





## *Chapter Two*

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# I CAN NOW FULLY FORGIVE MY FATHER



There are certain things your parents do that you wish you could have a say in. You want to do all you can to possibly change something about it, but in the end, you really couldn't do anything, maybe because you were a kid. But as you grew up, you realized that even if you weren't a kid, you wouldn't have been able to do anything about this. One of these situations that I found myself locked into was the divorce of my parents. I have always looked at my dad as my role model. There had always been this belief that guys look up to their dads when determining the kind of lifestyle they want to live. The same they say appears in the life of ladies; they tend to try to live the same life their moms are living. So, while growing up, I saw my dad as my role model; I did my best to be like him. My dad's marriage to my mom wasn't the kind of marriage that I would like to say was smooth; they had their issues, and some of the problems they had were too serious to be ignored, but they always found a way to patch things up.

I always looked at my dad as my role model until an incident changed everything I believed about him. I knew he wasn't perfect, but he was still family, and I loved him, but this issue that came up broke me. He was going to divorce my mom to be with another woman. At first, I thought it was a joke because I had never thought of him leaving my mom before then. The incident kind of destabilized me. I protested, but he didn't seem bothered about the whole thing.

My dad eventually divorced my mom to be with another woman. My issue wasn't that he divorced my mom to be with another woman; he abandoned his four kids, which included me. I didn't know someone could be this insensitive; it greatly affected how I saw him. I decided to stop seeing him as my role model. I was mad at him. I hated him; I told myself that I would never forgive him for divorcing my mom to live with another woman. Above all, I told myself I would never forgive him for abandoning us, his kids. For so many years, I hated him, I never wanted to see him, and when I did see him, I made sure our conversation was as brief as possible. I just didn't want to hang around him for too long.

I hated my dad for a very long time. He started reaching out more than he usually did, he would always do his best to make sure we met, but I always never wanted to meet him. As I grew up into a man, we never really got along well, but I saw things a bit differently from how I used to see something before. He divorced my mom because he couldn't continue living with her. I don't know if he tried working things out, but I did put myself in his shoes and concluded that a man has the right to seek a divorce, no matter the reason. However, I

was still mad about how he abandoned us. He gave his second wife all she needed and ignored us. I was still bitter at him, but at some point, everything changed; I realized that we don't have all the time in the world to be on earth; we only have less than or barely more than a century to live. Since we don't have much time to live on earth, what are the benefits of not being at peace with those parts of your life? We're not on earth forever, but during the little moment we have to spend, how do we make it remarkable with those we love? These people we love, whom we are seeing now, time will come when we will not be able to see them again. After I thought about all these, I decided to forgive my dad. Despite all he did to us, despite how he abandoned us for his new wife, whom he probably saw as his only family at the time, I still found a way to forgive him.

I didn't just forgive my father for just him; I forgave him for me, too. I knew I would be in so much regret if anything went wrong with my dad, and I was yet to forgive him for what he did to us. I didn't want something that would end up ruining my life. I managed to see him in a different light in another time. I imagined how he was brought up, how he suffered when he was a little boy. My research brought up that his father abandoned him and his mother when he was just 6. He was forced to join the NAPOLA, the elite school of the NAZIS, when he was just 13. The military drill, the unhuman social environment should harden him. Strong like Krupp steel was the slogan in those times. I saw him crying, homesick and brainwashed. Then I met him in my imagination when he was 17 and forced to join the SS in the last days of Hitler's regime. How he lost his right leg – he, the best Sportsman in class. How he struggled to become a PHD in Chemistry. How

he founded a family and got three children, and it was hard to meet month's end. I knew for sure he was a victim like me, and he was the perpetrator **and** the victim. So I could full heartily forgive him, which helped me heal. I had no peace of mind after I ignored him; he felt more accessible before me after I forgave him too. I stopped being a victim to the hate I had for my dad, and with time, everything balanced itself.

Now, I know that so many people like me have been hurt by their dad. I know how badly they are at seeing him. I had been there, but you have to forgive him no matter what. Your hate for him will continue to consume you if you don't do something about it. You have to forgive your dad and have the same peace of mind that I had moments after forgiving my dad. Remember that you might end up regretting it if you delay doing what's needed.

# The Drama Triangle (Forgive the Past)

Child and Parent

