

# Forget what you know about forgiving

Ulysses "Butch" Slaughter, ubslive.com

Forget what you know about forgiving for a while. Just totally forget your past ideas. Give me your consideration here and now and maybe we can find a new way to be or not to be through what I call The Ultimate Practice called Forgiving.

Some people say forgiving is a response. Some say forgiving is a reaction. Some people say forgiving is all about the past or backward-focused. Some say forgiving is all about coming to terms with something that happened.

I disagree. I disagree deeply and strongly.

I say forgiving is now. Forgiving is a choice – a sustainable shift in perspective that will change the thoughts, feelings and actions you are living with right now. Forgiving can only be related to now and can only happen now because we can't change what happened. And even if we attempt to impact what will happen in the future, we must do it now.

There is only one moment that exists. That moment is called now. No matter what you've been told, no matter

Life is a happening, a collection of happenings where there always seems to be something up ahead. And either the "something" arrives when we arrive or it is already waiting before we get to that crucial crossroad of space and time.

When we arrive at the happening, we and the somethings that happens in life become one. We and the somethings reflect one another. We are unified with and transformed by what is happening. We are what is happening. We evaluate how we feel about what happened. We try to express the impact. We seek to name the experience.

Just as we human beings have the ability to name our experiences, we have the ability to judge experiences. And so we do judge our experiences – mostly to our own detriment. When we judge a happening – an experience - as evil it becomes evil. When we judge an experience as bad, it becomes bad. We enter into an experience, mix it, remix it and hold it in our minds. Silently we commit to making even the worst moments last a lifetime. We are mesmerized by the moment. We won't forgive the moments, so the moments don't forgive us.

**Forgiving is a choice – a sustainable shift in perspective that will change the thoughts, feelings and actions you are living with right now.**

what you tell yourself - there is no past right here right now. There is no future right here right now. There is only now over and over again. A series of "nows." Forgiving is not about the past. Forgiving is not even about the future. Forgiving is about the present. Forgiving is the action of now.

You and I know that stuff happens in life. Stuff has happened in life. Stuff will happen. That's life. As long as we are alive, we can expect even the unexpected to happen on the road of life. Whenever anything happens it will arrive in a moment called now.

Judgement is a value determination and judgment requires feelings. Often – perhaps too often – our feelings become our truths. Our truths become traps from which we will soon desire and demand release.

Some people insist that their feelings are the truth, the whole truth and nothing but the truth. They feel that their truth is or should be everyone's truth. They feel that their truth is the one size truth that fits all. They can't distinguish what they call truth from their feelings.

## iForgiveU

ubsliv.com

**Feelings are like clothes.** They come in different colors and different styles. If we desired to do so, we could take off feelings as easily as we take off clothes. We have a choice of what we could wear from the unlimited selection of feelings from an unlimited internal wardrobe. But for some reason many of us like to wear the same feelings for a very long time. We like to wear our feelings – like clothes – no matter how much we’ve outgrown them. Imagine a full, grown man – six feet, 200 pounds - wearing clothes from his toddler years. He admits that he’s uncomfortable in the tight garments. He’s constricted. But he insists on wearing the clothes anyway.

Many of us wear feelings like old clothes. We talk about how they used to fit so well, totally ignoring we’ve outgrown them. If someone suggests we try another size or color, we become indignant: “I’ve worn these clothes since I was 14. I’ll wear them until I’m 40.”

---

Some people insist  
that their feelings are  
the truth, the whole  
truth and nothing but  
the truth.

---

People wear clothes and feelings too long sometimes. They don’t want to give up the clothes we call feelings no matter how tattered, no matter how tight. They think their feelings are the only truth available.

Forgiving is like taking off the clothes that you have outgrown. Forgiving happens when we let go of our feelings about the clothes. You don’t judge the clothes because they are too small. You simply take them off now. You can’t take them off yesterday. It’s too late. But you can take them off now. You can say you’ll take them off tomorrow, but when you arrive in tomorrow the new day will be called “Now.”

Forgiving is about now. Forgiving is a word that actually tells you what it is. Forgiving is “for giving.” Forgiving is a cyclical receiving and releasing. Forgiving is expansive thinking, an awareness of more and unlimited possibilities

The word “for” is a preposition. A preposition is a part of speech that comes before another word in a sentence. Many of us are taught to never use a preposition at the end of a sentence. (I know I used “is” at the end of a sentence earlier...forgive me...) This is important in understanding what it means to forgive. Forgiving comes before everything else. Forgiving like the word “for” comes before everything else. Forgiving – in fact – is the cosmic force that ushers in new life and the cosmic force that relentlessly pushes life forward and illuminates unlimited life possibilities.

Consider this: whatever you got in the past is for giving away right now. Whatever you got in the past is forgiven in the now. It doesn’t matter the circumstance, it doesn’t matter the thinking. Hand it over. Release it. Let it go and it will let you go now.

I say forgiving is a mindset. A forgiving mindset knows that stuff happens in life. A forgiving mindset is permanently set at the default of forgiving. It moves through life’s happenings effortlessly. There is no judgement, there just “is.”

Forgiving is a way of being, a state of awareness that acknowledges beforehand that something will be coming next. We may not know what it is exactly, but something is coming. Forgiving puts us ahead of the next moment.

Forgiving is the action, not the reaction. In fact, forgiving is both: action and reaction. All action is now. Everything that was or will be is happening right now.

Forgiving is whatever you are doing right now. Forgiving is all that you will ever do.

You should consider The Ultimate Practice of Forgiving. Make it how you do everything. Work. Play. Study. Love. Forgive.

*Ulysses “Butch” Slaughter is creator of Forgive: The Ultimate Practice and Founder of I Forgive University. Ulysses consults individuals, families, corporations and penal institutions on matters related to forgiving, reconciliation, communication and organizational development.*

**iForgiveU**

ubslive.com