

The Power of Acceptance and Forgiveness

Written by Spiritual Teacher Maria Erving



Maria Erving has a background in Personal Development and Spirituality as well as Internet Marketing.

Throughout her life, Maria has been interested in the variety of universal laws and principles and how they directly and indirectly impact our lives.

She is the author of *Energy awareness- How To Use Energy To Change Your Life* and *The Power of Aligned Thought – How The Mind Works and How To Use It* and have co-authored in several other books as well as being a contributor as an author on several personal development sites on the Internet.

Originally from Sweden, Maria has enjoyed the privilege of living in Spain, Finland and currently resides in Norway, which she has called home for the past ten years, and her favorite place on Earth is Los Angeles and California.

She is educated in a variety of alternative therapies such as Neuro-Linguistic Programming (NLP Master Practitioner), Life Coaching, Reiki Healing (Master), Bach Flower Remedies, and several types of body work therapies such as Energy Massage, Acupressure, and even massage for dogs!

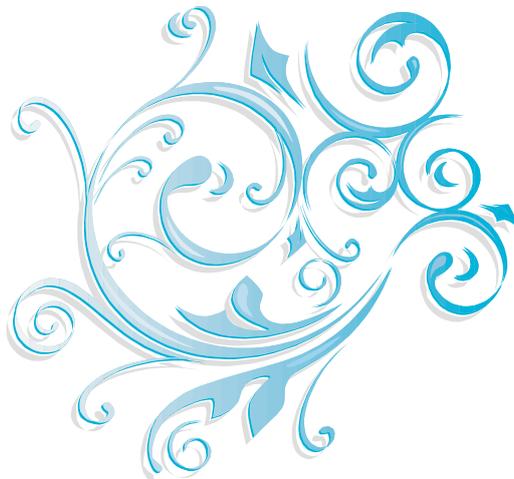
Today Maria's life looks very different.

After experiencing a life altering spiritual awakening she came to the realization that we are not the creators at all and that the mind, which she had previously passionately given such power and significance to in her work, is not that important after all.

Out true nature is beyond Mind.

Maria's work today is all about supporting and helping others on their Journey of Spiritual Transformation and Awakening.

To learn more about Maria, please visit: www.mariaerving.com/about-maria



Feeling Our Feelings and Fully Accepting Them

“Spirit lives in the present moment. Only ego flows back and forth to an imaginary future and regretful past.

Whenever you encounter some sort of challenge in life, the best way to handle it is to do anything you can to bring yourself back to the Now.

The present moment is all we have, and when we get worried or fearful we become lost-and it's all happening in the movement of thought”. ~Maria Erving

It's not enough to just *feel* our feelings, there has to be an acceptance too in order to transcend them.

For example; if we feel the feeling of something “negative” such as hate or resentment, instead of trying to grasp for “better-feeling-thoughts”, there's an easier way to move through them.

And I don't even believe we really 'move through' our feelings until we have accepted them fully.

It's like a frenetic ego-mind that tries to find (or create) more positive thoughts, while the Spirit accepts them all, moves through them, and transcends them.

As soon as acceptance moves into any situation it can transcend, or emotional upheaval, such as *“Oh, my GOD, I can't feel hate, can't feel anger, can't feel this or that, it's NEGATIVE, and Oh my GOD I don't want to create something negative in my life so I have to find better thoughts at any cost..!!”*

And then the mind goes on doing just that, trying to be non-hateful, non-angry, non-sad, anything BUT the “negative feeling”.

While a better way would be to getting ourselves back to the Now, and not moving away from what we feel, but stop up and listen to the emotion that comes up, remaining with it, not trying to escape from it; *that's* when the miracle occur – *the ego will dissolve!*

Only the ego tries to be something else than it is, and we give the mind way too much significance by trying to control it frenetically.

Spirit simply accepts.

Try it – next time you feel something that you consider to be negative, instead of trying to change it, just accept the feeling.

Say “Yes, I feel resentful” and see if you're not feeling a sense of relief by accepting it, and feel how it loses its grip and power over you. Say it out loud with a matter-of-fact attitude, and see what happens: “Yup, I feel resentment! Yeah, and very strongly too!”

Saying “yes, I feel angry” (or whatever you feel) and expressing your anger is not enough though.

To accept it fully means that you're not taking it back.

You are not going to apologize for how you felt and for expressing yourself. Let go of feeling guilty and let go of any shame connected to your emotional outburst.

Accept it.

Don't get angry and perhaps yell at someone (*not* that I think yelling is necessary! It's not) who has treated you bad, and then go crawling back later on and ask for forgiveness. Not for feeling the way you felt.

Of course, if you deliberately used words to hurt someone, then you can apologize for that, but not for being angry.

That's how we transcend our emotions and move through them. That's acceptance.

Taking it back only sets you back to where you stood before in your own evolution. (The moment before you expressed your true feelings)

Trying to change them with our thoughts and repress them doesn't transcend anything – even worse if you take it back by feeling guilty for expressing them – it will only stay in your energy system and come back – maybe in a totally different setting and towards someone innocent who doesn't even have anything to do with it!

(Such as being bullied by the boss at work, and let it go out on the wife at home..., things like that)

When we allow ourselves to feel – sadness, irritation, and what not – there is no room for the ego to stay.

Ego does *not* accept, ego is always trying to get from the present moment to somewhere else (another feeling or thought) – it never stays and accepts.

We can't go beyond anything by denying.

“It's not enough to just feel our feelings, there has to be an acceptance too in order to transcend them. To accept them fully means that you're not taking them back by apologizing for how you feel. We can't go beyond anything by denying”. ~Maria Erving

So what if you feel hatred for example! It doesn't mean you act on it!

And when you feel it, ask what it is *for*, what is it trying to tell you? It is there for a reason, but the spiritualized ego always wants to look good in the eyes of others, and God forbid if “*I*” as a *spiritually evolved being felt angry or frustrated – how un-spiritual!*“

See, it's hilarious.

Let go of all that – just feel what you feel, accepts and move on. It only takes a few seconds to move through it.

I can give an example of the first times that I received healing when I was in rehab for my drug addiction (this was ages ago) and when I laid there on the bench, old feelings came up to the surface and there were a lot of fear, a *lot* of anxiety.

It took me maybe 5 healing sessions before I finally was brave enough to really feel the feelings and accept them fully, and when I did, I felt such relief, such freedom!

I can still remember how it felt, I will never forget it. I was amazed on how easily it left my being when I let go and fully accepted whatever came up. It was truly amazing.

I set myself free.

And so can *you* – *simply by accepting yourself fully, feelings and all.*

“After every plateau a new path opens up, and when everything seems to be stagnant we are really not.

We are being prepared for the new, and the sooner we can accept where we are, accept that we don’t know what will happen next, and accept that there are plateaus in life and they are there for a reason, the faster and more harmoniously the change can come about for us”. ~Maria Erving



“The time in between the old you, and the new you, you will have to spend some time in a space in between, and that place can be terrifying if you don’t have faith.

To embrace that space completely, and give yourself time off of everything is vital.

Non-interference and basically letting life have its way with you” ~Maria Erving

Forgiveness and Letting Go of the Past

Here follows a chapter from the book [Energy Awareness](#) by Maria Erving

How to forgive?

When I was younger I used to say that I can forgive but I can't forget, and in a way that's good advice if it is understood correctly.

I could easily leave people behind who had done me wrong, and by not forgetting what they did I usually didn't make the same mistakes twice, and by forgiving I could easily let them go from my life even if they had been very close to me. I learned and moved on.

Of course there were often tears and it was sometimes heartbreaking, but I knew that I would get over it, and I also knew that the faster I could do that, the better for me.

If you have decided not to have a particular person in your life anymore, then what good does it do you to keep crying over it, sometimes for years?

When you understand that everything that happens to you serves a purpose, you can see it as something that has a blessing somewhere, and your job is to find it. Then it's easy to forgive.

There have been people in my life who have done me horribly wrong, and I have been able to give thanks for later, silently, within my heart. I could do that because it helped to shape me into the person I am today.

That is not the same as saying what they did was okay—it's the ability to see through the eyes of your soul.

It's something that needs to be done within you.

“Give the gift of forgiveness to yourself. There is absolutely no need for you to go to the people who hurt you. Just feel forgiveness in your heart. The universe hears you, and that will be enough” ~Maria Erving

I have done harm to myself, too, and I am sure you have also. You must forgive yourself, and do it now.

Even after we have promised inwardly that we are going to live our life differently from now on, we sometimes fall into the old ways of thinking and acting, and it is very important that you give yourself a new chance. Make a new decision, and do better next time.

Some things will take longer, but each time you get a little bit closer, a little more determined, a little clearer about how you really want to be or live and what kind of person you want to be in the world.

You grow into your own being, you learn to trust yourself, and the more you begin to really love yourself the more respectfully you will treat yourself.

You have to become your own best friend, and it's much easier if you give yourself a break.

Learn and learn again until you get it, but don't beat yourself up ever again. Doing that is insane, if you think about it.

If all this sound very difficult for you, I'll share a technique that helped me to get clear with my past.

For me it had to do with my need to know why I didn't remember everything in my childhood, and I was a bit obsessed by needing to know why; but now I know it's a blessing that I don't remember everything.

Obviously I had a reason for memories to be repressed, and I no longer need to know. I don't care anymore. This technique was very helpful to me so that I could let go.

I suggest that you set a day and place where you can be alone, where no one can disturb you, and start to write the story of your life.

Write it in third person. When I wrote it I began like this: *"Maria was born 23 April in Sweden by such and such parents. She was very much wanted and her mother has told her that when Maria was born, the doctors told her that Maria might become a piano player because she has such long fingers. . . ."* etc.

Write until you feel you are empty. Write all the way from the day you were born to where you are now.

Write the things you remember, and don't force yourself to remember things that you have suppressed. Sometimes things you haven't thought about in years come up again, but just keep writing.

Don't get stuck anywhere. If you do get stuck somewhere, just continue and write about the next thing that comes to mind.

Write about every single thing you can remember, or what others have told you about you, even the silliest things; I mean everything you can think of.

When you write in third person, you are able to take a step back and observe your life from a distance, and it becomes easier to revisit difficult experiences. You will probably feel exhausted by this exercise; it takes a lot of energy to cleanse and clean your energy system—but it's worth it.

You absolutely must intend to do this exercise with the goal of leaving your past where it belongs and never look back again. Are you ready for that?

If you are, then go ahead.

Intend to do this exercise with the goal of leaving your past where it belongs and never look back again.

This process was a huge breakthrough for me, because it allowed me to take a step away from the drama and the conflicts that still felt real to me still even if most of them happened years ago.

I could be the observer of my own life. I realized that I don't have to know about my past in order to know me as I was then.

I wrote like never before, I cried my eyes out, and I really let it all out. I wrote for hours and hours; the words just came by themselves.

The pain wanted an outlet, and this was a really powerful process for me.

For a few nights I woke up and cried, not knowing exactly why, but I did know it had to do with the process of letting go and by letting myself experience everything fully I cleansed myself completely.

This was a process of letting go, forgiving, and accepting what had happened throughout my life.

It left my whole being through the tears I cried and the words I wrote.

I hesitated about putting this into the book, because I no longer believe that we need to go to the past for anything because life itself, as it is in this present moment, presents to us all the contrast we need.

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But because many people still have a bad relationship with their past, I have chosen to share this releasing technique. At the time I went through it, it was good for me; that was one of the ways I finally was able to let go and release my past hurts.

Maybe it can help you, too. If you decide to do this, then totally let go and let the process happen.

“Where you have been, what you have done or experienced in your life is not important; what’s important is where you are going. Your past is dead.

The only way to keep it alive is when we keep rehearsing and justifying and complaining and blaming and... you get the point. Let all that go and set yourself free” ~Maria Erving

Permit yourself be vulnerable in these moments and know that your guardian angel is there beside you, comforting and soothing you, healing and protecting you.

You don’t need to go back and read what you wrote, to dwell in the rawness of it. I saved my writings for a while because I thought I could use it as book material someday.

About a year later I read it, and it was all okay. After that I burned it.

But I think you can just go ahead and burn it right away;

That’s what I would have done had I known more about how we store energy by holding onto it.

If you feel that you have let it all out, if you feel emptied and relieved, then you are ready to move on. So just do it, and don’t look back. Your past is dead.

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Forget about your dysfunctional family when you were growing up.

See them as they are today; allow your sisters and brothers, cousins, parents, and the grandfather who wasn’t there for you to be seen as they are today.

If they have not improved or grown as humans since your childhood, why hold on to some romanticized picture of how a family should be?

I guess your older sister doesn’t hit you the way she used to anymore, does she?

And your brother doesn’t steal your candy anymore, does he?

Ask yourself why you keep the past alive? Do you keep yourself as a needy child (even if you are forty years old today) who needs an apology or recognition for the pain they caused you?

Be honest with yourself.

Know this truth: that before you can get that from them, you need to be the one who forgives.

Give what you seek, because on a deep spiritual level, we are all one, so you are really forgiving an aspect of your self.

I know that is hard to accept, or even understand.

But I'm telling you what has worked for me. If I can do it; so can you.

If you believe your past has any power over you, then that is what you are going to experience.

If you tell yourself you can't forgive because that would be the same as saying the things they did to you were okay, you are holding yourself down and unconsciously preventing yourself from being the magnificent being that you are.

You are making yourself shrink, while blaming others, refusing to let go.

Even if the people died years ago, some may find it very difficult to let go.

I have had people accuse me of saying it is okay to rape somebody, just because I have forgiven my molesters.

Those people are still holding themselves in the grips of their attackers, but now the attacker is a mind-made thought only, years after the actual event.

And that's how people become bitter and even hateful.

Keeping these thoughts alive is not necessary. It is safe for you to let go.

You are not saying it was okay to treat you the way you were treated. You are taking responsibility for your own well being by not hurting yourself anymore.

The energy of you being a victim has only created more to feel victimized about.

We attract what we feel, so the more you feel like a victim, the more you get to feel like a victim.

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We attract what we feel, so the more you feel like a victim, the more you get to feel like a victim.*

Now that you are powerful and willing to move on, you will inspire others to do the same.

If you choose to you can begin to use your past experiences for the greater good, and you will be someone whom others can lean on and turn to in the freshness of their own negative life events.

You will be able to guide them to a better way of handling whatever difficulties they are facing, because you have been there and you know the way out. You will participate in the healing, and your support will be priceless. You lead the way when they can't see it.

If you don't choose to share your past experiences with the world with the intention of using them for the greater good, that's perfectly fine.

No matter what you choose you will automatically send out a positive vibration when you change from feeling like a victim to one who has forgiven and moved on.

Other people will sense that, and at the same time you are using your energy to participate in co-creating a new world without even doing anything particular.

Your energy vibration has changed because you decide to let go of your past. Thus as you have changed, so has the world.

“Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned” ~Buddha



We are not our feelings and thoughts, our true nature is way beyond that – it's only the conditioned mind that makes us identify with them and thus we're stuck in the emotional merry-go-round rollercoaster!

My Number One suggestion to all inner turmoil, besides from acceptance and forgiveness, is *stillness*.

Meditation, contemplation and stillness of the mind.

We are not our minds, and should not trust it that much; it's basically a social product which makes it decisions based on the past and its experiences.

That's all. What is there other than our own perceptions and interpretations of 'what is'? Without our story, who are we?

Looking into that with curiosity and awareness opens up a whole new world!

When in a meditative state of mind we are freed from the past and future and we are totally in the Now.

The ego runs our memory (past) and imagination (future) and in the present moment those things disappear, there is no need for it, because it's not real.

You have transcended, and *now* you will tap into all the potential within yourself, and only now.

In meditation we connect with that which is real and true, and from that space life become more authentic and peaceful.

“There is a deeper realm of being that is beyond what we perceive with our senses; much more to life than what we see and hear with our senses.

Tune into that, even if you can't feel it yet, even if you have no idea how it looks like, just know it's there, within you and keep asking your soul to reveal that which is real and true in your existence” ~Maria Erving

~I hope you have enjoyed this booklet and that you found it helpful!

Here are two additional e-books written by me that you may find inspiring as well:

“Clarity Exercise: With Over 30 Powerful Questions That Helps Gain Clarity” and

“11 Essential Keys for the Spirit-Driven Entrepreneur to Know”

Many have found them enormously helpful on their own personal journey and even if my work is no longer about 'creating our own realty' etc, there are some real gems in these books that I think you'll appreciate.

I invite you to my website where you can get these two e-books for free as well as read many other inspirational and empowering articles: [Receive Free E-books Here.](#)

~Hope you enjoy! ☺

All the best,



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