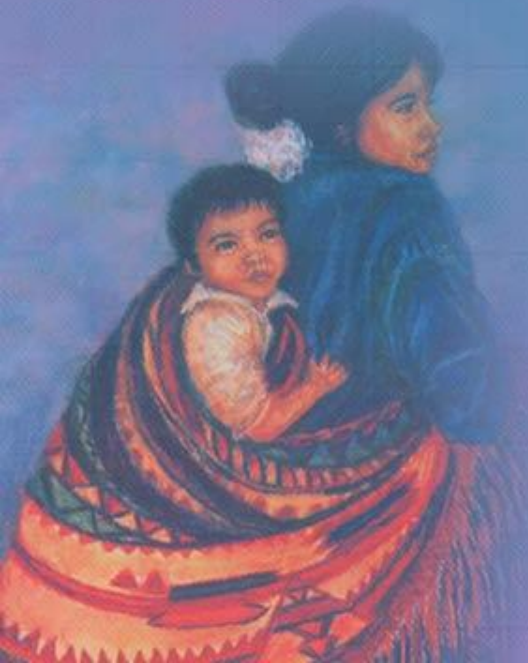


The Healing Power of Forgiveness



The Deadly Disease

- How many of us are poisoning our minds with unforgiveness?
- Many of us walk around carrying this deadly disease, unaware
- Harboring unforgiveness will bring sickness to the body and to the mind



History

- Consider where the unforgiveness originates from...
- Perhaps it's related to someone having mistreated us, cheated us or abused us
- It could also stem from being hurt, offended, humiliated or angered



History

- Maybe it is connected to our own family history...
- Being robbed of our sacred way of life
- Being robbed of life pursuits
- Residential Schools





Attached Unaware

- When we harbor unforgiveness, you remain fixated on the pain, the sting, the hurt...
- Which in turn keeps you fixated on the person (situation), and you remain attached to them
- Reality reveals that we cannot control what others think, say or do to us (or themselves)



Emotional Byproducts

- Time reveals the byproducts that unforgiveness creates
- Bitterness = Misery
- Resentment = Hatred
- Grudges = Imprisoned in your own mind
- Anger = Violence
- These really end up being emotional states that we create for ourselves



Toxic Byproducts = Toxic Thoughts

- These toxic byproducts affect our thoughts and feelings
- Thoughts produce emotions
- Emotions produce decisions
- Decisions produce an action
- 90% of our sicknesses are related to bitterness, resentment and fear



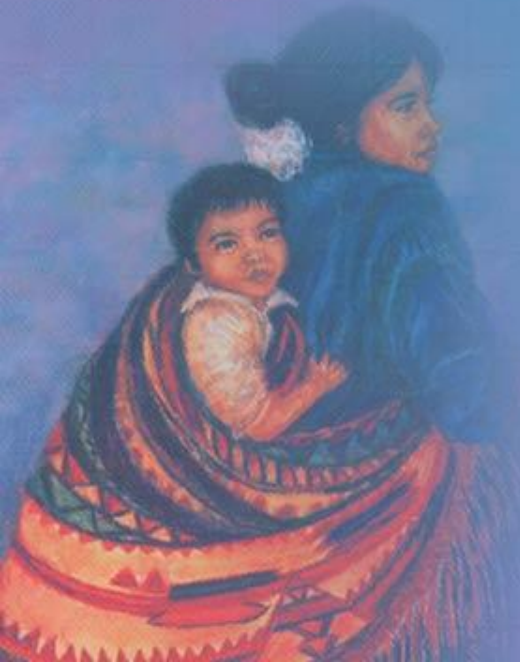
Side Effects of Unforgiveness

- Have no energy - feeling drained (from the spiritual warfare)
- Sense of hopelessness
- Loss of joy
- Loss of happiness & discontentment
- Extreme anger & rage
- Loss of peace - no peace of mind
- Spiritual turmoil
- Unrest, sleeplessness & loss of energy
- Depression, anxiety, fear
- Mental & spiritual roadblocks



The Affects on Our Health

- Hypertension
- High blood pressure
- Heart disease
- Ulcers
- Sleeplessness
- Loss of appetite
- Digestive problems
- Weakened immune system
- Shortened breath – thoracic breathing



The Process of Forgiveness

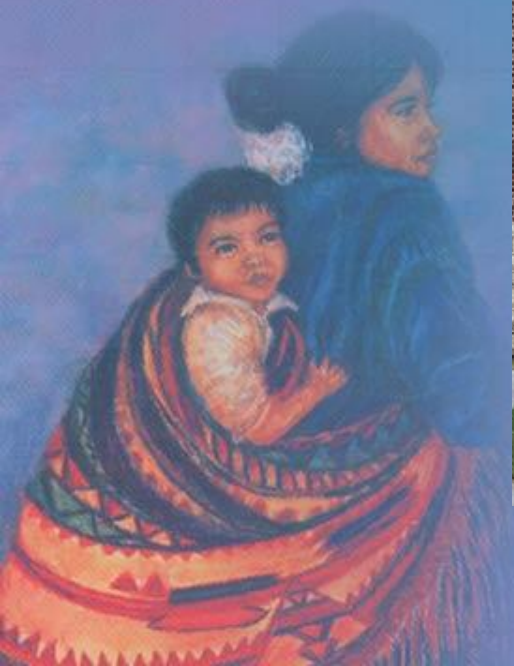
- Forgiveness is a great path to regain your peace, joy and happiness
- Forgiveness does not minimize the seriousness of the offense
- Forgiveness is not “letting someone off the hook” when we feel violated or victimized
- It becomes a gift of compassion that we give ourselves (and others) so that we can move on



The Process of Forgiveness

- Forgiveness – the capacity to pardon those we feel have violated us
- Most people do not realize what a burden anger & hatred are until they let go and forgive
- Bitterness kills, forgiveness heals





Mohawk Institute
Indian Residential School 1831-1970
Woodland Cultural Centre
Administration - Museum - Fine Arts Galleries - Maintenance - Parking
Finance - Reference Library - First Nations Indigenous Language Department
The Albert Group - Aboriginal Ed. Office Grand Erie Bd. of Ed.
Welcome

THE MOHAWK INSTITUTE
The Mohawk Institute was founded in 1831 as the first residential school for Native Americans in Ontario. It was named after the Mohawk people of the Iroquois Confederacy. The school was closed in 1970. The building is now a cultural centre and museum.

← Museum



- I find my own strength through forgiveness and inner-resilience



- When I wanted to hold my mom accountable, I realize I would've been holding all of our ancestors accountable for the things that they have done that came from a place of trauma – and I was expecting my mom to not only carry that burden, but take ownership for it



- It also occurred to me that maybe we are looking to our elders to take accountability or ownership for traumas that they are experiencing or for those of our ancestors
- Holding my mom accountable wasn't going to change the pain, it would actually make it worse, but forgiving instead was the freedom and releasing that I was looking for



- My Haudenosaunee culture makes me resilient, not the culture I am surrounded by in this modern day world
- The resilient fibers passed down from my grandmother exist in my daughter today because forgiveness created a pathway for them





The Process of Forgiveness

- What difficulties do you have in forgiving others?
- Can you think of a time when you may have caused harm that required forgiveness from another?
- In what ways does resentment cause you harm?
- How can you become more forgiving of others?



Ronnie Pollack

Native American Cultural Center
Executive Director

MCC Health & Phys. Ed. Dept.
Adjunct

Two Canoes - Talk Radio Host

rpollack@nativeamericanculturalcenterinc.com

info@ronniepollack.com

585-530-7230

