

What do we do when we hold things in our hearts that we feel badly about? How can we allow anyone to love us if we do not love ourselves? Love has many pitfalls and it is necessary for us to find peace within our hearts and to find love for ourselves before we can love anyone else or feel secure in regard to the love others have for us. The journey to loving well may often begin with forgiveness.

About Love, Forgiving

By Greg Gouradian, aka Grigori Rho Gharveyn, etc, et al...

When we hold things in our hearts for which we feel shame, anger, pain, resentment or any other negative feelings we find may often find it very difficult to love ourselves.

Indeed, many of us come to hate ourselves with a passion; we may set about to destroy ourselves either deliberately or through neglect, or by nonconscious self-sabotage.

We may feel great despair that no one should love us because of the dark issues in our hearts; we may very often convince ourselves that no one can ever truly love us because of our own poor regards for ourselves.

In this state, because we may too often feel we are un-loveable, we will tend to perceive the love others have for ourselves as selfish and riddled with ulterior motives even if their love for us is pure and selfless.

In this manner we too often may spoil the gifts of love that others may try to share with us, thereby doing both ourselves and those who love us great injustices.

While many of us do not reach such an extreme and deliberately self-destructive state in regard to our regards for ourselves and the dark places in our hearts, most of us are afflicted by some darkness in our hearts and we may then nonconsciously undermine our lives in our efforts to punish ourselves for whatever dark things we keep deep in our hearts.

Those parts of our lives that receive the most damage from our self-loathing and self-sabotage are our relationships to the people we most love or desire.

We must find it within our capacities to forgive ourselves for anything in our hearts which we may ever have done that has hurt us or which has hurt someone else.

It is not necessary for us to ever seek any forgiveness from anyone else.

We do not need to seek forgiveness from others we have hurt because they may be unprepared to forgive us even though it will always be in their own best interests to do so.

By seeking forgiveness from others we may even be doing ourselves harm.

By seeking forgiveness from others we may be disempowered from being able to heal ourselves, particularly if they refuse to be forgiving.

The person we most need to be forgiven by is always ourselves.

By forgiving ourselves of any hurt we may have caused to others or to ourselves we empower ourselves to love ourselves and to heal ourselves.

While we should need no one else to forgive us it is still important that we forgive all others whom we may feel have ever hurt us in any way.

Forgiving others is like seeking to be forgiven, it is not necessary to seek out those whom you wish to forgive.

However, if an opportunity ever arises to speak kind words of forgiveness to someone who has hurt you then you should regard that moment as a golden opportunity to help yourself and to help that other person so that you may both heal and become happier human beings.

It is always a good idea to act in that moment to immediately create new healing.

Forgiveness is a wonderful blessing.

It can be easy to give forgiveness, and yet it enriches our lives immensely.

However, when we find it difficult to forgive ourselves or anyone else then the sores in our hearts can fester and these sores will slowly poison us day by day, making our lives darker, leading us into greater misery, pain, suffering, and despair all of which may often be unnecessary.

We create this pain and misery for ourselves as a signal to pay attention and to immediately take the appropriate action to heal ourselves by forgiving.

However, if we choose to neglect the roots of our pain and misery we will be unable to address the issues in our lives which linger on unresolved, issues that may then continue to harm us.

The choice to forgive is always ours to make; we can prevent much pain and misery in our lives by choosing to forgive anything and everything which may happen to us the very instant it occurs.

Just as we will reflexively pull our hand away from a fire if we accidentally put our hand too close to a hot flame, so too we should learn to reflexively forgive any harm which is done to us or which we may have done to ourselves.

Failure to quickly forgive anything which happens to us which may seem to have harmed us is as dangerous to our wellbeing as is leaving our hand too near to a hot fire.

Forgiveness is all about love.

If we wish others to love us we will be unable to accept the full gift of their love so long as anything in our hearts remains un-forgiven.

When we have opened our hearts and forgiven everyone, including ourselves for everything that has ever hurt us we are able to receive love without doubts about our worthiness interfering with the love we are meant to receive.

Doubting the love we receive can only ever cause us more pain.

When every hurt in our hearts has been forgiven then we become free to love everyone around us more effulgently, thereby gracing all of our lives together with more joy, happiness and warm regards for everyone.

In this state where everything is forgiven we are prepared to love and to be loved unconditionally in a manner that can only bring us even greater joy and happiness.

Enjoy!

Love, Grigori Rho Gharveyn

aka Greg Gouradian, Roger Holler, Falcon, Chameleon, and many more...

BIO:

We have been collectively known by the name Greg Gourdian for the purposes of publishing our articles. We perceive ourselves as a collective of people spanning many worlds in different universes. We seem to share many bodies; however we have only one body here in this world we share with you now.

We worked with the general public as a psychic reader for a little over four years from 1981 to 1986.

Much of our written work has been channeled however we often have no idea whose voices are speaking through us when we channel.

We have many strange tales to tell regarding our adventures in this world and our spiritual journeys.

We try to tell our tales in a humorous, engaging, or entertaining manner.

While we were a high-school student we channeled or taught classes in metaphysics & parapsychology, sociology, and psychology.

We are still emerging from the closet in regard to being a collective of many people inhabiting what appears to be a single body in the context of the world we appear to share with you. Our current written works reflect this new change in perspective as we have adopted plural forms of reference to ourselves that may not always appear consistently, particularly in our older work. Using plural forms of self-reference helps us to develop a greater awareness of ourselves as a collective as well as conveying to other people how we perceive ourselves.

We hope you will understand if we sometimes may sound awkward or conceited as a consequence of making this adjustment in how we refer to ourselves.

Our group's primary beliefs share these ideals:

- *Love should always be universal.*
- *Liberty should be unconditional for everyone.*
- *Justice is best served by not judging yourself or any other people.*

For further details please see our site's [About](#) pages or view our profiles on [Linked In](#) or [Temple Illuminatus](#)...

Enjoy!

namaste