

Completing Perpetration - withhold and other stuff... how to do it.

I've made an inventory of people in my life before. The last time I made one, it was at Werner's suggestion. It was an inventory of people with whom I had a withhold and / or a perpetration - and possibly more than one of each.

withhold: to refuse to give something or to keep back something

perpetration: to commit a crime or a violent or harmful act

The inventory was both extensive and exhaustive - not to mention worldwide.

I tracked down everyone in it. In the process I found out some people were no longer alive. That didn't stop me. You can communicate with anyone - dead or alive .

I asked each person for permission to have a conversation with them.

I 'fessed up to what I'd held back from them.

I took responsibility for my harmful acts against them.

I asked them to ask me anything and / or to tell me anything they wanted to ask me and / or to tell me, to get closure with i.e. to be complete with and forgive what I'd done.

I answered every one of their questions truthfully.

I got everything they told me unflinchingly. Whatever they told me was their truth. I did absolutely nothing to explain or defend my version.

It could be said you'll only know how much baggage you're carrying, you'll only know the full extent of the weight of the baggage you're carrying from the past, when you complete a process like this.

You'll know how much baggage you were carrying because of the lightness you'll experience when it disappears.

When you 'fess up to your withholds and perpetrations to the people with whom you have withholds and perpetrations, baggage from the past completes and disappears.

Recently I made another inventory of a different group of people in my life, this time of my own volition. It was much shorter than the first. It was an inventory of people I hadn't forgiven. The process of communicating with the people with whom I had withholds and / or perpetrations was

much easier in retrospect. In it, I had to 'fess up to something I'd not 'fessed up to before and / or take responsibility for something I'd not taken responsibility for before.

With this new inventory, I had to give up something I'd not given up before. In many cases, what I had to give up was being a victim. I had to reach and pluck the arrows out of my back or out of my heart.

Although giving up something is often harder than 'fessing up to something, I knew going in to forgive the people I hadn't forgiven, that they had upset me in a way I'd been upset before.

What does that mean? It's liberating. It means you're never really upset with the person (or people) you're upset with: rather, you're upset with whomever the person you're upset with reminds you of. To forgive, you must first be willing to own.

To forgive is to give up the right to resent and / or to give up the right to punish.

This implies when I forgive, it's a gift. Mainly it's my gift to myself.

Here's something I love that Nelson Mandela was fond of saying about resenting (and resenting is really the withholding of forgiving, yes?). He said "Resenting is like taking poison, hoping the other guy will die.". When I forgive someone I stop poisoning myself.

I began contacting the people in my second inventory.

I told them I was no longer willing to not be fully love them.

I said I didn't want an explanation or an apology from them.

It became clear that my gift of forgiving may not be accepted.

When it wasn't accepted I let that go too.

Let the healing begin.