

FORGIVE

*Master the Art
of Letting Go*

JOAN SAMUELS-DENNIS, PH.D



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*This journal is a tribute
to my African brothers and sisters scattered across the
four corners of the earth. We have suffered long.
It is time to heal and become the most powerful, loving,
and disciplined version of ourselves.*

Justice & Love

What does the Lord require of you
except to be just, and to love [and to
diligently practice] kindness
(compassion), and to walk humbly
with your God [setting aside any
overblown sense of importance or
self-righteousness]?

Micah 6:8 [AMP]

PEACE MAKER

You've been called fighter and survivor, but has anyone called you a peacemaker?

The people born to bring peace to our world are the ones who have endured the wars
and the after-effects of violence and cultural genocide.

Hidden in the marrow of their bones, the nucleus of every cell, and the dark spaces in
between are the screams of the enslaved, tortured, raped and murdered.

They have endured racism, colourism, sexism, classism, micro-aggression, and social
exclusion, and with every breath, they scream

"ENOUGH! WE DESIRE PEACE!"

They don't notice the snake as the evil migrates from the pale to the dark-skinned.

Even as they cry they mirror the ones who continue to torture them.

A mother beats her child.

A sister envies her brother.

A child is murdered in the womb.

A nation suffers violence at its own hands even as its men and women sing

"My help comes from God, the maker of heaven and earth."

"Forgiveness is the KEY!" yells a mad brother on the street corner.

"I will never LET GO!" says a sister whittled with the cancer of hate.

I build an altar. I don't kneel, I stand. I raise my fist to the God of the universe,

"What do you want from me!?!"

Silence. Only silence.

My heart breaks as the hate leaves and I weep, "What do you want from me?"

Silence. I sit in the stillness.

"I am tired," I say as I fall to my knees, "What do you want from me?"

God speaks, "Change the world. Bring peace."

"But how?" I plead, "If peace was possible, we would have it by now."

"Forgive it all and mirror me." His voice is a whisper in the wind,
"Forgive, remember the evil and choose to live."

What's so special about you so-called Black man and woman?
You don't know it, but you are the most peaceful nation on the planet.
You have a gift buried in you. It's called peacemaking.

After we forgive the atrocities and the pain of the past, we build a village and return
to ourselves. From the center of that village, we make a declaration:

"I forgive you, but this will never happen again!"

Peace does not come with rage and more war.

It does not come with forgetting ourselves.

It comes with forgiveness and full awareness of God's master plan.

We had to experience war, so you and I could bring peace.

How else would we do it?

It had to be our choice.

Let me go first.

You follow.

Joan Samuels-Dennis

The
most powerful
people in the world
are those at

Peace

JOAN SAMUELS-DENNIS, PH.D

THE AGE OF PEACE

And the men on the horses answered the Angel of the Lord who stood among the myrtle trees and said, "We have gone throughout the earth [patrolling it] and behold, all the earth sits at rest [in peace and free from war]."

Zechariah 1:11

I am blessed with two spiritual gifts that allow me to know that we have entered a new era of Christian spirituality. The timeline outlined in Joel 2:28 has begun. Those adopted into sonship will experience the outpouring of the Holy Spirit and will now move through a process that will magnify their prophetic gifts. They will become the dreamers and visioners who will use their gifts to resurrect a dead church.

My dreams have shown me that we have entered the age of peace. What does this mean in 2020 especially as COVID-19 holds us in a place of stillness and global rest? The period of rest created by COVID-19 provides all of us, especially people of African descent, the opportunity to finally look at and heal the traumatic wounds endured over our lifetime. Beyond this, we will heal the wounds that transitioned from our ancestors.

We will learn a style of forgiveness that demands we look beyond our interactions with individuals and family members. As we open our eyes to the deep wounds created by community institutions, countries, nations, and humanity, we will see the lies and manipulations implanted in our subconscious. We will see them and

overcome them by the redeeming blood of the lamb and the word of our testimony. We will look intently at the moment we chose to die and make a new decision as we say out loud, "I choose to live!"

As we embrace this new style of forgiveness, we will open our spiritual heart. We will experience a new level of awareness and perform with the highest intellect. Our complete memory will return as we align our will with God's and pursue our destiny with a level of vigour and energy never experienced before. We will experience our spiritual baptism and the liberation of the enslaved heart, mind, and spirit as the power, love, and discipline of the Holy Spirit consumes our very being.

We do not yet have peace, but there is a group of men and women who are struggling to come out of a spiritual cocoon. As they exit the cocoon, they will be equipped with every resource needed to complete a divine mission. Much like the plight of Jacob outlined in Genesis 32-33, they are struggling with God, themselves, and man. They will come out of the struggle with a limp but in the process, God will set them apart and give them a new identity called Israel – one with princely and priestly power to prepare the world for peace.

Amid the phenomenon called COVID-19, we watched George Floyd die at the hands of Derek Chauvin. In the aftermath of that horrific event, the whole world woke to the state of negative peace humanity and especially people of African descent, who have been tolerating and maintaining for at least 401 years. Dr. Martin Luther King Jr. made the distinction between positive peace and negative peace while responding to the public criticism of eight white clergies who admonished him for his "unwise and untimely" protest for racial equality. From his Birmingham, Alabama jail cell in April 1963, he defined positive peace as "peace with justice for all."

Peace is often misunderstood as the absence of some negative force like conflict, violence, or war, but Dr. King reminded us that peace is not only the absence of conflict but the presence of justice. Negative peace, he suggested, is "peace without justice." It is a false sense of peace that comes at the expense of justice. You may not see or experience a conflict but tensions boil just beneath the surface. In a state of negative peace, the conflict remains unresolved and the people unreconciled.

We are all desiring peace. We want a resolution to the conflict. We want Kim Jong-un and Donald Trump to acknowledge the wrong of the generations before and let us sleep at night without fear of an atomic war. We need some assurance that the

struggle for political and territorial control that spans the entirety of our human existence will not start World War III. We want countries like China and India, which are poised to become the economic and technological innovators of our time, to remember and learn from our past and finally put in place measures of justice and mercy that prevent a return to the patterns that enslaved and dehumanized people of African descent.

From the deepest parts of our hearts, we yearn for a time when men stop using their fists to control women. We want all white people around the globe to stand up and sing with one voice, "You and I are brother and sister under God. Your life matters, black man and black woman!" We want every man, woman, and child on the planet to echo their cry and say, "The atrocities of the past must never happen again!"

Sanity! Yes, sanity must come to parents, family members, and neighbours as we all recognize we have lost the war to spirits of darkness when children become the focus of sexual satisfaction. It is time we acknowledge that beating children like slaves, violating them, and then allowing them to turn and violate one another destroys their soul and destiny.

If we desire peace right here and now, we must look in the mirror, forgive ourselves, and refuse to continue the old pattern of remaining blind to the wounds we all carry. It's time we take a stand and say with great conviction, "I choose to end the pattern of re-inflicting the wrong done to me onto myself and others."

The God of the Ages has unveiled a plan for how the Age of Peace will make its grand entrance. If we want peace, we must heal the wounds of the past. We must forgive and master the art of letting go. We let go of the record of wrong. We let go of the fears and the negative thoughts connected to our most painful moments. We let go of the old man – the false self – created to deal with the trauma of the past. We let go and make room for something new to enter. A new identity. The gift of love. Inner peace.

This Daily Forgiveness Journal ushers in the plan for peace by teaching you the art of Christ-like forgiveness. We all know that we must forgive; our problem is we don't know how. We have never taken forgiveness apart and broken it into steps we can relate to. For every person we forgive, we will ask four questions:

1. What did I want?
2. What did I get instead?
3. How did it make me feel?
4. Why did they give me what they gave me instead of what I wanted?

We all have wounds we must heal, but I believe if we heal the most wounded members of a family, peace quickly comes to the entire household. If we heal the most wounded families in a community, the whole community swiftly experiences peace. If we heal the most wounded communities, we can watch and smile as they become a beacon of light that overtakes the city. If we heal the most wounded countries in the world, they will shift the human consciousness as they take up their role as peacemakers and peacekeepers.

Peace begins at an individual level and is sustained when we spiritually awaken.

Where are you now?

Sometimes as we move through our healing journey, it is easy to forget how well we have progressed, the struggles we have overcome, and the shifts that occurred in various areas of life. This exercise will help you to assess where you are now and become a living record for you to return to when there is a need. I suggest repeating this assessment every 3-4 months. For each category that ranks 6 or lower, ask yourself this question: "Which gift and fruit of the Holy Spirit do I need to ask for so I can rise to the next spiritual level?"

**Please rate on a scale of 1 to 10 how much you agree with each statement below
(1 = Strongly disagree, 10 = Strongly agree)"**

Relationship With Self

I love who I am. I accept who I am and take pride in the life I have lived so far. I trust and listen to myself. I am at peace and experience a great level of harmony with myself and others. Stability is present in my life.

Relationship With Partner

I love who my partner is. I accept who he/she is and take pride in the life he/she has lived. I trust and listen to him/her. I am at peace and experience a great level of harmony with my partner. I feel happy and blessed to be with him/her.

Relationship With Parents

I love who my parents are. I accept who they are take pride in the life they have lived. I trust and listen to them. I am at peace and experience a great level of harmony with my parents. I feel happy and blessed that God chose them to care for me.

Relationship With Kids

I love who my kid(s) is/are. I accept who they are take pride in the life they have lived. I trust and respect them completely. I am at peace and experience a great level of harmony with my kid(s). I feel happy and blessed God chose me to care for them.

Relationship With Friends

I have 2-3 good friends I connect with deeply. I love who they are and the positive vibes they bring into my life. I love and appreciate their authenticity. When we get together, I feel empowered, loved, and in harmony.

Self Care

I have a self-care routine that attends to the health of my body, mind, and spirit. I strive to make sure my overall physical and mental health is at an optimal level. I eat well, sleep well, and workout. I am mindful of the things that toxify my body. I often experience a great sense of love and peace that gives me energy and strength.

Spiritual Well-being

I feel a deep connection to God and all others. I forgive as soon as I sense I am in a state of unforgiveness. I seek forgiveness when I have wronged another. I have a daily spiritual practice that helps to build my faith. I ask for and actively pursue the gifts and fruits of the Holy Spirit. Prayer, meditation, and biblical devotion are part of my spiritual routine.

Fears

I know my greatest fears. I know the things I think, say, and do when I am expressing fear. I have a good understanding of the moment in time that created my fears. I understand the relevance of fear in my spiritual transformation journey. I have overcome my struggle with fear and now I focus on my purpose—the thing I was born to do.

Love

I love God with all my heart, soul, and mind. I love me as God loves me. I love all others as God loves me. I know the things I think, say, and do when I am expressing love. I understand the relevance of love to my spiritual transformation journey. I know love is the ultimate gift of the Holy Spirit and the highest spiritual law.

Living With Purpose

I love my life and the things I do. My life has meaning and a great purpose. I know my unique gifts and talents and I use them to serve and fulfill my divine purpose. My life and my work make my family, community, and world a better place. My goals move beyond work. I make time for special events, travel, family outings. I set time aside for relaxation and creativity.

TOTAL _____ /100

DENIAL

Many people spend years in therapy because a life event and a wound that requires their attention remains hidden from them. Sometimes the event is unknown to us because it happened during a time in our life when we were pre-verbal. Without language, most of us will forget an event that occurred before age 2. In some cases, the event began with an ancestor (i.e. grandmother or great grandfather) who experienced a traumatic event before we were born. That traumatic memory will impact our well-being through a process called epigenetics and we will need the memory of our parents to help us heal that wound.

For most of us, however, we have a self-protection mechanism that denies our access to specific memories until we feel safe and secure. When we cannot access information about ourselves or our condition, we call this denial. Among psychotherapists, denial is recognized as a defence mechanism that places us in a state of unknowing. In this state, we are unable and incapable of confronting the fear and the problem.

When we overcome denial, we can access subconscious information that allows us to remember experiences that harmed us physically, emotionally, sexually, and spiritually. Additionally, we can identify false beliefs that heavily influence our capacity to be successful and productive. When we clear denial, we know our truth, we speak our truth, and we can listen to others speak truth.

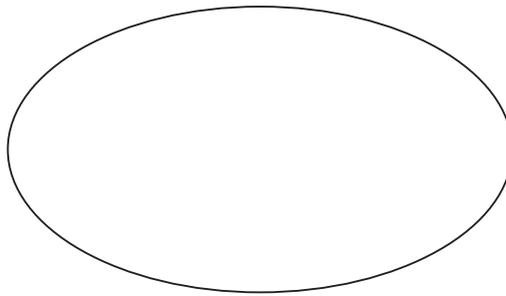
What is truth? It's something we never need to argue with others about.

- Truth is who I AM as a child of God.
- Truth is the real source of my problem.
- Truth is my testimony.
- Truth is divine wisdom and understanding about why I have experienced all that I have.

Before completing each forgiveness, you will use two exercises to access your truth. The first is called Clearing Denial and the second is called Fear Mapping or Problem Mapping.

FEAR MAPPING

For this exercise, we will focus on a real problem affecting you today. Return to the activity you did on page 33 and choose a potential block that may hinder the achievement of your goals for the year and the next 40 days. Choose a specific fear and then isolate as best as you can the person(s) or life events connected to that fear. Write it in the oval shape below. It may help to look at the sample map on the next page. Next, take a couple of minutes to write whatever thoughts come to mind about your fear, scattering them around the oval. Be as specific as possible, working quickly and without editing your thoughts.



a. Is your mind clear, or is it cluttered with thoughts?

b. Is your body relaxed or tense? List where and how your body is tense:

c. With your mind and body in this condition, how do you act?

SAMPLE MAP



a. Is your mind clear, or is it cluttered with thoughts?

My mind is so cluttered with thoughts about all the things I need to do.

b. Is your body relaxed or tense? List where and how your body is tense:

Tightness in my chest. I feel like I can't breathe. Stomach upset and nauseated. Tension headache.

c. With your mind and body in this condition, how do you act?

Irritable. Outburst of anger with people who don't deserve it.
I feel like punching a wall.

DAY 1

Date _____

Now that you have grounded the current problem in a specific moment from your past, briefly describe what happened:

List all the people connected with the event.

Write a letter to the individual(s) telling them the following:

1. Your understanding of the event from your perspective.
 - a) What the person(s) did wrong
 - b) The impact on your life, health, and well-being

2. As you write and try to figure out what bothered you about that moment, include statements that begin with:
 - a) "I can't believe you..."
 - b) "How could you..."
 - c) "How dare you..."
 - d) "You really hurt me when..."

3. Finish by telling them of your plans to forgive them and release yourself from the hold of the event.

Special Note: Feel your emotions deeply, but observe the thoughts for their positive and negative charge. As you forgive it is best to treat the process like a bit of an investigation. Put on your Sherlock Holmes hat and carry the magnifying glass in your hand as you examine the moment for what went wrong. Own your sadness or anger, but do not allow yourself to act out against the person by being violent in your thoughts or becoming hopeless. If you do, do not let it last for more than 5 minutes.

SEEKING FORGIVENESS

As we forgive others and ourselves, great insights and revelations come that immediately free us from destructive thought and belief patterns. No matter how great the atrocity we have forgiven, we are forced to notice and take responsibility for the part we have played in carrying forward the pain.

You will see the speck of dust in the person's eyes and the big old plank in your own. You have been praying, but now you may say a prayer of repentance as you decide to turn from your old toxic ways. If you do it right, you learn a lesson that shows you the thoughts and beliefs that create new moments with new people that force us to re-experience the pain. As you let go and decide to love and accept the other, you refocus your attention on Christ. You stop mirroring the one who wronged you and instead mirror Christ. As you end your forgiveness, close with a short prayer. If you don't know how to pray, use the prayer presented here.

Prayer of Forgiveness

Our Father and Creator in heaven,
thank you for the powerful gift of forgiveness.
Let your Holy Spirit hover over me.
Separate the light from the darkness within me.
Let your kingdom come,
within me, around me, throughout the universe.
Let your will be done in my life as I pursue goodness and holiness.
Guard, shield and protect me.
Give me every spiritual gift needed to be the best version of me.
I see the patterns Lord,
I am no longer blind.
Forgive me as I have forgiven the one who wronged me.
Reveal the things I need to see,
end the temptation to repeat this pattern.
Surround me with your angels.
Deliver me from spirits of darkness,
that work against my desire to come into agreement with your will for my life.
Bless me Lord and let my life bring glory to your name.

Amen



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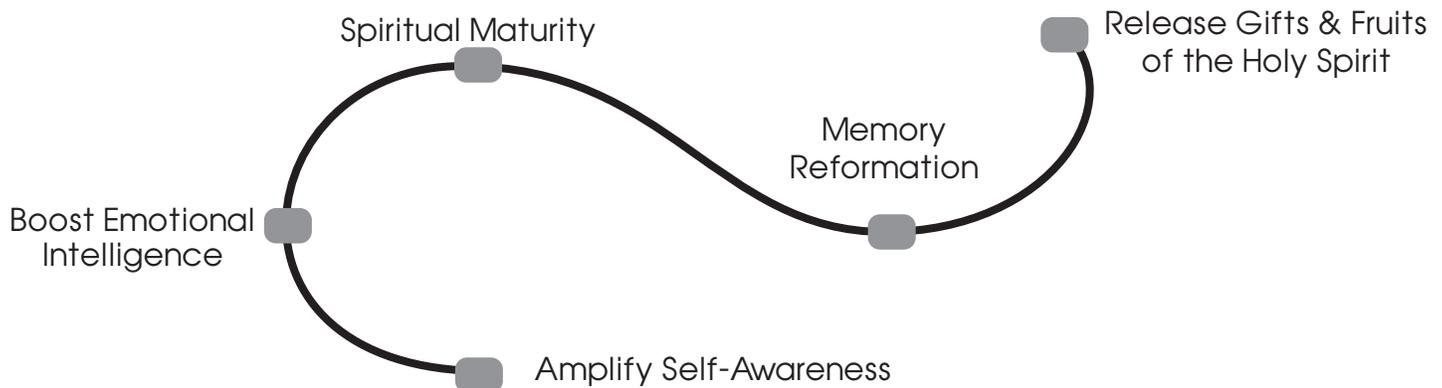
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connect@drjoan.ca

Joan Samuels-Dennis is the director and founder of Becoming Canada, an organization that aims to promote the health and spiritual well-being of people who follow the path of Christ globally. She desires to strengthen the capacity of individuals, families, and communities to achieve inner calm and peace.

She holds a Doctor of Philosophy in Nursing from the University of Western Ontario with a specialization in Community and Mental Health Promotion. She established Becoming in response to a deep and spiritually driven desire to see every individual transform into the most loving, powerful, and self-disciplined version of themselves. She is a powerful speaker with an incredible message that inspires people to push through moments of intense struggle as they discover how those moments align with their life purpose.

As a Nurse-Psychotherapist, Dr. Joan works with individuals experiencing depression, anxiety, PTSD, dissociative disorders, or relationship difficulties. She uses a highly effective forgiveness technique that gets her clients results in as little as 3 sessions. Her psycho-therapeutic process incorporates knowledge from Applied Kinesiology, Neuroscience, Cognitive Behavioural Therapy (CBT), and forgiveness to support a permanent recovery.

Dr. Joan is the author of *490: Forgive and Live Fearlessly*, a book which presents the eye-opening forgiveness process outlined in this Daily Forgiveness Journal.

Several times throughout the year, she hosts a Truth, Forgiveness and Reconciliation seminar that draws attention to the many issues faced by the African and Caribbean Diaspora. She is on a mission to help every member of her nation end the trans-generational transmission of fear and take up their position as the true peacekeepers and peacemakers of our time.