

## “VALIDATION”

When we were born, God or The Higher Source (whatever term is right for you) validated us, and when someone abuses us it's an invalidation of our self, our self-esteem, self-confidence and self-worth. Literally, the abuse voids us. So we have to be able to go back, go within, and "revalidate" what was once valid. But we can only begin the process if we apply the rules of 'forgiveness and forgetfulness'.

Just for the sake of this little dissertation, I extracted a few definitions of words that are vitally important to understand. The definitions were found in Webster's.

**Valid:** Strong, powerful, having legal force, properly executed and binding under the law; well grounded on principles or evidence. Valid applies to that which cannot be objected to because it conforms to law, logic, the facts, etc. and it is free from error.

**Synonym:** Evidential, good, legal, powerful, sound, satisfactory, satisfying

**Validate:** To make binding under the law; to give legal force to; declare legally; to confirm the validity of.

**Synonym:** Authorize, confirm, legalize, make certain, ratify, make true, ratify.

**Invalidate:** To deprive of legal force.

**Invalid:** Having no force; null and/or void.

**Revalidate:** To make a new validation. To get back the power.

**Synonym:** To re-powerize, re-legalize, to re-authorize.

**Void:** Having no effect or result; ineffective; useless; total emptiness; a feeling of emptiness or deprivation; to vacate; nullify.

**Forgive:** To give up resentment against or the desire to punish; to stop being angry with; to pardon. To give up all claim to punish or exact penalty for an offense. To cancel or remit. To turn over to a higher authority.

**Forget:** To lose facts or knowledge from the mind; fail to recall.

With these definitions in mind let me continue making a very important point. When we were born, God/The Higher Source validated us. We were empowered by His principles because we were declared a child of that Higher Source. When someone abuses us in any way, shape, or form, it is an invalidation of our self, our self-esteem, self-confidence and self-worth. That invalidation deprives us of the Higher Source's force within us, and generally, we spend the rest of our lives searching for something but failing to realize that we are searching for that Higher Source again; that we are searching for that Divine validation of who we really are. Dare you read that paragraph again? Yep, go for it.

In simpler words, the abuse voids us, and we end up struggling through life as ineffectual beings, or so we feel. We struggle because we feel empty inside, deprived of the Source connection we all had as children. We feel empty, angry and a myriad of other negative feelings because we have been invalidated! Period! People have got to open their minds and hearts to the fact that rudeness, abuse, meanness etc has far reaching consequences. Children especially need to be taught this. So once it's happened, how is it fixed? you ask.

Once we understand that we have been invalidated, stripped of our inner power, we have to be able to go back to the child within and re-validate what was once valid. We have to get the power back. We have to get our Source connection going again. We have to "**re-legalize**" ourselves with that divine connection. And we can only begin the process if we apply the rules of 'forgiveness and forgetfulness'.

This is where it gets a bit sticky, so keep your mind open as you read.

Forgiveness and forgetfulness is probably two of the most misunderstood words in the English language. We all think we know what they mean, but if you read the above definitions, you will probably be amazed to learn that you didn't know what they truly meant. That's why it is so hard to forgive and forget. And because it is so important, I am repeating the definitions here:

**Forgive:** To give up resentment against or the desire to punish; to stop being angry with; to pardon. To give up all claim to punish or exact penalty for an offense. To cancel or remit. To turn over to a higher authority.

**Forget:** To lose facts or knowledge from the mind; fail to recall.

Hurt of any kind, as abuse, causes us to be angry. Even as children we can be hurt easily, and the anger sets in, which blinds us to ever getting over that hurt. It's a natural process. What's unnatural is holding on to that hurt and letting it take from us what is rightfully ours. It takes our love and replaces it with anger.

So how do we forgive and forget now that we know the accurate definitions? It's more simple than you would ever imagine. We have to be able to quit hanging onto the abuser and turn him/her over to a higher judge. To forgive means that we have to give up the desire to punish that person, or to give up our perceived right to exact a penalty for their offenses against us. It doesn't mean that we have to say that whatever that abuser did was okay and all is forgotten. No Siree, it means that we simply have to say, "I don't want that pain in my life anymore, here, you God/Higher Source take it, and I trust, and have faith, that you will deal with it and the abuser according to the abusers crime, and I can forget about all of it from here on out!

Dare you read that last paragraph again? Yep, go for it! After all its your life. Isn't it time you own it and start making the changes you want in it?

And remember, No one EVER gets away with anything in life. Life is self-perpetuating, meaning what goes around comes around!

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