

Stephanie Johnson and Sarah Talbot



By the end of this summer, we shall have reached our 5<sup>th</sup> Birthday. This has been an extraordinary time of growth & expansion, and we are thrilled to be introducing to the High Peak a number of new and exciting events which will be running regularly from Riverside Wellbeing:

- The drop in Nutrition Clinics continue to be **FREE** (call in during the morning of the last Wednesday of each month)
- Group meditation classes (Mindfulness) are becoming busy on a Tuesday (day and evening availability).
- The Sleep Well clinics are now established at regular times (see back of this for dates)

Over the next couple of months we shall be introducing: Body Health Classes using **The Alexander Technique** with Jenny Fox-Eades; and Brain Health events, exploring the importance of **Nutrition** with Kathryn Rogers. Another expanding group is Tania

Leigh's Psychological Group – a **Personal Development** group that considers a topic each month such as “love”; “addictive relationships” and “forgiveness”.

In this newsletter we consider the advantages of opening up to Forgiveness.



Some acts (perhaps of a physical nature) may be considered to be ‘unforgivable’. However, where there is opportunity to let go of the psychological pain that we may feel – forgiving the offender can be part of that process. Tania considers this to be a gift that we can offer to ourselves, a way of healing and moving on with life.

## The Gift of Forgiveness

“To forgive is to set a prisoner free and discover that the prisoner was you.”  
(Lewis B. Smedes)



Forgiveness can be a process of gaining inner freedom and liberation from past resentments and feelings of guilt or dismay. The gift of forgiveness can be experienced by anyone, however the process can be painfully difficult.



Hurtful behaviour experienced from others can deeply lodge itself as trauma, building distress, anger and resentment. The prolonged inner holding of these powerful emotions can negatively affect our mental state. We can then become vulnerable to depression, lose our own sense of self and become withdrawn. Or, conversely, we can become aggressive and quick-tempered.

The bitterness of unreleased or unforgiven issues has been discovered to strongly affect the physiological functions of the human body. Some specialists will advocate a direct connection between physical pain, and an unforgiven situation.



Why do we become offended in this way? This is usually because our ideas about life have not been met in an expected way. This makes it difficult to understand the affront, or why the situation has even arisen in the first place. Sometimes the intensity of emotion reaches such a level that it becomes difficult to express. This feeling of offense can become a deeply repressed anger. Therefore, it is very important to learn how to express emotions safely without driving them deep into ourselves and causing further psychological and physiological harm.

There are a number of ways, or steps to take, whereby we can help ourselves to find forgiveness. For example: we can try to reproduce the situation anew, but look at it differently. To do this, we mentally move to the past and recall the main reason for this feeling of resentment or dismay. The next step may be to try to understand what's happening in the other person's life and whether this has affected the event.

And, consider - is there a positive lesson to be learned from the situation?

Often the painful feelings that arise are not lodged in this situation alone. If we find forgiveness very difficult to reach, it may be that we continue to carry other similar experiences from the past. Each hurt compounds to add to the felt trauma, and trust can become very difficult, adding perhaps to a sense of isolation and creating a vicious circle.



Talking this through with a skilled therapist can help to discover repressed resentments and find ways to free ourselves from this (self) destruction. Forgiving others may be part of this.

The above has been edited from the article by Tania Leigh (Psychologist & Gestalt Psychotherapist at Riverside Wellbeing) The full article can be read on our website.

(Flower photos taken by Tania Leigh)

You can contact Tania on:

**0741 396 5813**

or by email: [leigh.tania@gmail.com](mailto:leigh.tania@gmail.com)

Whilst working on this article, we recall a poem from “*Forgiveness and Other Acts of Love*” (Stephanie Dowrick)



## FORGIVENESS

*It is important to remember that “final forgiveness” is not surrender. It is a conscious decision to cease to harbour resentment.*

*It may only be by giving up **while not surrendering** that you catch your first precious gift of freedom.*

*You do this by withdrawing your attention from the person who has hurt you and returning it to yourself and whoever else is in your care; by taking your attention from the past and bringing it into the present moment.*

*You do this by giving up the illusion that your prolonged suffering will ultimately affect that other human being and teach any meaningful lesson.*

*You do this by abandoning them to their own fate and abandoning desire to affect that fate!*

(By Clarissa Pinkola Estes)

We have many highly qualified and experienced practitioners at



who dedicate their professional lives to helping others through difficult times.

We're here to help

Website: [www.riversidewellbeing.com](http://www.riversidewellbeing.com)



**01663 734347**

Please telephone us if you're not sure which practitioner to call directly. However, we can only answer if we're not busy, so please be ready to leave a message, with your contact details, and we'll call you back.

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**Thank you for reading.**

(All other photos by Stephanie Johnson)

## GIFT VOUCHERS



**Gift Vouchers are available all year!!**

Treat someone to a sleep well course; bespoke nutritional advice, or a relaxing massage, for example. Let them choose. Our gift vouchers can be used with any of our practitioners. See website for details.

## CURRENT REGULAR EVENTS - REMINDER

**FREE**

### Advisory Nutritional Therapy drop-in clinic

Every last Wednesday of the month 9.00-12.00



Contact  
**Kathryn Rogers**  
for further  
information  
**0779 881 2735**  
(or just turn up)

### Mindfulness practice groups: Daytime (2pm - 3pm)

3rd July, 4th September, 2nd October, 6th November, 4th December. **Evening** (7.30pm - 8.30pm) 26th June, 17th July, 18th September, 16th October, 20th November, 18th December



Contact  
**Sarah Talbot**  
for further  
information  
**0777 202 4653**

### Alexander Technique Group

*Ease back pain, stiffness, aches and pains*

*Move and breathe more easily and enjoyably*

12 week autumn course starting Monday 3 September  
(1.45-2.45 or 3.15-4.15)



Contact  
**Jenny Fox-Eades**  
for further  
information  
**0797 494 4585**

### Sleep Well Clinics

Saturday mornings 23rd June / Saturday 11th August /  
Saturday 8th Sept **Fee £10** Limited numbers, so please call



Contact  
**Frances Taylor**  
for further  
information or to  
book your place  
**0796 796 8821**