Betrayal

Yes, we have all been betrayed. We have all loved and lost, trusted and lost, helped and been cast aside, and had our friendship and support used to beat us. Yes, betrayal hurts, lingers, and causes us to put up defenses to protect ourselves.

Betrayal is a very difficult life lesson. Forgiving someone for cutting you off on the highway is easy. Forgiving someone you loved and trusted as part of your inner circle that took advantage is close to impossible for many. Over a lifetime it happens to everyone. No one is immune from betrayal and the lingering resentment.

In life, we are given a lesson, such a betrayal, and then we repeat the lesson until we learn it. Phew, the tougher the lesson the more often we repeat it until we learn it. However, the tougher, the more rewarding the results, when we learn the lesson.

To learn to forgive is not too difficult. But, to forgive someone close is a real challenge. Once you can do It, the results themselves are rewarding. You are free.

We all do what serves us and we all justify what we do. So, we have most likely betrayed someone else and let go of the feeling and moved on. We have to do the same when someone betrays us. Then we should move on and continue. We can only move on when we forgive. Forgive and move on.

Often we are stuck and can't move on. Our story, our truth, builds and builds. However, were we to listen to what the other party said we might not recognize the situation. Often, they have a totally different view of it and their perception of the truth. Who is right? Both. Both are right in their own minds based on what they have told themselves.

Yes, it is better to have loved and lost than not to have loved. Sure, close relationships have risk. But, the reward is far greater than the risk. Sometimes, years later, the relationship is renewed and ends up stronger than before.

What value is there dwelling in the past, especially on a past hurt? What value is there in getting even or hurting another? When we do that we are the ones who are hurt. Why not focus on the positive, move forward, and work towards your life objectives? That will feel good, positive, and give you energy and excitement.