

# MINNESOTA WOMEN'S PRESS

**JULY, 2012 "8 steps to freedom"**

**NumbersFeature:** *Mary Hayes Grieco's life path teaching forgiveness*  
by Mary Hayes Grieco

I am 6 years old, and Sister Kevin is reading aloud from **the** first-grade reader, but I am distracted because I am looking at a little boy, Richard, who sits across **the** room from me. I've lost interest in **theadventures of** Dick and Jane and **their** dog Spot because I'm wondering again about **the** stricken look that is perennially on his face. My heart quietly aches with his. *He's so sad about something, every day*, I think. How could I help him feel better again?

I am 32 years old, adrift and searching for meaningful work, after years **of** retail jobs and being home with a toddler. Early in my recovery from **the** impact **of** childhood neglect and sexual abuse, I'm pushing upstream every day against my sadness and low self-esteem. *I want to do something useful with my life, I think. I'm not sure what, but I guess what I really care about is healing emotional suffering-my own and others. But how? Please, Universe, show me**the** way, because I'm ready!*

Today I'm 57. I've traveled **the** world and thousands **of** people have passed through my hands on **their** way to feeling better. I've been **the** sole breadwinner in my family and recently wrote a book about emotional healing. It turns out I'm a writer *and* a healer-who knew? I didn't know when I was a child that I would not grow up to be a nurse like my mother. Instead I made my way into walking in my soul's own healing sunlight, **offering** my service to others-teaching people how to forgive.

It's not *hard* to forgive-you just need to know *how*. I believe that you can heal **theworst** emotional wounds you have, swiftly and permanently, in **these EightSteps** to Freedom.

- 1: State your will to make a change
- 2: Express your feelings exactly as **they** are inside you
- 3: Release expectations from your mind, one by one
- 4: Restore your boundaries
- 5: Open up to getting your needs met in a different way
- 6: Receive healing energy from your spirit into your personality
- 7: Send unconditional love to **the** other person
- 8: See **the** good in **the** person or situation



Mary Hayes Grieco

*"The practice of forgiveness is our most important contribution to the healing of the world."*

Marianne Williamson

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