

FORGIVENESS – the 11th JOY OF AGING

By Donna Deos



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Forgiveness comes in many shapes and forms. Sometimes it is easy, sometimes it is hard. Other times it is a way to make things go away and be able to move forward.

There are 3 main groups of forgiveness: forgiving others, asking others to forgive us and the toughest one – forgiving ourselves! They range in difficulty in that order too.

Generally, it is most easy for us to forgive others. This is usually the one where you decide to do it to make things go away too. We have already moved on so it is okay to let it go. Holding grudges only hurts us. Holding that negativity damages ourselves. Most often, the other person either has no clue, or could care less that we are harboring resentment toward them. Other times letting go of grudges can be easy as we no longer care about feeling those feelings, thinking those thoughts or hanging on to those people or the negative energy.

Energy is what holds us together. We can either focus on negative energy, or we can focus on positive energy. Whatever you focus on is what you attract. So, holding the grudge, anger and resentment is keeping the negativity alive and well. Conversely, focusing on forgiveness allows you to let go of that bad stuff and say “who cares?! I’ve moved on, I no longer need that in my life. I don’t even remember why I was so worked up about that anyway.”

Many times we feel much worse about what happens and we dwell on it. We want to ask the other person for forgiveness, but we don’t dare. We think they hate us and could not possibly forgive what happened. We are embarrassed and lack the courage to approach them as well. Guess what, you don’t really need them to forgive you. Sure, it is nice if they do, but who is the one beating you up? Is it you? Are you the one who is hardest on you?

If so, you need to move on to forgiving yourself. Also, if you do have the courage to ask for their forgiveness and they are not able to give it to you that’s okay. Someday they will get there. In the meantime, you tried, now move on to forgiving yourself. You’ve done all you can with them.

How do you forgive yourself? Well, try thinking about who you were when this horrible thing happened. What else was going on in your life? Did you really mean to do this thing or was it an accident? Were there other forces or influences that helped contribute? Now, think about who you are today and how you would act if the same thing came up again. I bet you will find that you would do things very differently now, right? You are older, you have experienced more, you value different things and you have come to learn that the things that seemed so very important then are things that are not at all important now. You are an entirely different person now.

You may also come to notice that you did the best you could in that situation at that time. You do the best you can in every situation now too. We all do the best we can in every moment. Nobody wants to be the bad one, or the wrong one, or the one causing all of the trouble and heartache. This is how you come to forgive yourself and it is also how you can come to forgive others. Apply those same questions and observations to those who you need to forgive. I’ll bet you find it easier to do once you have.

With aging comes the realization that forgiving and letting things go makes life easier and better. We do not want or need to be weighed down with the problems of the past. I’ve seen a saying that goes: “you feel depression when you live in the past, anxiety when you are living in the future and peace when you live in the now.” I am not exactly sure who gets credit for that one, but you can find it on one of the soft scapes music channels on TV.

At any rate, I hope you are able to focus on living in the now and letting go of the things weighing you down. Forgiveness really is freeing. Give it a try!

I wish you a very
Happy Thanksgiving too!

All my best, Donna



Donna Deos, LLC

& TIPS Tricks

PREVENTATIVE DISHWASHER MAINTENANCE

Dishwashers work extra hard in the winter months. With a few simple maintenance steps, any dishwasher can keep up with all the holiday menus and dishes.

1. Take care not to overload the dishwasher. This will make the machine run inefficiently.
2. Scrape plates before loading to keep the machine debris-free. Washing dishes before they go in the dishwasher is excessive, but dried on bits of leftovers won’t magically disappear in the dishwasher.
3. Use the appropriate settings. If pots and pans are in the dishwasher, use the pots and pans setting.
4. Do not use excessive soap and rinse agents. This may seem counter intuitive, but too much soap is the number one cause of dishwasher breakdowns.
5. A bit of vinegar in the bottom of the dishwasher keeps the machine smelling fresh and running smoothly and helps dishes get clean and shiny!
6. Clean the drain trap. It can get pretty gross, if constantly loaded with unscrapped plates and too much soap.
7. Before you turn on the dishwasher run hot water in the tap. Especially in the winter months. Otherwise the cycle may run cold instead of hot, leading to inefficient cleaning
8. Hard water leads to spots. If you don’t like them, take steps to soften the water.

These are just a few tips to help you prevent inconvenient dishwasher meltdowns between Thanksgiving and Christmas.

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