

DAY 5|30

Forgiveness Now...



After your exploration yesterday, you may be filled with many feelings.

Some of these feelings may be positive as you may now feel a sense of gratitude that pieces of your LOVE puzzle are becoming clearer, while some of these feelings may feel negative as you navigate some of the things you were unconsciously taught about LOVE growing up.

While yesterday's focus was on healing. Today's focus is on forgiveness because forgiveness and healing must go hand in hand.

Forgiveness is one of the most important things you can do when you are seeking a healthy, wholesome, mutually satisfying LOVE relationship.

When we forgive, we allow space in our heart for the love we seek to settle in and flow.

While forgiveness can be an extremely difficult thing to do, we must always be mindful that forgiveness is a tool to move us forward.

It is critical and often the missing puzzle piece which opens the door to the LOVE we seek.

So, today's task is to explore who you need to forgive and why, with the understanding that **when we CHOOSE to forgive, we CHOOSE to release the shackles a particular situation has over us and move forward instead.**

EXERCISE: ANSWER THE FOLLOWING QUESTIONS

1. Who do you need to forgive? DO NOT overthink it. The first persons whose names popped up into your mind as you read this are most likely the persons you most need to forgive. This may include you. Take your time and acknowledge each person you need to forgive by name.

2 What do you need to forgive them for?

3. How do you believe your life could change if you CHOSE to acknowledge all that was done to you/all that you allowed to happen to you, but chose to forgive anyways?

4. Imagine that you are in a closed room with the person/s you need to forgive. Look them in the eye and share all the things you are forgiving them for. Explain to them that you are forgiving them to free up energetic space in your heart for you.

Bless them wherever they are and no matter how difficult this may get, KEEP GOING - remember you are consciously going through this experience for YOU. Do this exercise for each person you have noted on your list.

5. What additional thoughts come up for you (if any) after doing the above exercise?

Thought for the Day:

*"Before you can change you must heal.
Before you can heal you must forgive"*

Kaysha A.C. Leveridge