

Forgiveness - Unforgiveness

~TRUE FORGIVENESS~

True forgiveness is saying “thank you for giving me the experience”.

It’s saying I don’t want the experience to be different because there are so many gifts I have been given from the experience.

~UNFORGIVENESS~

Unforgiveness is a form of self-abuse. Being unwilling to forgive is like drinking poison and expecting the other person to die.

It’s not about forgiving the other person. You forgive for you.

You’re releasing that toxic poison energy from your body...

setting yourself free to be fully alive.



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