

Your Freedom Through Forgiveness

Freedom comes from being able to forgive and moving into a space of love, kindness and compassion for yourself first and then for others.

Forgiveness is about letting go of the emotional charge that holding on to the lower vibrational emotions creates that keeps you in "victim" mode and moves the good you desire in your life away from you.

This process of forgiveness is meant to forgive yourself, which then translates into forgiving others.

Know that forgiveness is not for the other person, it is for you. It's not about saying that what was done was okay or acceptable or even that you want to experience it again. It simply means that you are no longer going to let it have any influence over your happiness and well-being.

Being able to truly forgive severs the energetic attachment you continue to have beyond the actual experience that occurred. These attachments can create depletions in your energetic resources. Forgiveness creates the space for allowing your energetic resources to be fully with you again, giving you greater energy flow to create what you want to experience in your life.

When you can release the lower emotional energy and allow yourself to be free of its negative influence on your life, you actually experience improvement in your relationships, health, finances, spiritual growth, and all areas of your life. Being unable, or unwilling to forgive, has a negative effect on your entire life and energy.

This process is done in three steps. When you intuitively feel you have completed each step, you then move on to the next one.

Before beginning a step, take a few deep breaths to relax and open up to being receptive to what wants to occur for you.

First Step:

Begin with saying to yourself, mentally or out loud if you prefer, "Please forgive me" and "I love you."

Repeat these two statements every day for however many days you feel intuitively guided to do so. When you are repeating them, do so as many times as you intuitively feel guided to and that you are able to connect with saying "Please forgive me" and "I love you" to yourself. When it feels like you have said it enough times in that moment, then you are finished for that day. For example, you may choose to say it 10 times per day for 7 days. It is about feeling connected to what you are saying and what it means to you until you feel you have done enough for that time. There is no rush, what is important is that you feel into what you are saying and allow yourself to connect with it until you feel complete with it.

Second Step:

Once you feel like you have said the "Please forgive me" statement enough times, switch to "I forgive you" and "I love you." Repeating this over and over each time you do the process until you intuitively feel you have connected with it.

Do the same as with the first step of repeating it each day until you intuitively feel that you have connected deeply enough with the statements and feel them. When you feel that you are complete with it, whether that takes days or weeks to do so, then you can move on to the third step.

Third Step:

With this step, once you have done the first two steps as long as needed, move into adding all these statements each time. You can repeat them as many times as you are intuitively guided to do so. One is fine, but know that you decide what feels best for you.

"I Forgive You"

"I Hear You"

"I See You"

"I Know You"

"I Trust You"

"I Accept You As You Are"

"I Love You"

When you have said them as many times as you feel intuitively guided to, take a few more deep breaths and know you are complete with them in this moment.

Each time you complete saying the statements, repeat **"Thank You" 3 times**, allowing yourself to feel gratitude and appreciation for the forgiveness and love you have offered yourself in releasing yourself from the heaviness and limitation it creates in your life. Know that you are freeing yourself from it so that you can live the life you desire.