



34. CHOOSE FORGIVENESS

Oftentimes, forgiving someone is not the easiest thing in the world...

Especially, when it is clear to you that the other person or people hurt you deeply; possibly disregarding your feelings completely.

And yet, by not forgiving, you are making a choice of carrying this burden throughout your life and even bringing it into other relationships.

In reality, there is nothing positive or empowering about that.

It is a heavy weight that you absolutely don't have to be carrying.

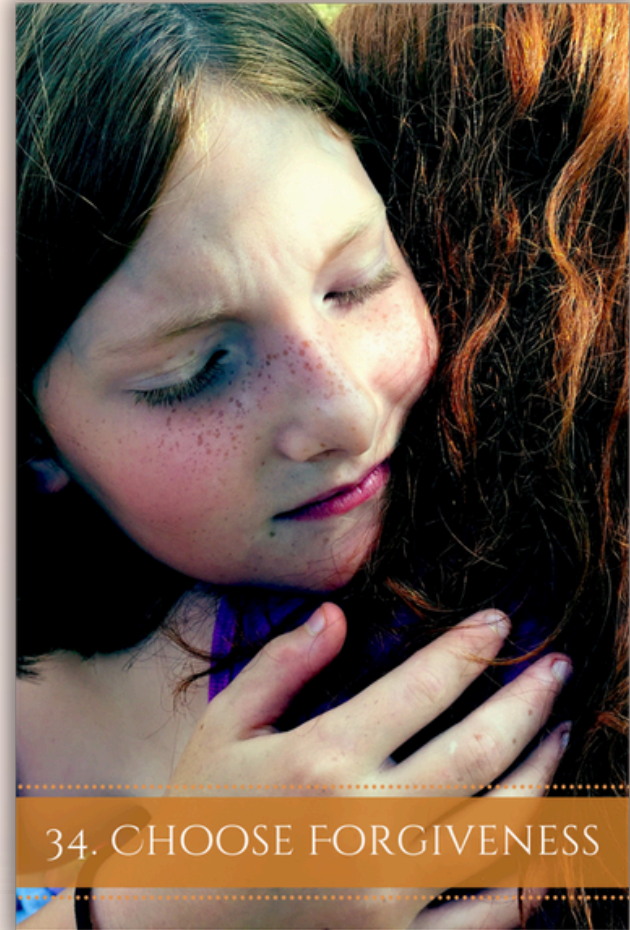
Also, when you forgive, you don't have to forget, and you always have a choice of how and when to do it.

So, consider changing your life through the act of forgiveness.

Give **YOURSELF** the gift of forgiving **OTHERS** and forgiving **YOURSELF**.

And please work on letting go of the need for things to happen in a certain way at a certain time or for people to act in a certain way.

Open yourself up to patience, forgiveness, and acceptance so your beautiful soul can flourish!



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