

FORGIVENESS

“Forgiveness does not change the past, but it does enlarge the future.”
—Paul Boese

Why include Forgiveness in a program on Goal Success?

Because resentment, anger and frustration at someone or something (including yourself) is a definite **goal stopper**. Few people realize how this can be holding them back from goal success.

One of the key things I learned from my spiritual mentor Brandon Bays was that she believed NON-FORGIVENESS had been the root cause of her football size uterine tumour – and learning how to forgive (which became the Journey process) was the key to it healing.

Forgiveness a state of mind – a way of being – which needs to be a daily practice, says Iyanla Vanzant, best selling author of *Forgiveness – 21 days to Forgive Everyone for Anything*.

She says: “What I have learned during my 30-year sojourn through the science of personal and spiritual growth and healing is that forgiveness will cure whatever ails you. The other thing I am totally convinced of is that while forgiveness ain’t easy, it’s the most important inner work you can do within your mind and heart.”

Resentment has been compared to holding on to a burning ember with the intention of throwing it at another, all the while burning yourself.

It takes an enormous amount of energy to hold on to repressed or suppressed feelings like anger, blame, resentment, disappointment, the need for revenge, etc.

When you forgive, you release this energy so that it then becomes available for creating the life you love.

If you don’t clear it out the day will come when:

You’ll find yourself spitting like a cobra, saying angrily:

*Why is this happening to me **again**?*

Perhaps you fail at a goal – yet again - and begin blaming certain people or events as the cause.

Not to mention heaping blame and hate on yourself.

MEANING OF FORGIVENESS

The root of forgiveness comes from the ancient Aramaic word meaning “to cancel, untie or let loose”.

Goal Success

EFT-Matrix Reimprinting or processes like The Journey where you access your Younger Self and give her support and resources she didn't have at the time of her trauma, will go a long way to helping you grieve, forgive and get clear on the past.

True forgiveness is not “letting someone off the hook” for their offences.

Forgiveness is you deciding you will no longer allow the wrong-doing to dominate you life with obsessive thoughts of hatred and revenge.

Such feelings can make you ill, depressed or worse.

They will sap your energy and desire to go after your dreams and goals.

It takes an enormous amount of energy to hold on to repressed or suppressed feelings like anger, blame, resentment, disappointment, need for revenge, etc.

When you forgive, you release this energy which then becomes available for creating the life you love.

EFT-Matrix Reimprinting gives your Younger Self or ECHO the chance to really empty out the pain in your process.

This is what I call Breaking Free.

Don't forget to forgive yourself in this process.

You were doing the best you could with the resources you had up to now.

Love yourself anyway.

This is why we always begin an EFT process with:

- *“Even though...(the negative) I completely love and accept myself”. Or*
- *“I choose to love and honor myself anyway.”*

To end this lesson, go to page 129/130 of “*You Can Break Free Fast EFT Tapping*” and read the Campfire of Forgiveness process there.

After 14+ years of helping clients to break free, I have found this brings together the best elements of The Journey and EFT in one deep process that is emotionally and spiritually liberating.

It goes through the all the levels required to Get Clear with forgiveness but ends with tapping in some positive empowering affirmations so you can move forward whole and free.

Please get a coach or buddy to help you if you find you have a past incident that was too traumatic for you to deal with on your own.

I end this lesson with a blessing:

May the light shine on your journey to Forgiveness, Love and Goal Success.