

Mistake #3:

YOU FORGET, BUT YOU
DON'T **FORGIVE**



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Before I explain to you the final mistake that I see people making that keeps them from healing, I'd love to invite you on a visual journey with me. It's one I think will help drive home the energetic and life-changing power of Mistake #3.

Imagine you are out in nature taking a walk in the woods.

It's a beautiful day and you're walking along a path that you've found. The sun is shining, it's the perfect temperature, and although you're not sure where this trail leads, or how long you'll be walking, you are enjoying the experience immensely and want to continue in this peaceful, serene setting for as long as possible.

Now, imagine you come across a fellow traveler on the path who looks like he or she is in need of assistance. When you approach, the person explains that his ankle is hurt and that he is unable to carry his backpack while walking. It's too full and too heavy to be supported by an injured leg.

He asks, "Would you mind carrying a few items from my bag for me?" He explains the next town is just a mile or so up the trail and that you can leave the extra items at the local store where he will pick them up when he arrives.

To help your fellow traveler, you agree to add the extra items to your backpack. After all, it's only a few miles and you're enjoying this beautiful walk and have no other plans that day...

So you add the traveler's contents to your backpack and set off on your way. Right away, you notice how much heavier your backpack feels with the extra weight pressing down on your shoulders and back.

At first you are uncomfortable, but you're feeling good about helping a fellow hiker in need, so you remind yourself, "It's only a few miles to the town..." and push the thought of discomfort away as you continue on.

The birds are singing and you're enjoying every step of your hike. Soon, you forget you even have the extra weight on your back.

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THE TOP 3 MISTAKES THAT KEEP YOU FROM HEALING YOU & YOUR WORLD

An hour or so passes and you realize you still haven't made it to the town. Assuming it's just a little farther, you keep walking.

A few more hours pass and soon, you've forgotten all about needing to find the town, the backpack on your shoulders, and the extra weight you're carrying. You've been carrying the backpack long enough that it's become a part of your "normal" experience.

But, you're also getting tired. You've been hiking for a while and you feel heavy, and lethargic. You start to drag your feet a little and start to stumble over a few roots on the trail.

You just don't feel as energetic or vibrant as you had earlier in the day, and your body seems to be slowing down.

Finally, you sit down to rest. As you do, you remove the backpack from your shoulders and place it on the ground next to you.

Immediately you feel the relief of removing that extra weight!

Your back straightens, no longer having to bend over from the weight of the bag. You feel lighter and a rush of energy moves up your spine.

You'd been carrying the backpack with the extra weight for so long that you'd *forgotten* it was there! You'd also forgotten how light and naturally energetic you felt without it...

This is the mistake I see so many make: We carry the burdens of our past for so long that over time, we forget we're carrying them... but we never release them or "take the backpack off" because we've never truly forgiven them.

FROM FORGETTING TO FORGIVING

Taking off that heavy backpack is how it feels energetically to forgive something or someone from your past.

When something has taken place in your life that has burdened you, we can carry it around for so many *years* that after a while, we forget about it. The situation rarely crosses our mind.

We may have forgotten it, but the negative energetic vibration of that event remains imprinted in our system until we truly *forgive* it.



Taking off that heavy backpack is how it feels energetically to forgive something or someone from your past.



To truly forgive someone or something is to remove and release the heavy energetic burden it carries and to finally be set free!

Without forgiving, we carry that heaviness around with us and over time, the extra unconscious “weight” of heavy, negative emotions begins to strain our system and keep us from optimal health.

Here’s why...

THE SCIENCE OF FORGIVENESS

Your thoughts, memories, and emotions override the power of the body’s perfect intelligence by forcing the program to respond to a situation, which is not really life-threatening, even though the survival instinct believes it to be so.

This means when you have forgotten something, your conscious mind is no longer grappling with the issue or trying to work it out. You no longer think of it on a day-to-day basis.

The memory of that situation however, as well as the emotions attached to it, are what has been imprinted on your system. This is what affects your body and can keep your systems from functioning in the optimal way they were designed.

It is called, “Subconscious Emotional Memory Override” and it often runs your physical body.

These stored memory patterns (harmful situations we may have forgotten and have yet to forgive) elicit negative responses, leading us to ill health and often, disease.

Just because you are no longer thinking about the situation, or the person who has done you harm, does not mean it does not still affect you – and your health – on a daily basis.

Without truly forgiving the person and allowing the energy to process so your system can return to its normal functioning patterns, you are “carrying” it around with you day after day. Sometimes, we can carry it year after year.

Until you forgive, you will be carrying that heavy weight of the backpack with you wherever you go.

True forgiveness of negative experiences you have lived through and with, can alleviate this energetic burden and actually change your state of health.

HOW TO FORGIVE FOR OPTIMAL HEALTH

In order to neutralize a negative subconscious memory or emotion, to fully allow the energy to process and to finally put down that burdensome “backpack” of unresolved emotions, I invite you to try the following steps of forgiveness.

These forgiveness steps are quite simple in concept, but keep in mind they must be carried out with *feeling* and *emotion*. If you are not sincere, then you are wasting your time and energy.

SELF-ACTUALIZATION:

Before performing the steps of forgiveness, some self-actualization work must be done. To become more aware of what is affecting your life, I invite you to do this memory update:

1. Identify a situation, action or person you feel needs to be forgiven. Think of something from your past you did not like or you wish had turned out differently. What you identify may have occurred at any time in your life – yesterday, last week, last year, or when you were six years old. A person held in esteem or great affection is often identified. This is an experience from the past which comes into your conscious mind often.
2. Acknowledge this incident did, in fact, occur. Think about the situation, recalling your feelings, thoughts and emotions on the subject.
3. Realize that trying to forget such events actually just places them in the subconscious where they fester and will finally cause ill health.

TRANSFORMATIVE PROCESS OF FORGIVENESS:

You're now ready to begin the forgiveness process. It is important to note here you do not have to agree with the actions of the other person or the event in order to forgive.

You are forgiving for your own sake, not someone else's.

Until you forgive the past, the other person or event is controlling your life. This is true even if the other person is no longer living.

In addition, when you truly forgive, you give up the urge to "get even." You will no longer feel the need for revenge. You will actually be thankful this event occurred in your life and will see the good in it for you.

If you follow the steps, with sincerity of heart, you are on the way to enlightenment as well as to improved health.



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PROCESS:

- 1. SELF-FORGIVENESS** – You must forgive yourself for allowing the event to affect your health. Forgive yourself for any harm you may have caused yourself because of this situation, action, or person. Literally say, “I forgive myself for any harm I may have caused myself because of (whomever or whatever situation/action).”
- 2. FORGIVE THE OTHER PERSON** – Next, you must forgive the other person for any harm he or she may have caused you. Again, literally says these words, “I forgive (whomever) for any harm he/she may have caused me.”
- 3. GIVE THE OTHER PERSON PERMISSION TO FORGIVE YOU** – It is not necessary or even recommended that the other person knows you are taking this step. It is, in fact, immaterial. It doesn't matter whether they know or not, *because you are doing this for you*, not him or her. The other person may even be deceased and that's okay too because the forgiveness takes place within you. You now say, “I give (whomever) absolute permission to forgive me for any harm I may have caused him or her.”
- 4. LEARN THE LESSON** – Not only must these situations and people be forgiven, *you must actually learn to see the good in it*. You must learn the lesson it brought into your life if you are to be truly disconnected from that person. Why is it good that this happened to you? What did you, or can you learn from it? Maybe the best thing you can think of is you would never do this to someone else. Or, quite possibly you learned that you are able to help others who experience similar treatment. The point is, learn from the situation. See the good in it for you. Understand how you are better because of it. It is in the past. **Nothing ever happens to you; it happens for you to learn a lesson.** Be thankful for the lesson, not the experience.
- 5. WISH THE SITUATION AND PERSON(S) INVOLVED WELL** – This is the final step in which will set you free and allow health, happiness, and success to exist.

ACTION ITEM: Identify a past memory that needs to be forgiven and processed, and go through the five steps of the Forgiveness Process.