

# LOOKING WITHIN

## Forgiving

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Forgiving is an act of love and surrender.

Forgiveness is the result of a lesson well learned.

As we know, it is difficult and quite challenging to embrace forgiveness. But once we do, the heavy cloth is lifted.

It allows our hearts to be free again. We may not completely understand the reasons that lead us to the forgiving, but our soul or spirit always do.

Forgiving is the action of listening to spirit and silencing ego.

FORGIVING IS NOT FORGETTING.

It means that we are conscious of the choice we make.

By forgiving, we allow our life's tapestry to continue its beautiful weaving, free of any flaws.

It empowers us to become the great beings we came here to be.

It is the loving of the self and others no matter what.

We are well worth it.

Remember, be gentle with yourself and let peace be with you.