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Forgiveness is the best healer of all. There are some things beyond the capabilities of modern medicine to heal. Forgiveness is one way of filling that gap. **The angst others carry around inside of them creates physical and psychological challenges.** Forgiveness is the cure.

I forgive quickly, easily, and enthusiastically. I understand that holding a grudge or other negative feelings inside of me only hurts me. I can only thrive when I am free of negative emotions and emotional baggage. I use forgiveness as a tool to set myself free.

Everyone deserves forgiveness, but forgiveness is something I do for myself. **I receive most of the benefits when I forgive others.** It allows me to move on with my life. Everything in life seems better after I forgive someone that has wronged me.

Sometimes it can be challenging to forgive. **I remind myself that the forgiveness I give is a gift I give to myself.** I am doing myself a favor when I forgive. The freedom I experience is worth the effort.

When I forgive, I heal myself and others. This is true when I forgive myself, too. I accept my shortcomings and forgive myself when necessary.

Today, I am forgiving everyone that has ever mistreated me. I accept the flaws that exist in everyone. I forgive in order to be kind to myself. I deserve the benefits that come from forgiving others.

Self-Reflection Questions:

1. Whom do I need to forgive? What will I get from forgiving these people?
2. How has refusing to forgive harmed me in the past?
3. What can I do to strengthen my ability to forgive?