

Day 18: The Law Of Forgiveness

Quote today *“Always forgive your enemies; nothing annoys them so much.”*

Oscar Wilde

Recap of the Law Forgiveness permits you to be in harmony with yourself and allows you to wish everyone well.

Today I am grateful for.... Write at least three things that you are grateful for on this magnificent day. Connect to the feeling of gratitude.

Meditate (at least 15 min.) Feel free to meditate on this law or choose a meditation of your choice.

Exercise As you exercise, repeat the affirmation, "I love and accept myself unconditionally."

Hydrate Drink ½ ounce of pure water per pound of body weight (or 30 ml per kg). 2 glasses upon rising, 2 glasses between breakfast and lunch, 2 glasses between lunch and dinner and 2 after dinner.

Your Life Insight Practice forgiveness. If you need to forgive anyone, repeat these words, "I forgive you completely. The interaction that occurred between us is now complete. I honor the spirit within you." Feel free to use whatever words work for you.

Your Mindful Practice Take a moment, breathe and just be in the present. If you hold thoughts of guilt and resentment in your mind, it blocks or slows any spiritual connection and prevents you from getting what you desire in life. Forgive yourself for one significant thing today, and let go of the negative thoughts associated with them.

Day 18: The Law Of Forgiveness, Continued

Your Success Strategy What are anger and resentment doing to you? Where do you find those two things in your business or in your personal life? Take those issues and practice the forgiveness exercise from the Life Insight section. Your energy will soar.

Your reading meditation This is your reading meditation time—time you have devoted to expanding your thoughts and understanding more about these laws.

Take a nice deep breath in through your nose and let it out through your mouth. You are going to let all the tension leave your body and as you exhale repeat in your mind the word, relax.

You are in the right place at the right time. Your body and mind are in a highly creative vibration right now. Your mind and your heart are ready to receive, completely wide open. Ready to receive whatever it is that you need to know right now. You now have the best possible guidance to allow you to experience the teachings of this Law, and to gather all the important information in any way that it appears.

Forgiveness of another (or yourself) restores the truth of one's own being. It permits you to be in harmony with yourself and allows you to wish everyone well. It brings freedom, transparency, and the renewal of life energies.

All experiences have their purpose in the progression of your life. Understand though, that you invite people and situations into your life so that you may create, experience, learn, heal, and/or grow. So not all of these people and situations may automatically be positive at first. Ultimately though, they all have the potential to be positive experiences, and the Law of Forgiveness is a powerful tool to do so.

A big caveat here: Forgiveness is not about condoning any encounters that may hurt you, but it is an understanding of why it occurred and the process of completely letting it go through that awareness. Continuing to hold thoughts of guilt and resentment in your mind leads to inertia and resistance, as these lower vibrations impact your body. You are the one being affected and this blocks or impedes any spiritual connection and prevents you from getting what you desire in life. When you forgive, it breaks that bond, removes the block and frees up your creative energy that reconnects you to Source.

Forgiveness for self is vital, and truly, that's what forgiveness is all about. When you can look at yourself in the mirror and say, "I love you," you are on your way to experiencing the life you desire.

Now, to finish your reading, take three deep cleansing breaths, knowing that with each breath you integrate the information you have received. Trust that this is so, and it will be.
