



Video Transcript

Learn How Forgiveness Leads To Freedom

Hi, I'm Maria Marshall, and thank you for joining me for this discussion on the power of forgiveness. I've been working on forgiving many people for years, and I know how difficult it can

be when we hold pain, anger, and resentment in our hearts.

But this quote from a spiritual teacher really hits home as to why we would want to forgive.

What you cast in a shadow, you attach yourself to. What you damn, damns you back. What you bless, blesses you in return. This profound teaching highlights an essential truth that there is a claim of freedom in forgiveness.

I'm not here to tell you that you have to forgive someone. I'm simply offering forgiveness as a choice you make for you. Everything is energy. And as long as you're in non-forgiveness, you're adversely affecting your power, your light, and your love.

Forgiveness is a profound journey of liberation and healing, and it's a gift we offer to ourselves, transcending the act of pardoning. When you forgive, you release the burden of resentment and anger

weighing heavily on your spirit. These emotions can cloud peace and hinder our ability to live fully in the moment. They also lower our energetic vibration, and they make it very difficult to move forward in life. Forgiveness is not about condoning harmful

actions or forgetting what has occurred. Rather,

it's an acknowledgement of the past that will allow you to move forward with peace,

clarity, lightness. This process can transform pain into wisdom,

fostering inner peace and personal growth. By forgiving,

you shift your perspective from one of pain and victimization to one of empowerment.

It's an act of self-love and self-compassion, recognizing you deserve to be free.

of the pain and the chains of past grievances. In this freedom, you create a deeper sense of connection with yourself and others, creating a more harmonious and joyful existence.

Remember, forgiveness is not a destination. It unfolds in its own time.

You can't force yourself to forgive at the expense of your own self-worth.

You have to be patient and know it's a process that invites you to explore the depths of your heart

with compassion and understanding.

Here are some helpful steps to begin the process of forgiveness.

First, you have to deal with the feelings, your anger, hurt, resentment, any feelings of retribution, anything you hold in your heart.

Breath work can be really, really effective at getting in touch with your feelings.

Sometimes we push them down. We don't want to feel anger. We don't think it's acceptable. But in

breath work, you can experience it and release it, which can really help pave the way for forgiveness.

If this person or people that you've experienced pain through are harming you or continue to hurt

you in unhealthy ways, You must remove yourself from the energy pull.

This may necessitate a restraining order or a boundary that needs to be set in place.

It may mean that you have to end the relationship, but you're not doing this to get back at them.

You're doing this out of self-love for yourself.

Remind yourself that forgiveness is not condoning harmful behavior or forgetting that it occurred.

It's merely Letting go of the anger, the pain, the resentment, the hurt that you hold.

Recognize the person you experienced pain through was born innocent.

Just like you, they're part of everything.

They may have experienced trauma. They may have experienced abuse.

And just remember the saying, hurt people hurt people.

And finally, acknowledge that some of your strongest and most painful experiences ultimately may

have taught you the most. If there's a person or people you're working on forgiving, please consider checking out my meditation and our content library that will support you on your journey. It takes practice and time, but with clear intention.

and tools to support you, the act of forgiveness becomes not only possible, but inevitable.

Thank you for joining me today on this discussion on the power of forgiveness.

And I hope that you explore Gaia's library, some of the pieces, the breath work, and the meditation. Have a beautiful rest of your day.

