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## Life Skills

*'Every thought we think is creating future.'*

"Our feelings are our most genuine paths to the knowledge of higher consciousness."

- Forgiveness is primarily for YOU.

**How many of us have grudges for our loved ones?**

**How many of us have complains for other people?**

**How many of us have unfulfilled expectations from others which creates lot of anger in us?**

**How many of us have lived life with resentments and withdrawn feelings thinking it is better to shut up and keep it within oneself?**

**How many of us have allowed ourselves to get used and abused by people?**

**How many of us don't have freedom to do what XYZ reasons?**

"As long as you don't forgive, who and whatever it is will occupy rent-free space in your mind."

-- Isabelle Holland

We cannot avoid daily resentment and thoughts of guilt. They are a part of human nature. What we can do is release their grip on us. We can forgive others and ourselves daily.

Forgiveness requires nothing in return. There are no conditions. It gets rid of old baggage and clears up unfinished business. It leads us to a life of authenticity, lightness and directness. Forgiveness is the highest form of letting go of resentment and ego.

True forgiveness is more than an apology, understanding and acceptance. There is an element of recreating and re-imagining. There is a need to envision ourselves as more loving, interdependent, courageous and compassionate. Forgiveness requires honouring the sacred journey of learning about life - our life and others'.

**"Whatever we have done, we can always make amends for it without ever looking back in guilt or sorrow."**

## -- Eknath Easwaran

Grudges take up brain capacity and prevent us from performing at our very best. What we focus our minds upon grows; this is true of hatred too. Therefore, it is impossible to truly achieve great things for ourselves when we have a lot of our energetic capacity tied up in negativity.

Remember that forgiveness is primarily for YOU. It free up your energy tremendously. So forgive all grudges, no matter how old they may be, and seek reconciliation. If you find this hard, begin with the easiest ones first. Then gradually work up to the harder ones.

*All the years you have waited for them to "make it up to you" and all the energy you expended trying to make them change (or make them pay) kept the old wounds from healing and gave pain from the past free rein to shape and even damage your life.*

*And still they may not have changed.*

*Nothing you have done has made them change.*

*Indeed, they may never change. Inner peace is found by changing yourself, not the people who hurt you.*

*And you change yourself for yourself, for the joy, serenity, peace of mind, understanding, compassion, laughter, and bright future that you get."*

*So forgive daily, or whenever you hold any anger, upsetness, disturbance, resentment, grudge, complains against any one...*

*Have everyday forgiving day....**Love you all***

*With Divine Guidance*

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