



Why Forgiveness is the Best Gift You Can Give Yourself

Three years ago, I had taken up a new full-time job, moved into my own place, and began writing a novel. Having achieved all these things, I thought to myself: Now what? Have you ever come to a point in your life when you suddenly realized you wanted more from your life? That you were ready to move to the next phase of your life? I kept telling myself that I wanted and needed to move to the next phase of my life, but I didn't know how.

And then several questions played tug and pull with my heart. I was no longer the naïve girl. Though I now had the advantage of wisdom and experience at hand, somewhere during these past few years, fear and caution had crept into me. Before I did anything, I analyzed too much. *What if it doesn't turn out the way I want? What if I make a fool out of myself?*

Mostly because some experience in the past had not turned out the way I expected. When my father had a stroke, my family's lives changed and bills buried our household. When I dated a guy who didn't care about me, I still kept trying to make it work because it was "picture perfect." So I became obsessed with always being in control and made sure I was always one step ahead in planning my career and finances. When I dated someone new, I made sure my emotions were under check because I could not "afford" to display my true emotions to him in fear and anxiety that he would think I was needy and insecure.

I never dealt with my emotions and issues properly, so when a bill popped up that hadn't been paid or a guy had not called me back after I had called him, it triggered that familiar anxiety in me. My throat suddenly became parched and my chest tightened. *What if my father had taken care of himself? Maybe he wouldn't have had his stroke. If only I had not called and texted him in the same day, then he would not think I like him too much.*

You start to over think before taking any one step and sometimes you don't even leap at all because that 100 % guarantee is not in place. But there is no guarantee in life.

There is no guarantee that job will turn out the way you want it to. There is no guarantee that guy you just started dating won't break your heart. What do you do then?

How do you move forward to the next milestones in your life without worrying whether it will turn out the way you want. *You forgive yourself. You utter those three magical, simple words. I forgive myself. You forgive yourself for making mistakes and just*

because those experiences didn't turn out the way you wanted, don't stop them from making new beautiful memories and experiences.

If you do not clear up your closet filled with old clothes, how will you make space for your new clothes? If there is tremendous physical clutter in your house piling up, then imagine how much emotional clutter is piling up in your mind that is preventing you from finding your true purpose, love, or happiness.

I realized in order to truly move forward to the next wonderful milestones in my life, I had to release and let go of my fears and negative experiences. Otherwise, I would become stagnant. When I finally learned how to do this, it was one of the most amazing experiences. I immediately felt light as a feather and peaceful. Here are a couple helpful ways. I highly recommend you try them.

If it is too much to think about your emotional clutter, then clear up your place. That is simple and not too emotionally demanding. I started with going through all my drawers, closets, and kitchen and then dug out all the things I didn't need, stuff that just kept piling up. I threw away papers and documents I had held on for ages, but didn't really need. I donated clothes I had kept, but not worn for over a year. That is a good rule of thumb. If you have not used something for over a year, chances are you should let it go. Obviously, my heels are precious to me, so my shoes and jewelry would not go! You can make the judgment. It was incredible how much I had piled up and after clearing my space of them, I felt this strange peaceful energy take over me.

The next day, I thought how many new things I could bring into my apartment after clearing the old items. And then bam! It hit me. How would I make new memories and experiences if I didn't release my fears and worn out relationships and situations from my life? I would just keep attracting the same situations and people into my life.

So I thought back to every single person who I may have wronged or they may have wronged me. I closed my eyes and said out loud to myself: "I forgive him and let go of the hurt and anger. We are both free." I repeated it over and over. And then tears threatened to spill out of my eyes. I would've just tried to hold them back, but this time I let the tears flow freely and let myself cry for several minutes with honesty and purity. My eyes were swollen and red, but I felt free and serene afterwards. And that was when I knew I was ready to truly attract what I wanted in my life.

You don't need to utter the same words as me. If writing a letter to that person or even to yourself can do the trick and heal you, then go for it. Why? Because forgiving is ultimately a gift you give yourself and through forgiving, you heal your soul and spirit. It's only when you release and let go of the worn out and your fears, you make room for the greater in your life.

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