

Forgive Yourself

Cleo Wade, *Heart Talk*

Forgive yourself. Forgive yourself for who you were last week, last month, or last year. Forgive yourself for when you were exhausted and snapped at the people you love. Forgive yourself for not being able to do it all. Forgive yourself for your fears. Forgive yourself for your mistakes. Forgive yourself for eating one cookie too many. Forgive yourself for not being perfect. We often look at forgiveness as an intellectual act, but forgiveness is very spiritual. It is one of the most spiritual things we can do. When we forgive, we acknowledge that we are far bigger and greater than one individual moment. When we forgive, we are saying to the universe: I will not imprison myself or anyone else with anger, shame, judgment, or resentment. Gift yourself this freedom.

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