

Chapter 1

Now on this particular day, as I stood on the warm sand, I decided to surrender this situation and forgive this guy. I did not condone what he had done to me. I did not rationalize whether what he did was right or wrong, nor did I judge my reaction as right or wrong. I simply targeted this feeling that came with this experience and saw it as an emotion I did not want to carry with me any longer. I figured through pretend or my imagination, I would give this forgiveness exercise a try. After all, it was all in my mind, and it was only a memory.

So I wrote down his name, and I talked to him. I told him how awful he had made me feel. I allowed myself to feel the pain of being rejected, and I witnessed it like a story in my mind. Through visualization and imagination, I talked to his angels and his spirit guides. I asked his angels to remind him that his cruel behavior was unfair and hurtful. I also said that I didn't appreciate being treated this way.

Within a few seconds, I didn't feel like talking about it anymore. Something came over me. It wasn't a revelation or an epiphany; rather it was just a calm resolve. It was as if I had spent enough time on this subject and I was ready to move on.

I looked at his name on my list and said to myself: "The part of you that was hurtful, cruel and unkind I now release and let go..."

...Although I was glad I did this exercise, I was not prepared for the enormous shift that happened in my awareness. Almost immediately I felt differently and noticed "coincidental" things happening all the time-- I ran into people I hadn't seen in a long time, especially right after I had just thought of them. Situations and problems were easily solved. Money started to flow, and sales in my and my husband's business began to increase. Life seemed to be getting a little easier, and a lot less chaotic...

Chapter 3

...I can also see deceased loved ones. Unlike angelic presences, departed people feel more human to me. They have sparkling personalities and human characteristics. At the same time, many have the grace of a divine presence. They carry a knowing that they are part of a grander scale – one that we would revere and aspire to. They are very much like regular people – funny, shy, or very outgoing.

Many times I see deceased loved ones in my mind's eye. They appear like images in a scrapbook. Other times, I see a letter-box film of who they are and what they are doing.

One thing that stands out is their tremendous “alive” energy. That’s because they are only a breath away. Their lightness and joy is easy to feel. To understand this connection, imagine yourself having lunch with someone at a busy restaurant. Nearby there is an extroverted person, bubbling with excitement and joy. You don’t have to turn around and see the person to know that they are exuberant and outgoing. You can just feel their presence and recognize their personality because they are right next to you.

Our loved ones, including our pets, are always connected to us through love. Even though they transcend to another place, they never tire of sharing their loving bond with us. They are always within reach, eager to share their heightened perspective and enlightened solutions. That is, of course, unless they are full of anger, injustice and blame. Then they can become like any other ordinary miserable person—stuck in their own negative outlook...

Chapter 4

... Long before I realized this spiritual insight for myself, there was a time in my own life when I experienced only fear and despair while fighting for my son’s health. Years on the battle field, with midnight fights of divorce, I searched for a cure to heal my child’s body from the ill effects of his vaccines. Revelations, hardship, and tenacious pioneering took its toll on my mind, body and health. Sacrifice was easy. Forgiveness was not. Yet it was these events and circumstances that made my personal journey one of compassion, courage and strength...

Chapter 14

...Forgiveness has the innate ability to resolve our man-made differences. By invoking our highest potential—truth, honor, joy, and love--we recognize our God given virtues. Then, when we command this insight to be recognized by others by sending them forgiveness, we all evolve to a greater potential.

Does this mean that this person we sent forgiveness to automatically becomes great, kind and compassionate? No, not necessarily. This may never happen. However, because you sent forgiveness, your message was received loud and clear. Your authoritative recognition of your own self-worth was delivered.

On some ethereal level, the person you blessed and forgave received a healthy dose of self-worth. Because you first identified this worth in yourself, this person must now match your “self-worth” frequency. Therefore, in order for any kind of relationship to continue, the forgiven person must rise to the occasion and utilize his or her best potential too. He or she must become what you have intended, or the relationship will stop. This is because when you recognize your light in yourself, you can only attract others who will recognize the same light within themselves...