

Forgive – Release

Consider replacing the word “forgive” with the word “release.”

In other words, instead of forgiving people, you’re releasing them.

You’re releasing them from your life so they no longer have a hold on you.

Simply change the question from, “How do I forgive them?” to “How do I release them?”

And then consider yourself, love yourself, value yourself, and know you have the power to change the dynamics of any situation.

ANITA
MORJANI

