



Forgiveness

Forgiveness is often misunderstood.

It doesn't mean what happened was okay.

It doesn't mean you forget.

And it certainly doesn't mean you have to allow someone to hurt you again.

Forgiveness isn't something to force. It's a practice.

And like any practice, we can start small.

You don't run a marathon without training first. You don't lift the heaviest weight on day one. So perhaps we don't begin with our deepest hurt either.

Start small.

Forgive the person who cut you off in traffic. The colleague who spoke over you. The sharp words spoken in a moment of disagreement.

Little by little, we can teach our mind and body what it feels like to let go.

Because resentment has a cost.

How does it feel in your body? Tight shoulders? A clenched jaw? A racing mind replaying what happened?

And underneath the anger, what else is there?

Hurt? Sadness? Helplessness?

Get curious about what you are carrying.

Forgiveness is not about the other person.

It's about freeing your own heart from the weight of what happened.

The lesson has already been learned.

You don't have to carry the pain forever.

With love,

Marni