

LESSON 8

Recognize How Powerful You Are

The evidence that forgiveness is one of the biggest gifts you can give yourself is overwhelming. Forgiveness strengthens your health and brings peace to you in mind and spirit. You've also learned why forgiveness is difficult.

You can do this! You have everything you need within you to discover how you can release the pain and forgive. You are more powerful than you ever thought you were. All you need to do is access that power and bring it forward.

YOU HAVE THE OPPORTUNITY TO ACCESS YOUR INNER POWER

The power you have has nothing to do with how powerful you feel. Even those you believe have accomplished much in their lives may not feel powerful.

YOU FEEL POWERFUL WHEN YOU HAVE CONTROL OVER YOUR INNER WORLD:

1. When you control your thoughts, you control your emotions and how you respond in life.
2. When you control your emotions, you control your thoughts and your response to the difficulties of life.
3. When you control the way you respond, you control your thoughts and feelings about the situation.
4. **When you control your thoughts, feelings and response, you're able to keep the situation from becoming worse.**

When you don't have inner control, you're more likely to have a tendency to say and do things you later regret. Learn from those experiences.

As you work with the exercises in the lessons that follow, you'll learn how to control your thoughts, feelings, and responses. You'll be accessing and using the amazing power you have within you.

THESE CONCEPTS ARE KEY. KEEP READING THEM UNTIL YOU CAN REPEAT THEM WITHOUT HESITATION:

1. **Whatever happened to you does not diminish who you are.** Unless you suffered a severe physical injury, you still have the talents and abilities you had before the pain entered your life. If your life has been filled with challenges, you may not have yet discovered how amazing you are.
 - When you release the pain, you'll feel more "you" than you've ever felt. When your inner vision isn't distorted with the past, you can discover your gifts, talents, and inner resources.

2. **You are the most important person in whatever happened.** Your well-being, inner peace, and health are all that's important in this process. Focus on yourself and what you need to do to achieve that peace.

- If you're concerned about whoever else was involved, put them aside as you work through the following exercises.
- **When you release the past, you will have the strength and energy to handle whatever is awaiting you.**

3. **What you do and say is about you.** What the others involved do and say is about them.

- Remember who is most important right now: *you*. Don't allow what others say to you or about you distract you from what's important.
- If you have family or friends who believe they're doing you a favor by keeping you updated on the others involved, ask them to stop. What they're saying is not important, at least for now.

4. **Releasing the past may not be easy, but you can**

do it. Whether you're building a skyscraper or releasing the pain of the past, all are accomplished the same way: step by step.

- Although you know your ultimate goal, focus on each step and the rest will fall into place. **Make a commitment to yourself now to do the exercises.**

5. **You'll be redefining yourself.** When the pain of what happened has been with you a long time, you may subconsciously define yourself by your pain. Be willing to release not only the pain, but also the way the pain defined you.

- **No matter what happened, you can be happy again.** No matter what happened, you can be successful again. No matter what happened, you can have a loving and fulfilling relationship. Yes, life will be different, but it isn't over.

SUMMARY

You have within you the power and ability to achieve your desire to release the past. Make a commitment to yourself to do the exercises. The rest will fall into place.

Before moving to the next lesson, where you'll begin focusing your mind on letting go, take a few minutes to review and reflect on what you've learned about your power to release the past by forgiving.

REFLECTION

The following questions are designed to assist you incorporate what you've learned in this lesson.

1. Describe how you want to experience your inner power.
2. Why is it crucial for you to focus on yourself as you do the exercises?
3. How has what happened defined who you are?
How do you want that to change?