

LOVE AND FORGIVE

by:

Rojelyn S. Coronel, Rpm

“As humans as we are, we get trapped in a cycle of anger and hurt, and miss out on the beauty of life as it happens. We need to learn to let go. We need to be able to forgive, so we can move on and be happy.

Forgiveness is not erasing the past, or forgetting what has happened. It does not even mean the other person will change his behaviour – you cannot control them. All it means is that you are letting go of the anger and pain, and moving on to a better place.”

- How to let go and forgive

Most of us have experienced being hurt, may it be a failed relationship, cut friendship, or by the people who are dear to us. We may be treated in an offensive way, we lost trust in them, but despite of these, you have to forgive the people who had hurt you and learn to let go of the negative feelings you have inside you. That we still have to find the goodness in our hearts and remember the good things we once shared.

Don't you feel that your breathing became more calm? You can now have a good night sleep without thinking of the things or people who have hurt you. Can you now attain happiness? First thing to do is to let go of all the burdens you have inside you. You have to rationalize and think what would be the outcome in the long run if you have finally decided to let it go. Because you have the power to stop hurting yourself and finally move on.

In forgiving someone, and letting go of the burdens, know that you are not only allowing others to have peace in mind, but most especially yourself. You have to find the joy in forgiving and let peace enter your life.

References:

<https://zenhabits.net/how-to-let-go-and-forgive/>

https://medium.com/@garg_s/relationship-between-love-forgiveness-and-peace-216581443656