

## **EP5 Forgiveness**

How we can learn to let go of past hurt & pain, so we can heal and truly live our lives to the fullest

Letting go of past pain and suffering inflicted upon us by others can be hard and challenging, but in order for us to be completely free from the control of that pain, we have to learn to forgive others. This starts by learning to forgive ourselves first. In this episode I'll share some tips on how we can reach a state of forgiveness, so we can truly start living our lives to the fullest.

Thank you for listening :)

Emeka's Takeaways:

### **What is Forgiveness?**

A willingness to let go of the hurt or pain inflicted upon us, either by ourselves or by others, in order to make room for peace and love in our hearts.

### **Effects of holding on to anger & resentment**

- You become depressed and anxious
- You get so consumed in the pain and you can't enjoy the present
- You bring anger and bitterness into every new experience or relationship
- You start to generate a lack of trust for anyone close to you
- You can feel that life lacks meaning or purpose, thus becoming at odds with your own beliefs
- You lose the ability to enrich the connection with others

### **Benefits of letting go of anger & resentment**

- Less anxiety, stress and anger
- Healthier relationships
- Improved mental health, peace of mind
- Lower blood pressure
- Improved heart health
- Improved self-esteem

### **How can we reach a state of forgiveness?**

- Identify what needs healing and who needs to be forgiven and for what
- Recognize the value of forgiveness and how it can improve your life
- Choose to forgive the person who offended you
- Acknowledge your emotions about the harm done to you and how they affect your behavior, and work to release them
- Move away from your role as victim and release the control and power the offending person and situation have had in your life
- Consider joining a support group or seeing a counselor