

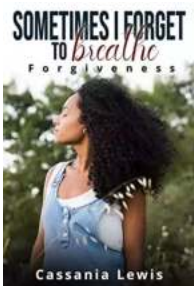
Sometimes We Forget to Breathe, But Forgiveness Helps Us Find Our Breath Again

In the busy hustle and bustle of daily life, it's easy to get caught up in our never-ending to-do lists, responsibilities, and worries. We rush from one task to another, often forgetting to take a moment to pause, reflect, and simply breathe. But what happens when we forget to breathe not only in the physical sense, but also in the emotional and spiritual sense?

Forgiveness is a powerful tool that can help us find our breath again when we've been consumed by anger, resentment, or hurt. It allows us to let go of the heavy burdens we carry and find solace in the present moment. But just like a forgotten breath, forgiveness can sometimes slip our minds amid the chaos of life.

What Does It Mean to Forget to Breathe Forgiveness?

Forgiveness is a deeply personal and transformative process that requires conscious effort and intention. It involves letting go of negative emotions and releasing the desire for revenge or punishment. When we forget to breathe forgiveness, it means that we've become wrapped up in our own pain and have lost sight of the healing power that forgiveness brings.



Sometimes I Forget To Breathe: Forgiveness

by Kelly Thompson (Kindle Edition)

★★★★★ 5 out of 5

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Enhanced typesetting : Enabled

Word Wise : Enabled

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When we hold on to grudges or refuse to forgive, we imprison ourselves in a cycle of anger and resentment. We suffocate our own hearts and minds, hindering our ability to grow, heal, and move forward. Forgetting to breathe forgiveness means neglecting our own well-being and stifling our own potential for joy and inner peace.

The Importance of Finding Our Breath Again

Just as forgetting to breathe can leave us feeling dizzy, light-headed, and out of sync, forgetting to breathe forgiveness can have similar effects on our emotional and spiritual well-being. It's important to acknowledge that forgiving is not about condoning or forgetting the harm done to us, but rather about freeing ourselves from the emotional baggage that keeps us trapped.

When we find our breath again through forgiveness, we open up space for healing, growth, and love. We release the toxic energy that holds us back and make room for positivity, compassion, and understanding. Forgiveness allows us to reclaim our power, restore our sense of self, and rebuild broken relationships.

How to Breathe Forgiveness in Our Lives

Breathing forgiveness requires practice, patience, and self-reflection. Here are some techniques to help you find your breath again:

1. Acknowledge your pain and hurt: It's important to create space for your emotions and allow yourself to feel. Recognize the pain you've experienced and understand that forgiveness does not mean forgetting or minimizing it.
2. Understand the power of forgiveness: Educate yourself on the benefits of forgiveness. Read books, listen to podcasts, or seek guidance from trusted mentors or therapists who can help you see the transformative potential of forgiveness.
3. Practice self-compassion: To forgive others, we must first learn to forgive ourselves. Be gentle and understanding with yourself as you navigate the path to forgiveness.
4. Embrace empathy and perspective-taking: Try to understand the motivations and circumstances of the person who hurt you. Put yourself in their shoes and consider their perspective. This can foster empathy and facilitate the forgiveness process.
5. Seek support: Don't hesitate to reach out to friends, family, or professionals who can provide guidance and support. Sometimes, healing requires the help of others.

Remember, forgiveness is not a single act, but a continuous practice. Just as we need to remember to breathe in and out each day, we must also remember to extend forgiveness to ourselves and others on an ongoing basis.

The Liberating Effects of Breathing Forgiveness

When we finally remember to breathe forgiveness, the liberation we feel is unparalleled. We let go of the heavy burdens that held us down and find peace within ourselves. The act of forgiveness becomes a release of negative energy, allowing us to move forward and create a brighter future.

Forgiveness is not a sign of weakness, but rather a testament to our strength and resilience. It takes courage to let go of painful experiences and choose forgiveness over bitterness. By breathing forgiveness, we empower ourselves to rise above our circumstances and find inner freedom.

Sometimes, we do forget to breathe forgiveness. We become consumed by our own pain and hold grudges, unknowingly suffocating ourselves in the process. However, forgiveness has the power to help us find our breath again. It reminds us to let go, heal, and create space for love and joy. Remember, forgiveness is a continuous practice, just like breathing. So, don't forget to breathe, and don't forget to forgive.



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Forgiveness, the first in the series of Sometimes I Forget to Breathe, is a short read that goes through the emotional roller coaster of a broken relationship between a father and daughter. It addresses issues of abandonment, anger, anxiety, disappointment, hope, regret and unforgiveness. The author expresses raw emotions in hopes of touching the hearts of those who have ever experienced a broken relationship. The series inspire peace that can be found in forgiveness allowing us to once again breathe.



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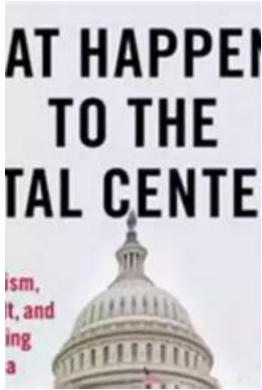
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