

# How Gratitude and Forgiveness Set You Free

The powerful combination of gratitude and forgiveness can help you heal from painful and traumatic experiences. Let's look at why they are so powerful and how to incorporate them into your life to set you free to become the highest version of yourself.

## The Link Between Gratitude and Forgiveness

One of my favorite books with messages of gratitude and forgiveness is *The Little Soul and the Sun*, by Neale Donald Walsch. ([You can read it here.](#)) The key message in the story (which was actually written for children) is *how can you learn forgiveness if there's nothing to forgive?*

The story tells of an agreement between two souls. The first soul wants to experience forgiveness and the second soul says "I will come into your next lifetime and be the 'bad one' this time. I will do something really terrible, and then you can experience yourself as the One Who Forgives."

The second soul then goes on to say...

"In the moment that I strike you and smite you," the Friendly Soul replied, "in the moment that I do the worst to you that you could possibly imagine ~ in that very moment..."

"Yes?" the Little Soul interrupted, "yes...?" "Remember Who I Really Am."

So the two souls agree to create this experience in their next life together, and the little soul says "I will remember you! And I will thank you for bringing me this gift ~ the chance to experience myself as Who I Am."

Forgiveness cannot happen without gratitude.

Every experience has a higher purpose, but often we forget that in the heat of the moment. Focus on the growth you've achieved from having that experience, so you can feel gratitude and forgive everyone involved, including yourself.

## **Gratitude and Forgiveness Release Negative Energy**

Nikola Tesla said *"If you want to find the secrets of the universe, think in terms of **energy**, **frequency** and **vibration**."*

The main barriers to forgiveness of others are blame, resentment, anger, hate and other negative emotions. The main barrier to forgiving yourself is guilt and self-criticism. These emotions lower your vibrational frequency and according to the Law of Attraction will attract more situations that match that low vibration.

When you look for the gift in every experience and see the challenge for what it really is – an evolutionary catalyst – you can let go of these negative emotions and shift into the much higher vibration of gratitude and forgiveness, attracting more positive experiences into your life.

## **Clear Your Limiting Beliefs**

Limiting beliefs hold you back from achieving your highest potential. These limiting beliefs are the result of painful experiences, often during childhood when we are most vulnerable.

By recalling these painful experiences and focusing on the gift they contain you can shift your anger, resentment, blame and even guilt into gratitude and forgiveness and free yourself to release the blocks that are holding you back.

Change your perception of these events from negative to positive and you also transform the self-judgment that has sabotaged your success ever since.

When you focus on the gift and the gratitude for these experiences that caused you emotional pain you will start the process of healing the limiting beliefs and self-judgments that you stored at the deepest level of your subconscious mind.

By clearing your limiting beliefs you free yourself to make your dreams come true and manifest the big vision for your life.



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