

The Power of Forgiveness

Mary Rivas | [Waking Times](#)

The act of forgiveness is a strategy to become neutral, to reset the game, to start fresh.

Forgiveness is a decision, an intention to get out of guilt, to clear all the debt and baggage that keeps us stuck in self-destructive patterns.

Forgiveness does not mean that you condone the bad behavior nor does it mean that you accept that the insult be repeated. Forgiveness merely takes the charge off and neutralizes it so it does not drain your energy anymore.

From a shamanic perspective, the act of forgiveness is a frequency, not the emotion that accompanies the act of forgiveness. When we forgive, we can feel an incredibly sense of relief or cry tears of happiness, but the emotion is not the forgiveness. Forgiveness is a choice we make.

The act of forgiveness raises our frequency, our energy. It's one of the most powerful tools we have at our disposal!

Take a moment to recall an experience where someone insulted you. Chances are that whenever you think of that situation you feel bad. This is what shamans refer to as an "energy leak" because disturbing emotions drain our energy. If our energy leaks continue, we only harm ourselves. We need sufficient energy in order to be healthy, happy and to manifest!

When you recall such an experience that makes you feel bad, ask yourself, "Do I want to continue to give that person the power to control me and deplete my energy?" **At any moment, you can choose to forgive and free yourself of burdens that rob you of happiness and freedom.**

Imagine how you will feel when you no longer allow that person to drain your energy. Think of the relief you will experience when you finally experience forgiveness. You eliminate a huge energy leak that keeps you stuck.

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