

My Forgiveness Journal

Cards, Quotes and Revelations
over 30 days of contemplation and self reflection

written , designed & published by

OgaAna Alkon
2015

Acknowledgment

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Thank you.

**Author and Designer,
Ogaana Alkon
2015**

High You There,

*I see you,
I know you,
I see your pain,
I know it... I've felt it too
and I know how hard it is, believe me....
I know how much it hurts,
so much that you wish for your life to end!
if that's what it would take for the pain to stop..*

*... if you couldn't find it in your heart to completely forgive the hurt,
then just be willing to, will you?
let that very faint glow of possibility alive within you.
Some wounds are too deep .. But they are not incurable!
they might just need years to heal.*

*"Patience, my charcoal heart, patience ..
You are a Diamond in progress."*

*I dedicate this book to you,
may it be a relief ~ for you to re-live in peace.*

Forward

APRIL 2014 :

I decided for this month to be a month of forgiveness .. where I will be practicing, daily, letting go of, and moving on from whatever and whoever hurt me.. as I'm looking back at my self now and noticing how I've always used to be hard on myself all the time, too much thinking, too much giving of time and effort and attention to people and situations that make me feel bad .. worthless .. empty.

I wanted to be good to me ..

I wanted to feel of value in myself..and in the world.

I wanted so much for my heart to be healed.

I wanted for my soul, my true self, to be truly free and fulfilled.

I knew that there was nothing outside of me that would ever truly change how I feel about myself, or what I think about myself, deep in my heart I felt isolated and helpless.

At this time I am mostly spending my time in solitude “soul-attitude” connecting to myself more, spiritually, and holistically.

My soul is ready to completely break free, and I am blessed that I am guided by loving teachers, both in flesh and spirit, which helped me to keep moving in the direction of my inner light, my truth, self empowerment and unconditional love. The most heavy and burdensome thing I wanted to clear and forgive was not being able to make the best choices all the time in my life.

Then, I also wanted to forgive people and situations outside of me for not being perfect for me .. maybe also say “sorry” and atone for not being perfect enough for them! not being able to accept them. resenting them..

I felt bad cause I was holding these negative conceptions about another being, for some reason, it felt not right! it added more weight to my already heavy load.

So I began...

I felt really excited! I didn't expect the journey of forgiveness to be interesting, I thought it would be difficult to let go, but I guess my soul was soooo ready to move on..and I wanted to channel this intention and process of forgiveness in a defined form rather than leave it as just another abstract emotion.. Forgiveness seemed vague, so I thought if I did that, I will be able to define it..perhaps, I would be able to make sense out of it one day.

This is how I channeled it: Everyday I would design a quotation card that would express what forgiveness kinda looks like to me, through the design and the colors of the card, and intellectualized it through the quote itself.

NOVEMBER 2015 :

Now I am gathering the cards all in here, in this book, for me.. to stay on the track of forgiveness, to stay motivated and inspired, and to maybe, one day, make sense of it all!

This book is also for everyone out there who is ready to move on, who wants a reason to forgive, or perhaps needs a motivating companion to help pull them out of the misery of feeling bad.. worthless .. empty.

I remember that time of my life as a very positive and brave time, despite the fact that I kept recalling negative stuff..I remember asking once before I consciously intended to practice forgiveness: "how can you really help anyone, when you can't even help yourself?" maybe the magic of asking the right question have lead me to this intention of forgiveness that was very deep, transformative and healing. Now, In retrospect, I see that it's an act of true self empowerment, the way I see it now, and in the way I have experienced it..

It was a form of emotional intelligence, to be able to dive into the depth of your dark psyche and shine down with the light of divine spiritual universal realization, detached from any personal perspective .. to be a fair judge, and a discipliner of your own self.. It is just transformative, yet creates a state of equanimity. Somehow turning you from a helpless heart-aching victim into an empowered powerful and empowering person.

the process was emotional and heated, but I don't want to ever forget that, I've blogged about it once and now I'm documenting it again into this book. I say "forgive but don't necessarily forget".. cause its beautiful, I believe, to wear your battle scars with pride and confidence, as if they were expensive rare jewels for the world to fancy.

My personal practical application of forgiveness was simple! just hold the intention in your heart and channel it into words and colors and shapes!!! The conclusion of this journey has brought me so much joy and fullness in within myself.. and ripple out to create peace and harmony into my life, especially in relationships! I felt so much lighter , freer .. a lot of little things in my everyday life felt more meaningful and authentic.. and my days seemed to be flowing effortlessly as I learned that negativity is not all so bad, it sure feels the worst when it's happening, but the quicker you release it, the quicker you'll start feeling good again, and the deeper your sense of goodness and wellbeing will become restored ..

So, here you go:

30 cards, quotes and revelations about forgiveness. Over 30 days

You'll find that the book is arranged by days.

So, I suggest visiting it daily over 30 days, if you wish for the process of forgiveness to work for you and unfold gracefully into your life.

Allow it to and let it work for you, let it guide you and heal you...

Then, pass it on.

Always, with great love,

Ogaana

Day 1

Realizing that forgiveness as a gift.

**The practice of forgiveness is
our most important contribution
to the healing of the world.**

Marianne Williamson

I was talking to my friend Mona on Skype at the night of 29th of march 2014 when I decided for April to be the month of forgiveness .. starting with practicing letting go of my own guilt towards myself.

I've realized through our conversation that we are too hard on ourselves most of the time, too much thinking, too much giving time and effort and attention to people and things that make us feel bad , worthless and empty!!

"why do we that" I said to Mona, "that was no way to live".

I want to forgive my self for not being able to make the best choices all the time .. and forgive other people and things for not being perfect for me ..

join me, simply take a moment now to think about something you always feel bad for not doing it perfectly, or maybe something you promised yourself you will do to be better and more happy and healthy but you failed to ..
or maybe someone who didn't treat you well, or you couldn't treat very well ;

Just Take a deep breath and as you exhale say : " I forgive"



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Day 2

Forgive to be free, to flow & grow.



When we let go of what troubles us “heart, mind, body and soul”,

We find space in all those respective areas of our being.

Space to flow easier and smoother,

When our energy is flowing, we are able to be and grow,

in more healthy and wealthy ways.

When we grow , we don't just grow UP, we also grow IN ..into our core being;our soul.

Our roots are able to travel deeper in as our branches are reaching up higher..

We are able to experience more aliveness, then, more connectedness

to our true self which, in essence, is ONE with all that is.

Forgiveness then becomes natural to us .. It's a mere act of self love and self care that we do daily to maintain our health, exactly like taking a shower, washing our face!, drinking water or feeding our body.

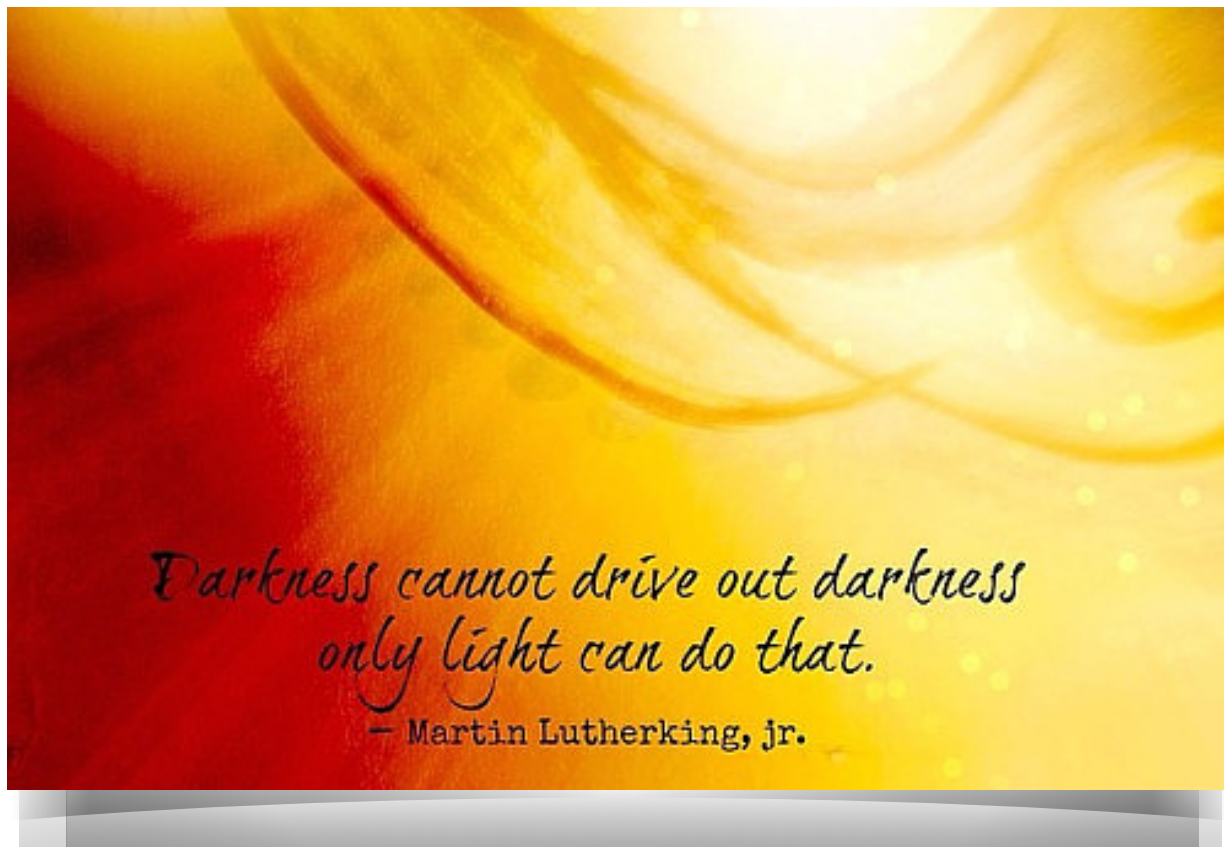


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Day 3

Just 4give!!!



Just Let it go!..
and let the world witness the brilliant light of your pure heart..
We are here to SHINE..
We are here to be Seen as we are ..
We are here to share our truth ..
Loud and Clear as day light..

Only that can do..
Only that!

Just Take a deep breath and as you exhale say : " I forgive"

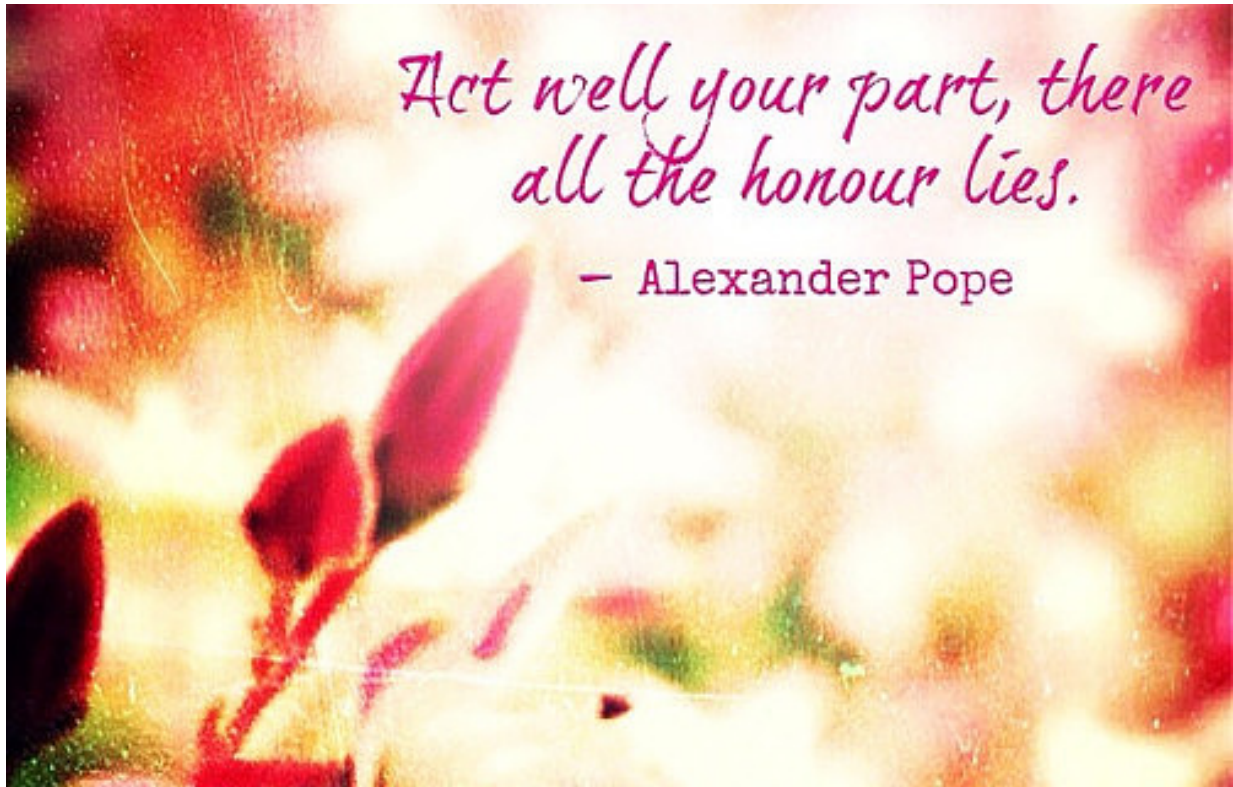


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Day 4

Atonement is forgiveness on action.



While the decision and intention of forgiveness is a major step towards spiritual/ mental / emotional healing, a physical step is also important..

Like standing in front of the mirror and telling yourself :

Oga - your name- , even though you've been too lazy today

and you didn't wash the dishes as every grown up person should do, I still love you.

OR, Like saying to the person who hurt you - directly or in your mind - :

I want you to know that I forgive you -or trying to forgive you- even though it makes me feel bad that you did or said certain thing or things to me.

Remember that forgiveness does not mean you still accept the harm or wrongdoing, you are simply choosing to detach yourself from its negative impact..

and in doing that you are opening up your heart and mind to new better and healthier ways of experiencing yourself and others... even if it means you have to no longer be with that person or no longer do that thing "habit"..You gotta take radical steps to make yourself happy and healthy, coz no one else really has that power but you.

I am already witnessing beautiful positive impacts of forgiveness in my life.

how are you doing? keep me posted on your journey.



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Day 5

FOREgive as you want to be foreGIVEN.



“You really must be able to see another as you want to be seen.
Respect as you want to be respected.
Love as you want to be loved.
Teach as you want to be taught.
FOREgive as you want to be forgiven”

deep beautiful words through @empresshurit1111 on instagram

Thank you for this.



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Day 6

Forgive & Forget.



Coz nothing really matters but your peace of mind!!
Just drop it !
Let.it.Go.

...and you WILL KNOW what is it like to BE really Alive and Free ...

To know who and what you really are..
Beyond grudges
Beyond fear
Beyond limits

Just Take a deep breath and as you exhale say : " I forgive"



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Day 7

.. Morning & Evening

SO BE PATIENT, FOR WHAT
GOD HAS PROMISED IS
SURE TO COME. ASK
FORGIVENESS FOR YOUR SINS;
PRAISE YOUR LORD
MORNING AND EVENING.

“Allah (God) is Forgiving, ask and he will forgive, Praise Him day and night and Trust him, His every decision, for he is the Ultimate Decider and He is Most Merciful and Compassionate.”

by @hennam110 on instagram. Thank you.

-Quote from THE HOLY QURAN 40:55

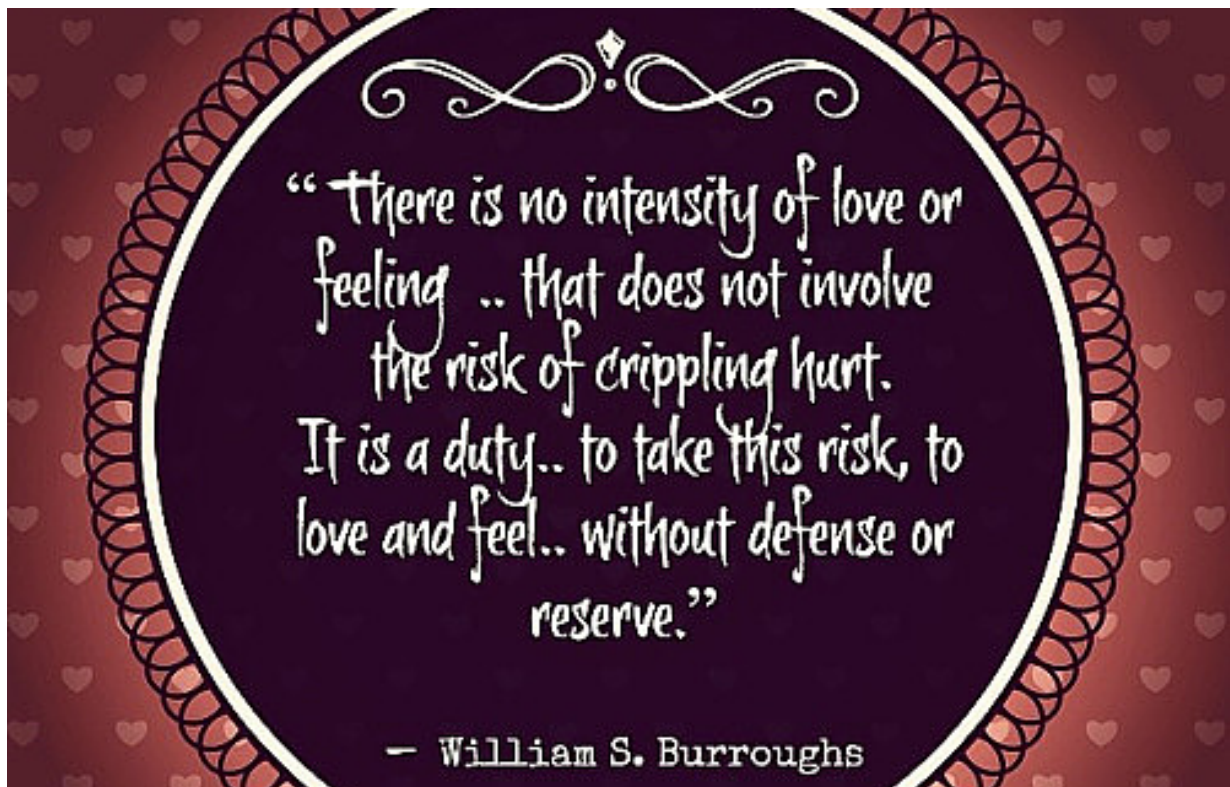


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Day 8

Allow yourself to feel deeply.



... to surrender to the most essential natural flow of your existence ..
Allow yourself to BE as you allow others to BE .. as is. Unconditionally.

It's been a tough one for me , I catch myself sometimes still demanding of others to be, act and even see things exactly as I do..

It's irrational, we are meant to be diverse and yet equal..

It's really beautiful to vibrate with such harmony, and operate in such harmony, we are a symphony of colors .. A rainbow..

we are meant to compliment and sometimes contrast one another rather than abiding by or disappearing into each other..

Be fearless, Be bold and praise the fearlessness and boldness of others ..

I now try to embrace those who oppose me, they do make me see my own colors more vibrantly.



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Day 8

continued ...

We are meant to bring out either the best in each other to use it and celebrate it OR the worst to heal it and learn from it ..
rather than just shadowing each other and dimming down our unique light!

Though it's a risky business to let our guards down to be naked..
For what's inside us to be seen , as is ...
To be outspoken, for what's inside us to be heard, as is..

It is risky to FEEL too much , to CARE too much and to GIVE too much ...

But remember, my dear ones, that nothing ever made in the name of love
will ever be vain ..


As there is bad karma , so there is good karma ..
Invest in your good feelings, and be generous ..

Whatever you seed with love, you MUST reap with love ..

So , go Forth and GIVE ..with love ..
Without hesitation,
in full faith.

Day 9

Forgive according to the dictionary :



FORGIVE (vb.)
to cease to blame
or hold resentment
against (someone
or something)

forgive (fə'gɪv) vb,

gives, giving, gave or given ;

to cease to blame or hold resentment against (someone or something)

to stop feeling anger about (something) :

to forgive someone for (something wrong) : to stop requiring payment of (money that is owed)

synonyms: pardon,excuse,exonerate,absolve

absolve,acquit,clear,exculpate,exonerate,vindicate;remit,shrive;

condone,disregard,excuse,ignore,pass over,shrug off; discharge,

liberate,redeem,release,unburden



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Day 10

This is True Forgiveness.

**THOSE WHO JOURNEY
IN THE GARDEN LAND OF KNOWLEDGE,
BECAUSE THEY SEE THE END IN THE
BEGINNING, SEE PEACE IN WAR AND
FRIENDLINESS IN ANGER .**

- Baha'u'llah



“When we have entered this phase, in every situation, we know the outcome to be certain. We are going towards God...period.

Upon encountering unkindness (war, anger, negativity) in another then, we see it's beginning in our own minds. It is a judgment, a projection, a quality that we have assigned to “someone else”.

To “forgive” the “other guy” is nothing more than the recognition that we are willing to be wrong in our assessment and to allow the Truth to correct the errors in our mind. In doing so, we accept the atonement for ourselves and extend healing.

There is no more powerful act of love. This is True Forgiveness.

“The holiest of all the spots on earth is where an ancient hatred has become a present love.” (A Course in Miracles) .”

[via: oraeav.wordpress.com](https://www.oraev.wordpress.com)



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Day 11

As I Am improving, THE WHOLE WORLD is improving.

*Every true, eternal problem is
an equally true, eternal fault;
every answer an atonement,
every realisation an improvement.*

- Otto Weininger

#4give
11 April 2014

Value every little answer and clarity you come to know, Great mountains are made of tiny rocks.. As we walk through our spiritual journey, we inevitably improve with each small step we take ... And also at each stop .. As we set to relax, reflect and meditate on our “self” .. As we come into more and more alignment with our inner beings, we automatically heal , atone and improve .. Don't ever underestimate a part of a second that you set to do your meditation or prayer .. Know that YOU ARE improving yourself .. and in turn THE WHOLE WORLD is improving. We all are becoming better and better , coz of your mere decision to “want” to be better , the fact that you are willing to take time to ask the questions and seek the answers .. Is amazingly powerful .. The fact that you are willing to forgive , and you want to heal and you want things to be better .. Is amazingly powerful .. OWN It , celebrate it .. And always give thanks for it .

**I am happy and grateful for having the space and time to
connect and communicate and share my journey with you
let me know how it's going for you**



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Day 12

is it Foolish! Or Wise?!



..hmmm! isn't this such a liberating thought?..

To be neutral? not too fancy and yet not too plain.

BE a fool and forgive ..Or BE wise and Forgive ~ Transcend pride and let god be the judge. When you truly feel that neutral towards yourself and others, you will know that you truly have forgiven.

To forgive is to see the other person as human as it gets..

Equally good and equally bad..

With no emotional attachment to anything, no stories, labels or measures .. Striped down to the soul ..

Recognizing the soul-essence of the world as one with the soul-essence of your "self"



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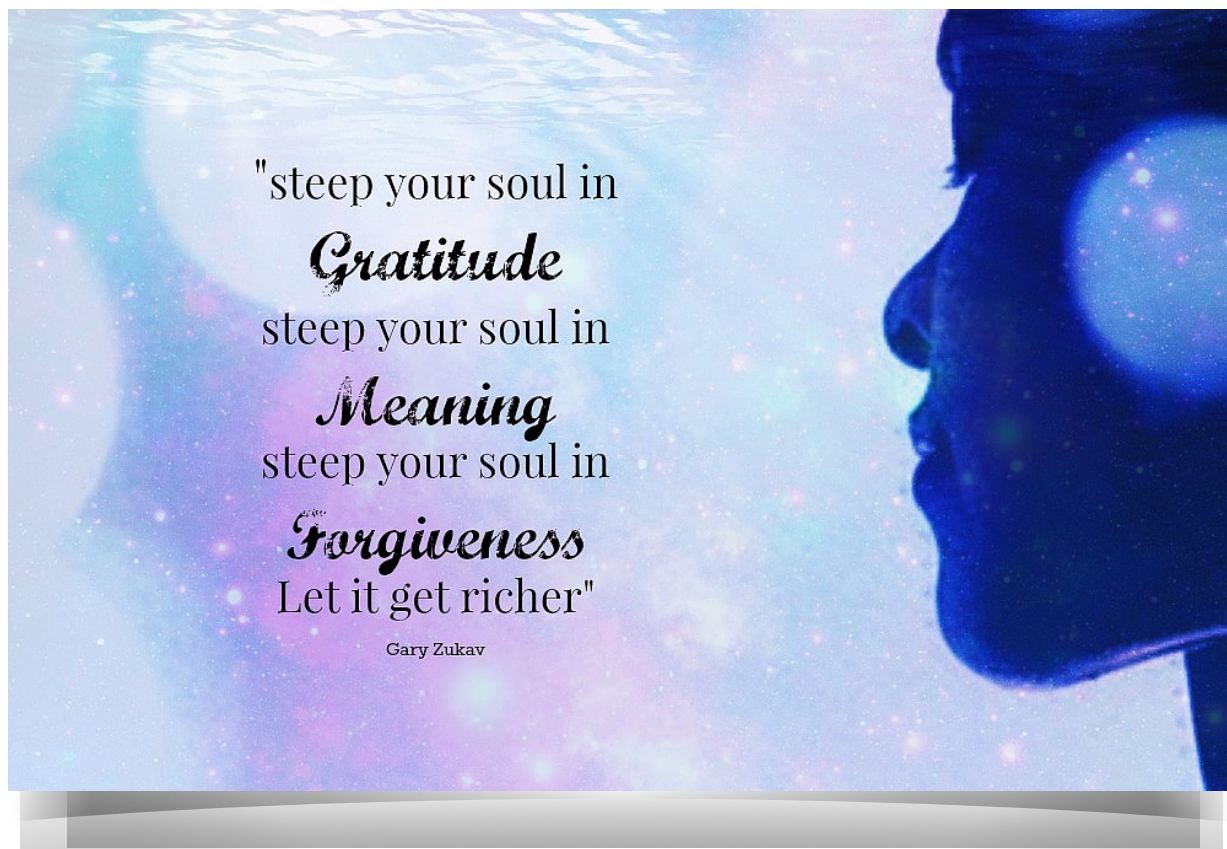




Meditate.

Day 13

Be intentional.



I want you to sit down quietly for a moment today, and write down all the good things you did or said or even just thought of ... even if it's a small gesture like saying THANK YOU .. Even the brief moment when u drifted on a daydream imagining yourself being able to do something that would make someone else happy .. Or just make you really happy.

Being good to you also counts ~_^

I know that some of us -especially the type of people who choose to pick up this kinda book- tend to remember the bad things we did, said or thought of but fail to recall the good things. This practice will help you see objectively what a good person you are or you can be! the truth is, we are naturally bipolar, yin in yang! it's just a matter of harmony, and what we choose to focus on and express at each moment. So, seed the seeds of positive karma as you forgive now, and watch the future blossom with this beautiful intention. then reap the fruits and savour them, knowing that you've earned it.

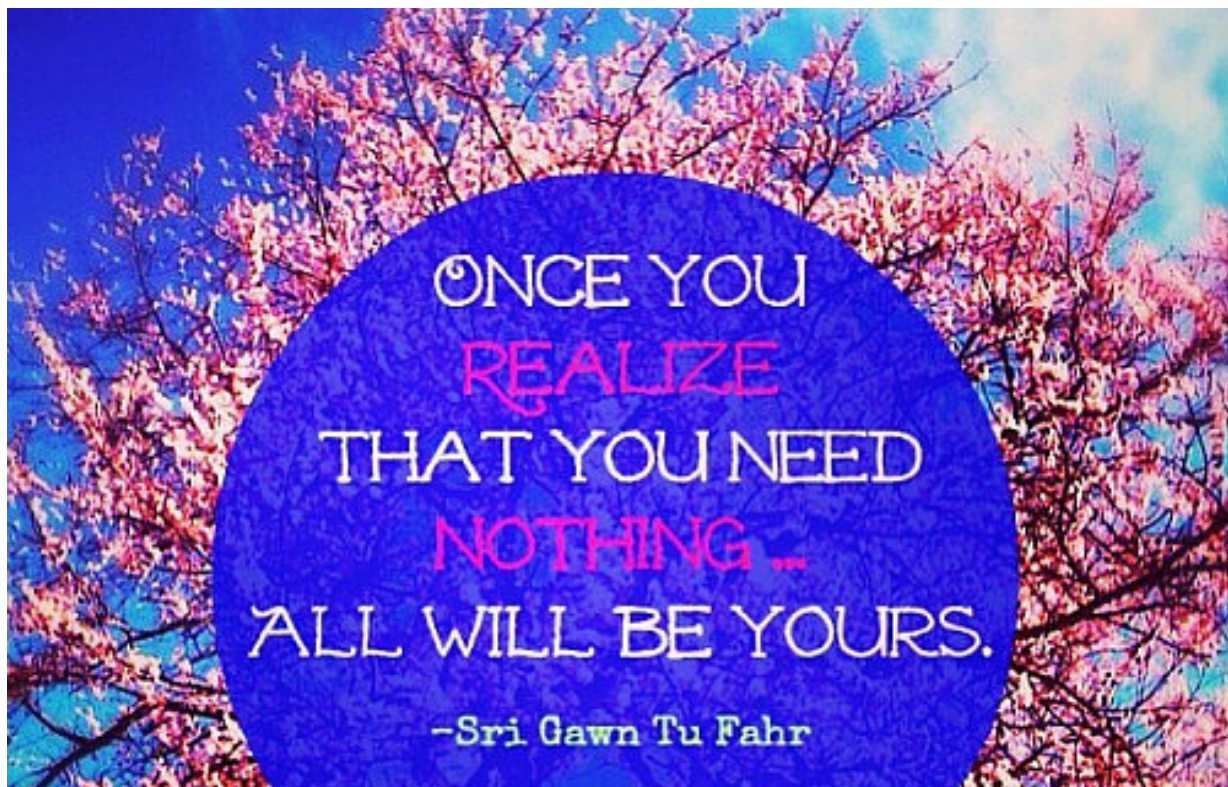


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Day 14

It's NOTHING.



Because who you are is never really compromised, no one can really TAKE away your “self”worth, you are forever resilient ..Your soul is an untouchable, abundant, overflowing river of possibilities.. We always have and we will always be self sufficient, as long as we are in alignment with our souls.

I find that when someone seem to "hurt" me, it makes me feel less .. makes me feel like something valuable was taken away from me by force,

while the reality is: I had nothing in the first place ..Or that the thing I thought I had was invaluable.. I didn't really need it!!! It was only the false ego identification with self as a thing that caused me to feel that lack..



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Day 14

continued ...

Think about that for a moment ..

Recall a time when you felt that way...

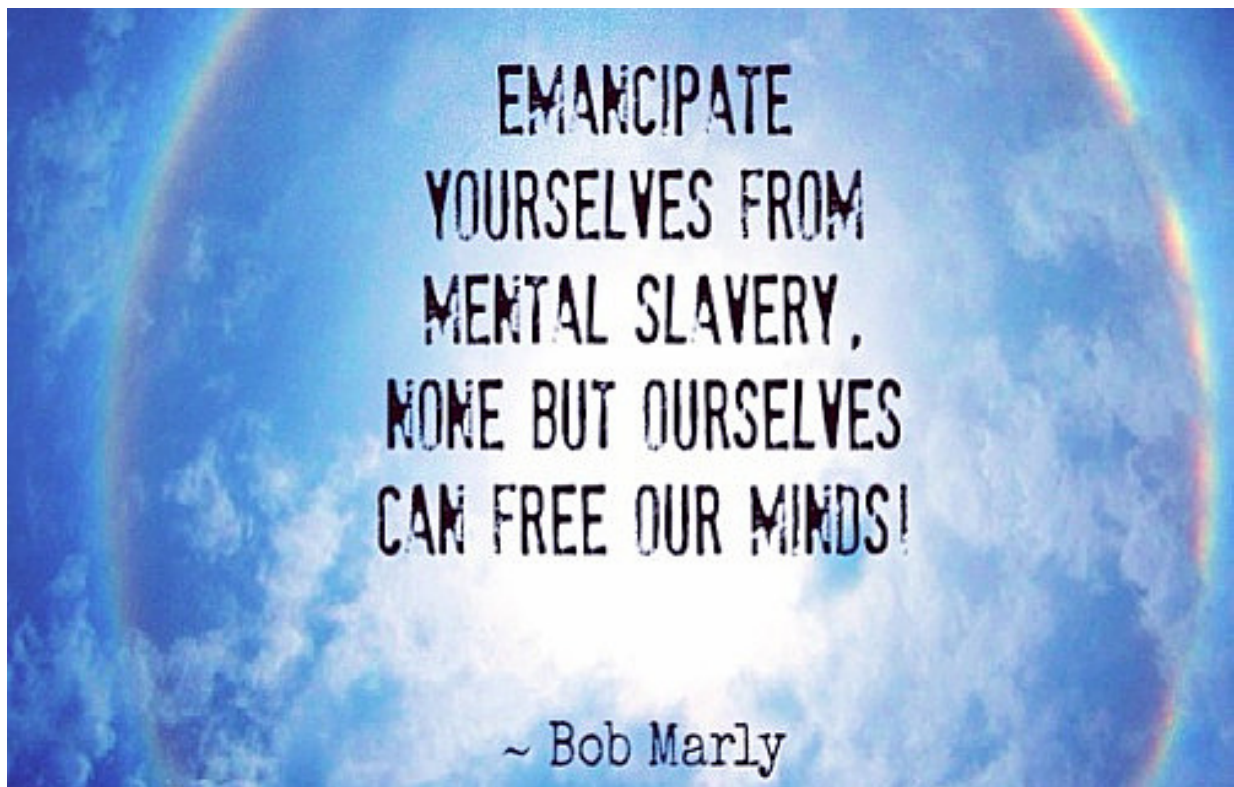
.....

You will probably REALIZE that there is a part of you which was and still is intact .. And it will always be ..

...it's that still awareness of "things" happening, as Eckhart Tolle explains in his teachings, your true identity .. always detached from ,while actively involved in, your life experiences .. and that itself is not something .. It's NOTHING .. It is a Nothing !! So, Don't take "things" too seriously, you don't really need anything to BE.. It's the nothingness that counts!!!

Day 15

Because you are in control.



YOU are the one who runs this show
NOT your feelings that you feel.
NOT the stories that you create and live in.
NOT the situations that you come across.
You are The Feeler. The StoryTeller.
The one who walks this journey called Life.

You and only you can decide to be at free and at peace right NOW
.. It all starts with YOU, and ends with YOU.

So, ForeGIVE the past to GAIN the NOW moment! ..and in turn, the future .. Do it for your own peace of mind .. & Because only when you have made peace with yourself and free yourself will you be able to make peace in the world and set it free.

BE THE CHANGE WE NEED IN THIS WORLD



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Day 16

(.....!)



ok ok!! let's just stop the whole forgiveness ideals for a moment today! instead, just think: What and Who is it exactly that disturbed your peace? How exactly those feelings of shame, blame and resentment manifest and feel in your body both physical and emotional ?

Focus on your body and locate where exactly that feeling is vibrating :
(to me it's a sharp contraction .. exactly at the middle of my abdominal area and radiating down on my lower back +I feel tension in my neck and shoulders area)



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Day 16

continued ...

Recognize those feeling for what they are..
it's kinda like tuning in to the frequency of its energy ..

feel it ..

Breath through it ...

Notice how with each inhalation the feeling dissolves.

keep in mind that each in-breathe is a new, fresh, pure energy that sustains your being .. and each out-breathe is an old, stale, useless energy that is no longer serving your being ..

Let the new breaths flow in ..

Let the old breaths flow out

Let the naturally renewing energy of the breathe move all through these areas that you earlier felt those bad feelings at ...

You don't have to think of anything but AIR.....At least Just.for.now.

just breath and Let the air do the work for you.

Day 17

We Are The Creators of Our Own Pains & Joys.



You must have once heard or said
"I will never forgive myself for doing this stupid thing "
we always say that ! and it becomes part of our habits not to forgive !!
But I am telling u today to forgetit ..
It's time to rebel on your own rules Forget this sentence !
Go inside your brain cells and take an eraser and WIPE IT CLEAN ..

And please STOP making up rules !!!

Why do we keep doing that anyway?
Why do we like to contain ourselves and others in rigid borders !
Setting high expectations "or low" , point is! unrealistic, false
expectations.. Making gods/devils of ourselves and others! We are
such a dramatic species!!!



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Day 17

continued ...

I mean, really?!

Just BE EASY .. Keep flowing ~

See each moment , place, situation and person in a creative new way!

Things are always changing , nothing stays the same ..

Embrace the freshness of impermanent nature of things ..

Make it like an art project and assign a new color for each moment/place/situation/person in your reality! I know that Sometimes we like certain colors more than others and we keep using them again and again .. But what if I told you that you get to create and invent a new color every single time , with all its shades and hues and levels of vibrancy .. you can also mix and match colors , or make up gradients and palettes!

REBEL on the habitual ways of black and white ..

You are a CREATOR , you were not born to mimic nor to repeat!

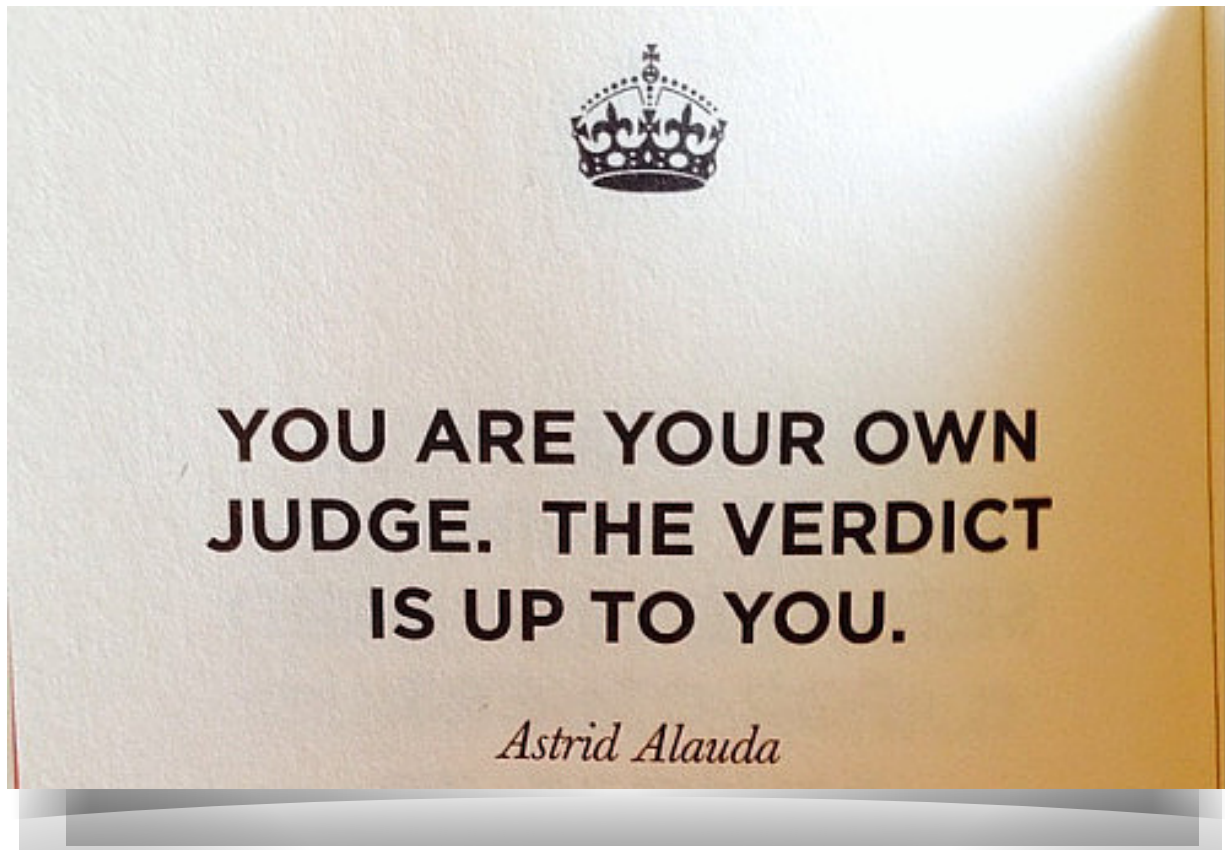
You were born to produce NEWNESS to this world ..

Show us what you got.

I LOVE YOU & I BELIEVE IN YOU

Day 18

Set yourself free.



Are you practicing with me?

If Yes, then let me know;

share these daily cards on your page,

or create your own and use the hashtag #4give

Tag me @ogaana on instagram OR @soulivotion on twitter

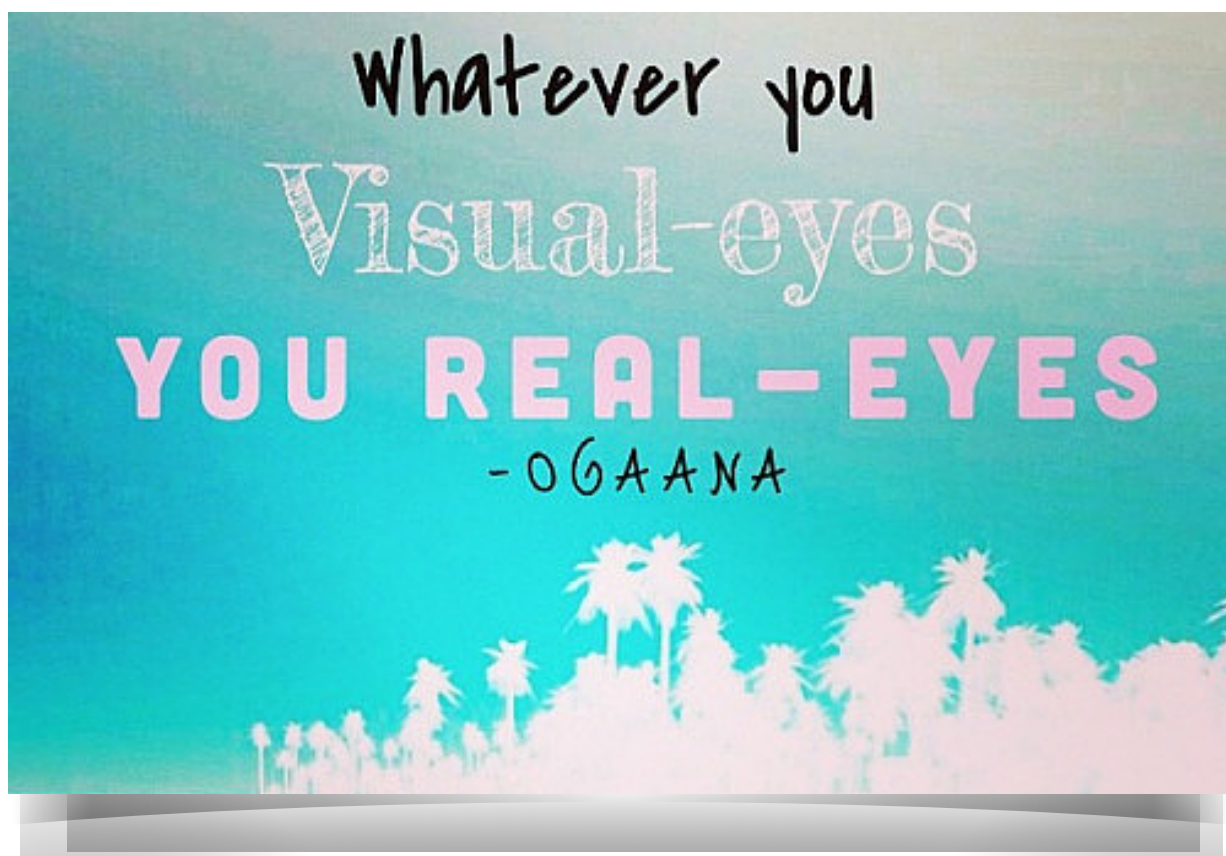


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Day 19

YESSSS!



Honestly, by now, My ego is getting tired!
It is dissolving so much I can't even feel my self !!
I had to label this card with my name so I can still feel myself existing.
CAPITAL and all a girl has to stay grounded, u know!

ANYWAY!

I love #visualization so much ! I live 99.9% in my head... Playing my own music .. Watching my own movies
#keepcalm and #daydream baby.

It's sooo crazy..

But I feel sooo GOOD when I am in my own world and I'm in full control,
peace, love, rainbows....and I also know that to have rainbows,
I might need to put up with the reality of rain..



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Day 19

continued ...

so, last winter I decided to make peace with the rainy days “reality” coz it seemed like only when I hold on to “the reality” of what’s outside of me that I start feeling.. ...Hmmm! ..Not so much like “it”.

That feeling of not being like it is the nature of the paradoxical existence of this time and space”reality” we operate at ..

Brain scientist call it “beta level” Laura Silva calls it “bull shit level ” and Ogaana calls it “ring my bells level AKA ring a ding ding” coz I discovered that yesss it’s a messy but it’s a FUN party to be at! I actually discovered by the end of my “winter peace treaty” that I loved the voice of Thunder blasting!! weird huh!?

I am telling you : you can only really enjoy the party of life if you are willing to DANCE on its own rhythms .. So keep an open heart and an open ear.. expand and stretch you possibilities to the MAX to accommodate the cacophony and listen to the magical harmony in the background.. Let it move through your body .. dance ..even when you don’t recognize or like the song playing ..

more importantly, KNOW WHAT kind of music that makes YOU feel groovy... maybe ask the universe to play it loud for you ~_^ Then we would allll dance along and celebrate with you, even if we did not recognize or like that music.

**“visualize yourself cleaning the lens of your third eye.
See your life come into focus.” -Carol Tuttle**

Day 20

FORTITUDE.



I was guided to dig deep today, for deep healing... As I opened up my iPad to design today's forgiveness post, I asked what should I write, and the word fortitude came up.

“Patience and fortitude conquer all things” - Ralph Waldo Emerson

Words have a magical way of activating or deactivating certain frequencies in our energetic field.. try it if you would:

*(close your eyes and repeat a certain word again and again
and just feel how it resonates within you and vibrates in your body)*

I personally felt the word fortitude coming from a deep place within me.. I feel like it was born with me .. and is essential for my very existence. Without fortitude I would not even BE where I am now!



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Day 20

continued ...

So, I figured, It must be a powerful manifestation tool to use to bring my desires to life. That urge within that wants to experience what you dream about and “have it” see it , touch it , feel it , taste it , smell it .. Being ONE with it , playing with it ..

Knowing that it’s WORTH it .. Worth being patient for it to BECOME or being persistence in making it happen ...

So be sure to direct your energy towards the steps that you need to take, as well as the things that you need to get rid of, for you to be able to focus on getting where you want to get ..

You will get there in time , trust that.

just keep going.....and you WILL get there

Till then, Keep Following The Signs that are calling you into that way.

I Believe in you.



you are forgiven.

Day 21

Have you ever witnessed The Truth?

The Divine

Compensation

#4GIVE

21.4.2014

Forgiveness is the most faithful step one could ever take in their life's journey, and directly results in your growth, expansion .. beyond any limits or lack ..

It is the direct effect of one's connection with the Source of Creation= the all pervasive, all accommodating wisdom of creation= God ..

That, to me, is LOVE .. I believe Love (God) is wise ..

"Love leads us to atone for our errors and clean up the mess when we've made mistakes. Love leads us to act with impeccability, integrity, and excellence. Love leads us to serve, to forgive, and to hope"

-Marianne Williamson From her book : THE LAW OF DIVINE COMPENSATION

I leave you with this thought today, contemplate it and think about a time at your personal life's journey where you witnessed and experienced this truth. When you released something that you were once holding on to so much .. then later you got something of even more value in return.



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Day 22

Forgiving through love.

*...And through you
I have forgiven
the unwise times I've been through
-Farooq Jewaidah*

I am inspired to share some arabic poetry with you today. This is by the Egyptian writer and poet Farooq Jewaidah, I grow up reading his poems and they touched my soul so very deeply, he speaks to his lover here saying: “through you I have forgiven” this resonates with me as I believe in quantum leaps .. and I have experienced, times and times again, amazing souls who transformed the way I perceived myself as well as the world in a matter of seconds.

The light of love, is undeniable .. As I said yesterday LOVE IS INSIGHTFUL, it opens you up for unlimited possibilities, it empowers you to be more courageous and willing to go beyond your “self” to places higher and deeper you never knew existed before!

If you are absolutely “stuck” with this whole forgiveness subject just imagine going inside the heart of Mother Earth .. Lay on her wide open free access all accommodating arms , and just relax there. let her take care of it through her magnificent gravity..and while you are there don't forget to Thank her and ask her to bless you with her magical gifts.. Abundant as she is, trust that whatever you asked is granted.



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this is the original arabic text of the same poem in the previous card.



The Arabic translation of the word forgiveness is

(تسامح)

Pronounced ;Tasamouh

Day 23

Spiritual Liberation is AWESOME!



Ah! Another day of love, enlightenment and forgiveness .. I am really grateful for my dear friend Muna for the inspiration You know? during these past 23 days, I've learned that forgiveness has nothing to do with any person or anything outside of myself..

....It has everything to do with what's WITHIN me ..

It's about clearing the cluttered stuff I am letting in my mind and carrying on my heart that I keep them there sometimes for too long and for no reason!!

Forgiveness makes you feel so much lighter, simply makes LiFe EaSy.



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Day 23

continued ...

Forgiveness makes you feel so much lighter, simply makes LiFe EaSy.

You see, people and things keep coming and going ..

But ONLY THAT THING WITHIN YOU remain.

That thing = Your Soul !!!! ...

that's what it's allll about baby ~ that's what life's really about.

and so, YOU are the only one that really counts in your reality, focus on that inner being WITHIN yourself who is always there.

CONNECT with your inner being.. your SOUL ..LET IT BE FREE ~

Let it flow and shine.

I find deep breathing helps to connect me instantly to the stream of soul's pure energy, it is calming and soothing as it is full of power and excitement.

All that you need is within here and now ..

Everything you need in order for you to feel happy, healthy, wealthy and marvellous IS right here, every time you turn to your inner being you become more and more in~lightened, and you automatically enlighten everything and everyone around you.

INLighten your soul ~ Then Light up the world

Day 24

it's really simple!



Just let it happen .. It only takes a moment of clarity:
Set an intention and send it out into the world. TRUST that it is received, known by,
and carried away by a power greater than you can ever imagine.

According to Abraham hicks “pioneers of The Law of Attraction”; holding on to the
frequency of “focusing on” a thought for as little as 17 seconds in your mind, is worth
2000 hours of physical work !!! Isn't that fascinating?! I choose to BELIEVE in that ,
And I know it's true ...

I want you to hold on to the thought of unconditional love today .. Live it in your mind,
even if it doesn't seem possible in your physical reality. But if it actually is possible for
you, then DO that thing that represents unconditional love to you.

Declare to the whole world that you want more of it in your reality,
and you MUST have it. It is Law.



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Day 24

continued ...

Forgiveness, Love and Living Life, are not something that you do alone, it's a co-creative experience, we all get affected by each other "if not by other people, then by the environment we live at" whether we like it or not, that's how things are in this time-space reality, why not choose to create positive "desired" life conditions?

This simple choice will not just affect us ourselves but it will for sure create some level of change around us at least in the ones we are forgiving, loving or living with.

Make that better choice from right where you are, right now :

To Live more

To Love more

To Give a little more

Day 25

Let's get specific.



It's your turn to write a caption today ..

Please take a moment to think about and write down:

what you wish to forgive? and why you would forgive?

For me I wrote:

Ogaana is forgiving and letting go of her self doubt, second guessing herself and belittling herself, not being able to ask others for her value and feeling ashamed of not being able to follow what others ask her to follow. I am asking my angels today to take away this painful feeling of being rejected because I trust and know that there is a place where I would fit perfectly in but at the same time being able to still stand out and feel special .. take it all away angels , and bring me closer to my true place, show me the signs in my heart, mind and body that will let me know that I am no longer suffering from my own self ...

Thank You

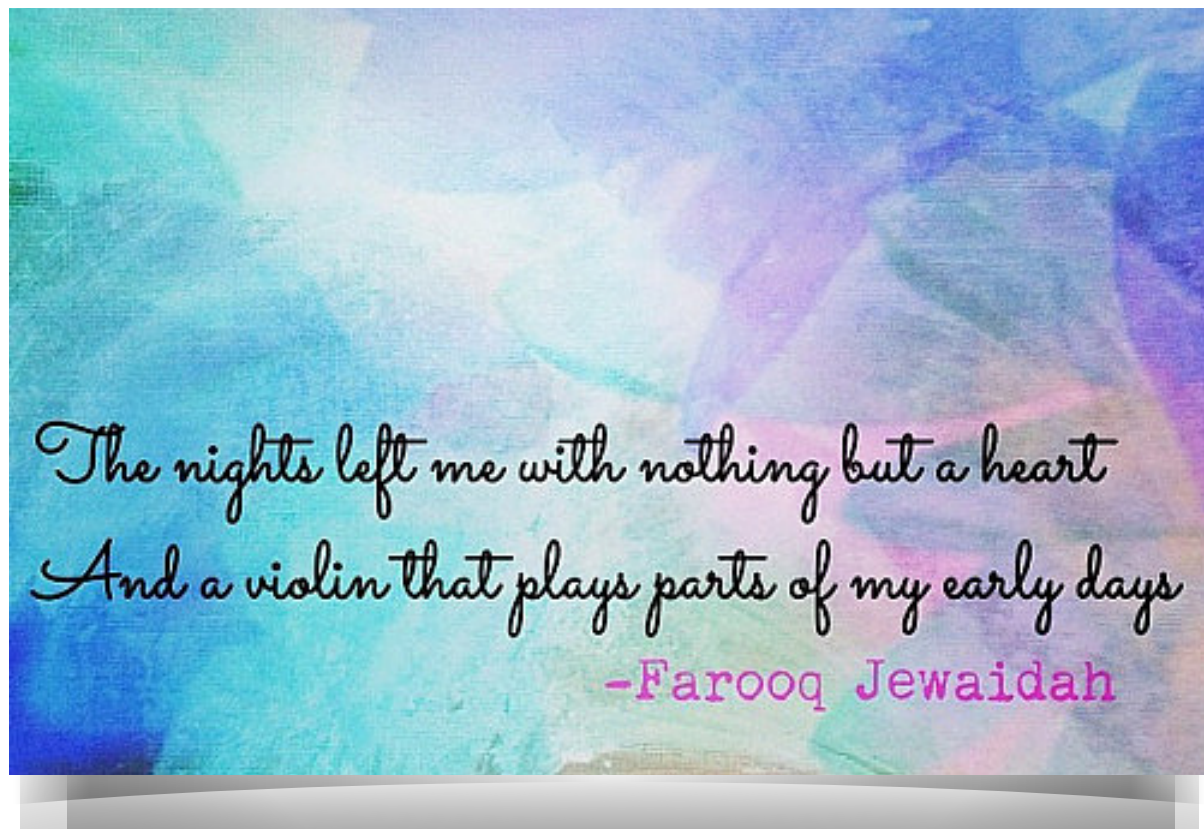


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Day 26

Or vs. Both



ugh! this is getting on my nerves I am DONE !!

When is day30 coming? I can't wait to start being a normal human again!

Too much ideals are just TOO MUCH sometimes !!

You know, we need to just feel whatever we are feeling without judgement!

We only need so much forgiveness if we have so many virtues and rules that we don't allow ourselves or others to cross!

I am just amazed at how simple life can be once you let go...

just LET IT BE! Whatever it is. That's true freedom; the state I once read about in Greek Philosophy that is called the Epochè : suspension of judgment .. we often play the role of God, or an angle or idols that we simply are NOT! Instead of playing who we ARE! Why can't we just be human!! .. We need to be more human, that is our ultimate truth .. That is how we unlock our fullest potential, even if it means to be mad sad angry afraid lost for now .. Even if it means just holding on to whatever is left of yourself.



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Day 26

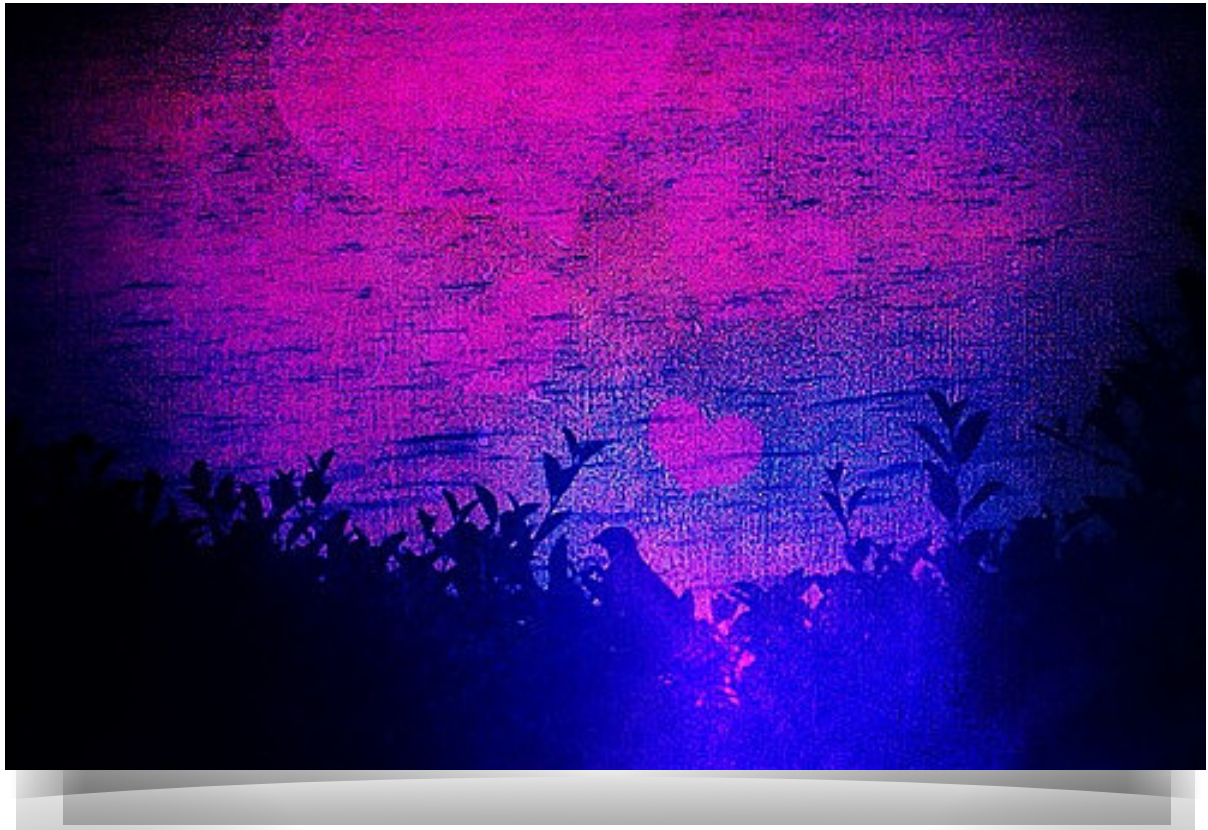
continued ...

Maybe the reason you lost everything else “including sanity” because you just do not need them anymore right now, and they never truly belonged to you..

Right now, I feel like I am only left with THIS; my heart , and my fingers typing on the screen, telling the world what’s been bubbling up inside of it... Sharing my truth .. And I am grateful for that.

*Today,
I forgive the million things that I failed to do ..
The many challenges I failed to win..
I release this disturbing urge to go get it,
I celebrate the parts that are left for me,
for I know they truly are mine*

Day 27



*“Love possesses none,
nor will it be possessed,
for love is sufficient unto love”
Khalil Gibran*

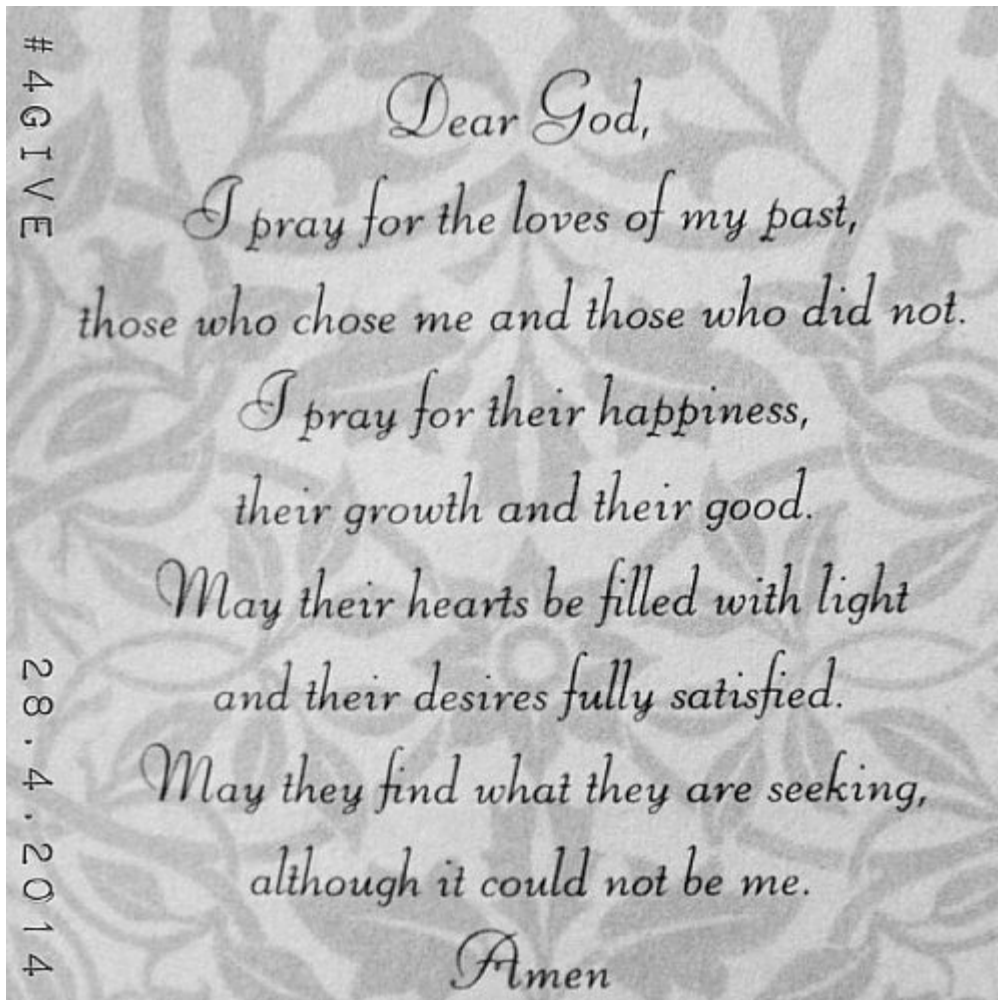


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Day 28

Pray ~



...this prayer is from the book *Enchanted Love*
by Marianne Williamson

Amen



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Day 29

LOVE IS ALL THERE IS.

"Look within, not without. Spiritual unfoldment is an inner process. As children of God, we progress at our own rate, learning from our experiences and growing ever closer to divine love. There is nothing to unify, no prophecies to be fulfilled, and nothing to be revealed. Stop measuring, and start treasuring. Love is all there is." ~ Sri Gawn Tu Fahr



AH! this quote is so very soothing ~

The Most Gentle yet Powerful Wisest advice that you could ever give to anyone is this;

To invite them to look within ..

To find the source of love within..

To the very core of their being..

To their Soul.

The Soul, is the precious jewel, the holy grail,

the lost treasure that we keep looking for outside of ourselves ..

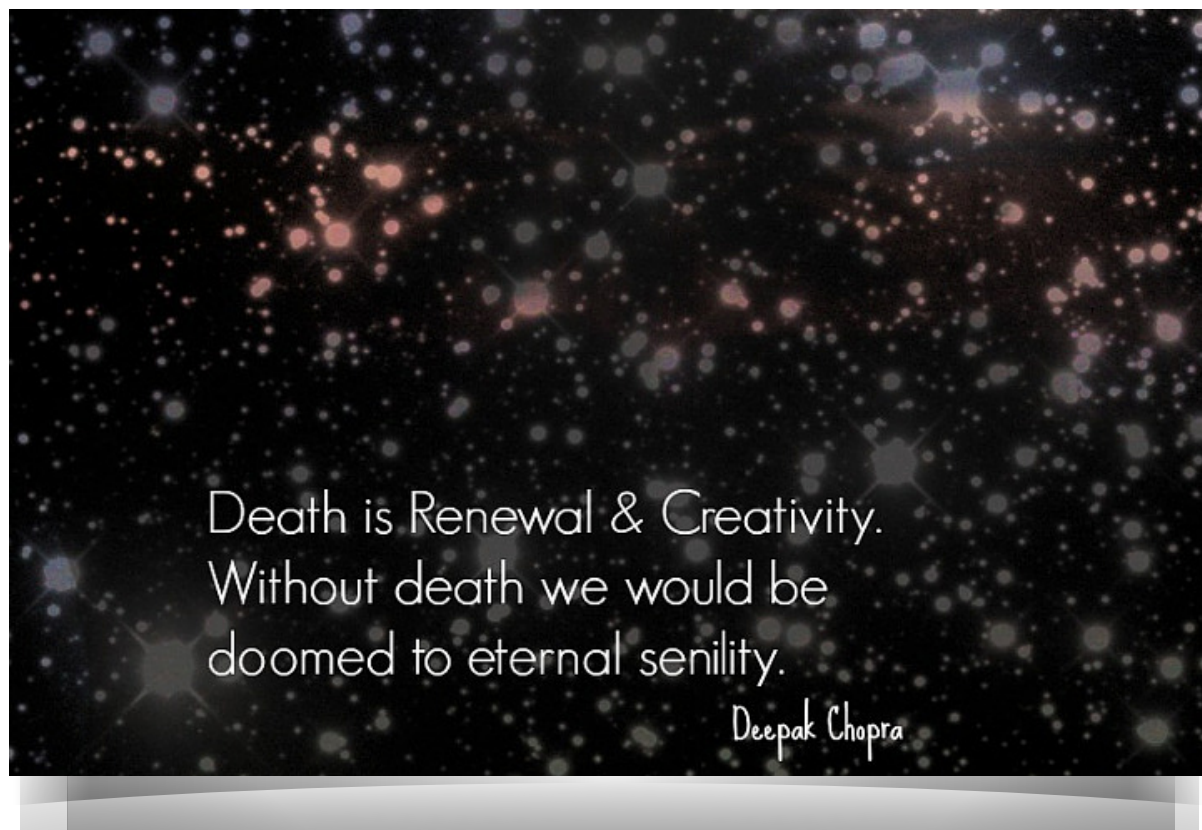


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Day 30

The End ~ The And



The end of each moon cycle conveys a spiritual meaning of the death of the old+rebirth of new, it's a great time to let go and start new ways of life. You can use this time to practice forgiveness. It's a new moon tonight and I'm reminded of this prayer I picked up from Gabrielle Bernstein:

"I forgive this, release this ...(say what you want to let go of)....
I ask for what it is of a greater service to me and to the world"

Elaborating on the Epochè State I mentioned before; I thought that adopting this state of mind will make me apathetic, but it actually made me humble. But, I find that I release my judgement towards myself and others more easily and completely now.. and so, I am always inviting renewal and creativity into my life.



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Day 30

continued ...

I've come to the conclusion that this Epochè State is what is described as the State of Detachment in Buddhist Teachings, which is practiced in order to achieve spiritual freedom, Moksha in sanskrit. That state of Epochè and Detachment; The suspension of judgment, is a really blissed, carefree state of mind and personal attitude, which could be mistaken for Apathy on an emotional level.. But what it truly does is that it increases your compassion when u see yourself equally human as others are, and you are able to then see others as you see yourself, you can feel them as you feel your own self and then, connect with/ relate to them as effortlessly as you connect with/ relate to yourself..

Today, I forgive ..

myself, for I could not be more present and always available for others, specially those who are important to me: my family and my dear friends. I also forgave them for not being there for me specially for the times I needed them the most, I realized that THIS was my real deep desire when I set the intention of forgiveness .. At this time of my life journey I am feeling like I am a disappointment, and that I am disappointed .. Mainly for promises that were not kept, either by me or them, and I don't want to let these disappointments get between us anymore...I wanna live free and love free. Now that it realized that, it was a mutual case of "clouded judgment", I am able to truly and deeply forgive.

I Forgive that I couldn't accept them as they are exactly as they failed to accept me as I am..I am really happy and grateful to be able to rise above the clouds and SEE clearly the big picture.

Release the judgment to the fair cosmic laws of the universe that governs every micro & macro-cosm that exist, and you shall be eternally FREE.

in conclusion

Oh, dear one.. Always REMEMBER That;

Whatever is going on out there, big or small, whatever you are doing, significant or not, should be means to strengthen your connection with the Divine love in you heart, not to part you away from it!

Be aware of how you relate yourself to all those outside circumstance, people, things and places.. and always try to be aware of +acknowledge the source of divine love within everything and everyone; for that is how you can slowly and gently yet surely grow, expand and evolve spiritually.. every day and in every way.. Effortlessly.

Know that every soul you treasure, will be adding more beauty, light and value to your own soul.. for we are ONE, in essence. When one lights up, the spirit of this whole world then lights up a little more.

Let's make a contract together now, wherever you are in this world:

*To always connect and relate to ourselves first, and then to others and to everything around us, through the bond of the light of divine love that is the very essence of all creation.

*To always stay true to our soul truth and respect other's soul truth
Affirm this using the mantra:keep it real, loud and clear.

*To always "shine bright like a diamond" ~_^ as we live our truest most transparent pure selves, and allow others to do the same.

I love you all soo sooo much thank you for walking, running, stopping, flying, dancing, swimming,,,or even crawling with me on this journey ~

*Always, for better and better
xoxo Ogaana*