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**September 27th 2020: Forgiveness - Find
Freedom from Your Past**

Do you have someone in your life you think you could never forgive? Did you know that forgiveness is not about condoning the behavior of that person, letting them repeat the behavior or you ever having to speak to them again or confront them if you don't want to? Forgiveness just means you're ready to release any anger, resentment, bitterness or hurt that weigh you down and make your life so heavy and uncomfortable. The benefits of forgiveness are legion. This show includes a 7 Step Forgiveness Process, and also includes 2 meditations you can listen to over and over again; one to forgive someone

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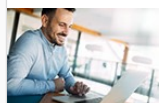
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