

## **EPIC FORGIVENESS Principles**

Epic forgiveness lays the groundwork for letting go of past conditioning vows. When we are stuck in our vows, we come into battle in the physical world.

Our vows keep us in the past trying to heal past abandonment, abuse, frustration, and anger issues, just to name a few. This keeps us in the same vibration and at the equal energy level that this energy (vow) was created from.

Dealing with these issues with an equal level of energy means we can never beat it, we just go round and round, trying to fix it from the past. Since memory is all the past, the battle never lets us create something new, i.e. bigger energy, higher vibration.

As we expand our field, problems become small, like a mosquito. The soul is infinitely bigger than anything that has happened to us in the past. Once we expand our energy and vibrate at the soul level, we will wonder how any puny little event or person ever bothered us.

Epic forgiveness is not that we need to forgive, since forgiveness is not something we give, it is something we embody. Knowing how past events feel when they hold us back is the goal of vow work. To transmute this and raise our energy we must feel the part of us that is unbendable and nonnegotiable and has never been hurt, this is our freedom statement. When we expand into our core soul qualities, those “issues” will not even bother us. From the soul level, wounding is a little problem that was too bad and in the past rather than battle of this moment. When our energy is that big, no one can challenge that and we become bigger than any of our problems.

- How do we know we have forgiven:
  - Live like nothing bad has ever happened
  - Don't tell the story of the past over and over (Tell the story 3 times and move on.)
  - Talk about the future we are creating and walk and play that way
  - Create from the perspective that it already exists and we are just giving it a doorway into reality

Like Einstein says “Weak people revenge. Strong people forgive. Intelligent people ignore.”

When we raise our energy to be bigger than any life circumstance, our ability to see it as this small energy that has no power over us, we are able to touch the power of our Soul