In the next few weeks, we will be focusing on the Universal Laws of Life. These laws apply to every person inhabiting Planet Earth. If you haven’t already, we suggest you go back and read our previous Universal Laws posts to prepare yourself for the following...

**LAW OF FORGIVENESS**

The Law of Forgiveness provides us the opportunity to forgive ourselves. The core of all lack of forgiveness lies within us. If you are having a challenging time forgiving someone in your life, it’s YOU that you need to forgive. Our environment is merely a reflection of what's going on inside of us. You may be wishing you had done something different in your past, judging yourself for a “bad” decision. If you project yourself back to the moment, you will always realize that you made the best possible decision at that time – you did your best. There is no “right” or “wrong.” We are
ALL doing the best we can in any given moment, based on the knowledge & experiences we have accumulated until that situation.

When we are hurt, betrayed, or abused, it triggers emotions of anger, sadness, and sometimes in the extreme, vindictiveness. Unless we can process these feelings in a healthy way, they will eat away at our energy and can eventually cause pain or even illness in our physical body.

When we understand that each soul is doing the best they can in any given moment, there is no reason not to forgive. We are able to let go of any claim or obligation towards that person. We can practice non-judgment. We can let it go, move on & try to be the best person that we possibly can. Embrace the Law of Forgiveness by forgiving yourself first.

Play with AVENTURINE to let go.

Stay tuned for the eighth Universal Law – Gratitude, coming out soon!

#KeepExpandingYourConsciousness