

# RECLAIM YOUR ENERGY THROUGH FORGIVENESS

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This is an excerpt from local yoga teacher Nadine Fawell's yogAttitude card and workbook set.

The act of forgiving is one of immense power and self-healing. It's a weird thing, grudge-holding, clutching on to anger and resentment, is an excellent way to make yourself sick. Also, depressed, frustrated, and teeming with the stress hormones associated with these emotional states.

When we are extremely angry or outraged, it's hard to see that forgiving is for our own good, not to let the person we are upset with off the hook, but it's true.

By forgiving, you reclaim all the energy you were using to nurture resentment, fury and regret.

I know this from experience. When I was finally able to forgive my father for sexually abusing me as a child, I was able to heal - become whole. Now, I've got so much more energy!

Don't get me wrong, forgiving doesn't mean abandoning healthy boundaries. I choose not to have my father in my life, because it's just too dysfunctional for me, but I am not angry. I know he suffers about what he did. He is human. Just as I am.

Do you have any old baggage you might like to get rid of? Do you think a bit of strategic forgiving might help the process along?

A forgiving yogAttitude.

**Ask:**

- Am I holding a grudge against someone?
- Could I consider releasing it? What would need to happen to make that possible?



- Do I carry anger or regret against myself? Am I able to release it?
- If not, why?
- If I can't release it, is there a way I can come to acceptance that what was, was?
- Do I understand that forgiveness is for me, and that being angry with someone hurts me much more than it does them?  
**Unless you are a sociopath, of course, in which case you probably wouldn't be reading this...**

If you enjoyed this piece, and would like to be calm and accepting and on top of forgiving, you can download sample pages of the yogAttitude workbook from <http://yogawithnadine.com/free-stuff/>

**About Nadine: Nadine is a senior yoga teacher who drinks coffee all over Melbourne and leads healing retreats all over Oceania. She loves her life! Nadine runs yoga classes through the week at the Hub at Docklands also for more details visit [yogawithnadine.com](http://yogawithnadine.com)**

