

DEAR ERICAJM,

MAY THE PEACE AND BLESSINGS OF ALLAH (GOD) BE UPON YOU AND THOSE YOU CARE MOST ABOUT.

THANK YOU FOR YOUR COMMENTS. BELIEVE ME, IT TOOK ME A LONG TIME TO UNDERSTAND THE POWER OF "FORGIVENESS." BUT WHEN WE FORGIVE, WE STOP LETTING OUR PASTS DICTATE OUR PRESENTS. WHEN WE ACKNOWLEDGE WE WANT THE VERY BEST FOR OURSELVES, BY ACCEPTING THAT OUR PAST ARE WHAT MAKES US THE PEOPLE WE ARE TODAY, AND EMBRACE THAT! FOR ME, FORGIVENESS SET ME FREE FROM THE PRISON OF RESENTMENT. IT BROKE DOWN THE WALLS THAT ANGER BUILT AND NEGATIVITY REINFORCES.

ERICAJM, FORGIVENESS IS YOUR OWN PERSONAL HONOR. THE ABILITY TO COMPLETELY AND TRULY FORGIVE IS ONE OF THE GREATEST GIFTS YOU CAN EVER GIVE YOURSELF! WHEN YOU COMMIT TO EXPRESSING YOURSELF FULLY, YOU'LL BECOME A MORE STRONGER, CONFIDENT AND AWARE WOMAN. YOU CAN'T CONTROL WHAT OTHER PEOPLE DO, BUT YOU CAN CONTROL HOW YOU REACT. WHEN YOU PRACTICE TRUTHFUL LIVING, SELF-EXPRESSION, AND FORGIVENESS, THEN RESENTMENT SIMPLY HAS NO PLACE OR POWER IN YOUR LIFE.  
PEACE, ZAKEE