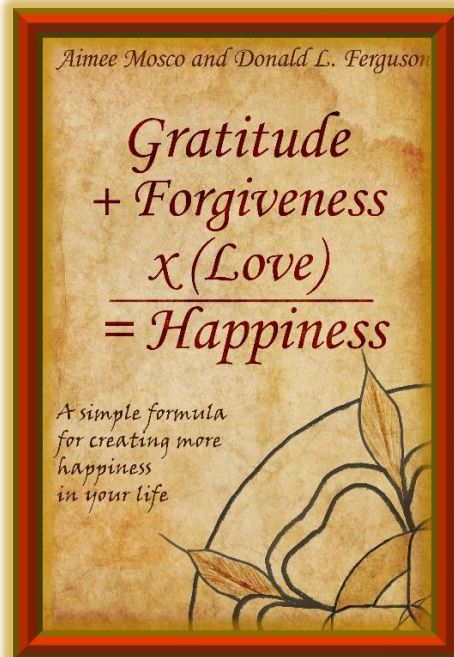


Embracing Forgiveness



*“Now as we stand at the gates to the Golden Age of Peace, struggle and pain no longer serve us...It’s time to step through the gates by way of remembering and harnessing the most powerful force that drives our souls to live and breathe...LOVE.” **Gratitude + Forgiveness x(LOVE) = Happiness, by Aimee Mosco and Donald L. Ferguson, Foreword viii***

The symbol appearing on the flashcard images was channeled as artwork, appears in the book pictured above, and connects with energy that helps to integrate the wisdom of a core soul lesson embedded in humanity’s divine original blueprint.

The flashcard images serve as tools to deeply integrate the information and energy of the book as well as bring conscious awareness to any daily practice associated with the book. They can also be used as a daily practice on their own.

How to use the flashcard images:

If you have the book, **begin by reviewing chapter 5** in the book as this corresponds with the flashcard images. If not, begin with the next instruction.

Focus your attention on the symbol. Have the intent to connect with the deepest level of Universal information associated with the symbol.

State each affirmation out loud and do as the flashcard instructs after you state the affirmation.

Close out the exercise by putting your hands together in prayer position, closing your eyes, and taking 3 slow, deep breaths.



™ Live with Purpose

**EMBRACING
FORGIVENESS**



“I am releasing the past with
the energy of forgiveness.”

*Take 3 deep breaths and
visualize light coming in your
crown, pushing darkness out.*

**EMBRACING
FORGIVENESS**



“I believe all of my experiences
helped me to grow.”

Tap heart chakra

**EMBRACING
FORGIVENESS**



“I am rewiring my energy field
with the energy of forgiveness.”

Tap bridge of nose

**EMBRACING
FORGIVENESS**



“My body is healed when I give
and receive forgiveness.”

*Tap base of skull,
pancreas,
liver*