

Angelic encounters, remarkable intuition, life-changing choices! A fascinating read describing voices from Heaven as natural occurrences, this book is about forgiveness from a clairvoyant point of view! Profound, enlightening, easy to follow, the forgiveness principles are practical and inspiring.

Forgiveness - The Divine Connection

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Forgiveness

The

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Chapter 1

Sex, Lies & Other Unresolved Issues

“Our magnetic attraction is based largely upon how we value and treat ourselves, not just on how we value and treat others...without a genuine valuing of self, it’s virtually impossible to value others or be valued by them.”¹

*Sandra Anne Taylor~
Secrets of Attraction*

“You Bastard!”

Forgiveness would have been the furthest thing from mind! “You bastard!” I remembered thinking as he rolled off my body after being totally sexually satisfied. “You’re breaking up with me!? What did I ever do to deserve this? I’m a great catch! I’m pretty! I’m tall; I used to be a Las Vegas showgirl!” I was extremely angry

FORGIVENESS

as these thoughts scrambled through my head, but, what did I say instead? "Oh gee, I understand. That's OK. We can still be friends."

How pathetic! What's worse is that I can actually remember going back to my house to get this guy's Christmas present – a hand-made collage for his kitchen. He had mentioned how much he liked my artwork, so I made this especially for him. I drove home, got it, then drove back and gave it to him, ribbons and all!!! Oh my God! Could I have been any more of a loser? Unbelievable! I can't imagine what I was thinking.

When I was young, I was so gullible and intimidated. I grasped and hung on tight to any guy who would give me attention. I settled for such inferior treatment. I stood up to so many other things like unfairness or inequality, but when it came to picking men, I just settled for what I thought was available. I rationalized that most guys were arrogant and deceitful, and that it was better to settle for something than to end up with nothing.

THE DIVINE CONNECTION

I knew I could attract all kinds of men. That was never my problem. But thinking that I deserved better, well, that belief had not yet occurred to me. I never realized I could make that choice.

Now, years later, if you told me to go back to this moment and forgive this guy, I would have said, "No way! He did not deserve to be forgiven. He was cruel, cold and deliberate. He could have broken up with me over the phone. He was mean and he knew that this would really upset me."

I would have assumed that this was somehow my fault, probably because I was too nice. Ordinarily, I would have thought it was my mistake for being so vulnerable. I knew he was a professional ball player, and could have any girl he wanted, but I stayed with him anyway.

And so forgive? That would be crazy! Instead, what I would have really had wanted to do was to face him and say, "%\$# off!!"

Looking back, I never did get that chance to vent my rage; however I do remember that I knocked on

FORGIVENESS

his door a few more times in the following weeks.
Again, pathetic.

Releasing the Memory

Now on this particular day, as I stood on the warm sand, I decided to surrender this situation and forgive this guy. I did not condone what he had done to me. I did not rationalize whether what he did was right or wrong, nor did I judge my reaction as right or wrong. I simply targeted this feeling that came with this experience and saw it as an emotion I did not want to carry with me any longer. I figured through pretend or my imagination, I would give this forgiveness exercise a try. After all, it was all in my mind, and it was only a memory.

So I wrote down his name, and I talked to him. I told him how awful he had made me feel. I allowed myself to feel the pain of being rejected, and I witnessed it like a story in my mind. Through visualization and imagination, I talked to his angels and his spirit guides.

THE DIVINE CONNECTION

I asked his angels to remind him that his cruel behavior was unfair and hurtful. I also said that I didn't appreciate being treated this way.

Within a few seconds, I didn't feel like talking about it anymore. Something came over me. It wasn't a revelation or an epiphany; rather it was just a calm resolve. It was as if I had spent enough time on this subject and I was ready to move on.

I looked at his name on my list and said to myself: "The part of you that was hurtful, cruel and unkind I now release and let go. I give you and your behavior over to a Higher Power, to God, to Angels and to anyone else who is interested in you, for I am not. I do not validate nor support your ego. I let it go; to the part of you that God created, the loving, kind and crystal light part of you, I send love, blessings and forgiveness. I recognize this light as the same God spark that is in my daughter. This part of you, I forgive. I also forgive myself for holding onto any painful memories, and I let you go."

FORGIVENESS

As I stood on the beach, the waves caressed my feet. I crossed him off my list and continued to the next name on my paper. Quickly and efficiently, I sent light to every person on my forgiveness list. Eventually, I became disinterested, thirsty, and wanted to forgive everyone so I could enjoy the ocean air and relax on the beach.

After approximately 40 minutes, I finished my list of names, which included anyone who had ever hurt, annoyed or bothered me -- even in the slightest way. It also included many people I loved, like family, friends and pets. These names were extremely easy to forgive, so I went through them rapidly. I also put myself on the list.

By the time I was done, I felt better and lighter. I thought about how effortless this really was. As I left the water's edge, dozens of dolphins jumped up out of the water! They were twisting and dancing in the sunlight! They were so beautiful! It was a remarkable sight! I had never seen so many dolphins that close

THE DIVINE CONNECTION

before. I felt as if they were all cheering for me and my forgiveness blessings.

Doing this forgiveness list was an easy way to clear my unwanted recollections and revive my spirit. Even though I didn't have many clairvoyant experiences yet, I still wanted to conduct this simple ceremony to release old memories. I had been learning a lot about the power of forgiveness from reading spiritual books, meditating and attending seminars. I knew it was good for me, so I was eager to practice this intention of letting go.

Although I was glad I did this exercise, I was not prepared for the enormous shift that happened in my awareness. Almost immediately I felt differently and noticed "coincidental" things happening all the time-- I ran into people I hadn't seen in a long time, especially right after I had just thought of them. Situations and problems were easily solved. Money started to flow, and sales in my and my husband's business began to increase. Life seemed to be getting a little easier, and a lot less chaotic. I felt more peaceful, less agitated, and a lot more tranquil. I also forgot dental and hair

FORGIVENESS

appointments. It seemed my logic wasn't working as well; but it was freeing. And, I didn't care.

I began to hear beautiful thoughts and words of love and compassion while journaling. I could also feel others' emotions as if they were mine. Yet the most amazing sensation I discovered was this angelic state of profoundness. Words, either read or given to me as thoughts, had powerful emotions attached to them, with undeniable strength and conviction, and I could feel them.

Incredibly, all of my senses, intuition, and knowing were automatically heightened. I began to see the ethereal world; and my life changed, forever.

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