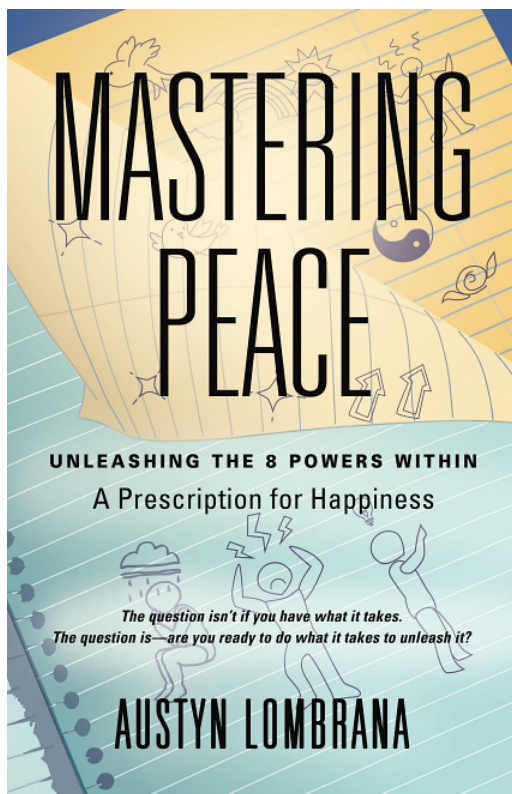
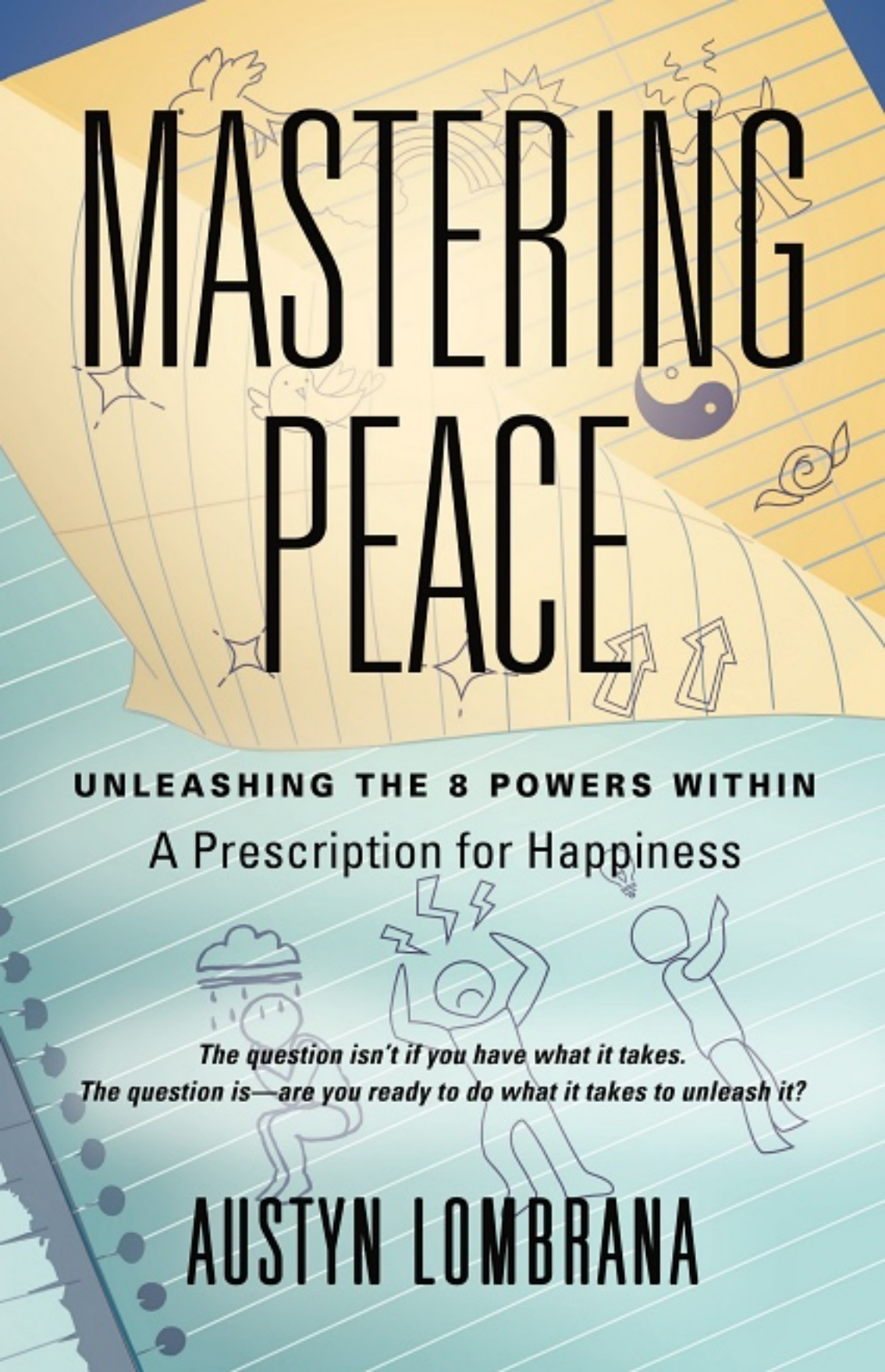




Mastering Peace: Unleashing the 8 Powers Within, A Prescription for Happiness is a guide on how to discover eight powers that we all have within us. These powers are always accessible and can be cultivated to become stronger with practice.

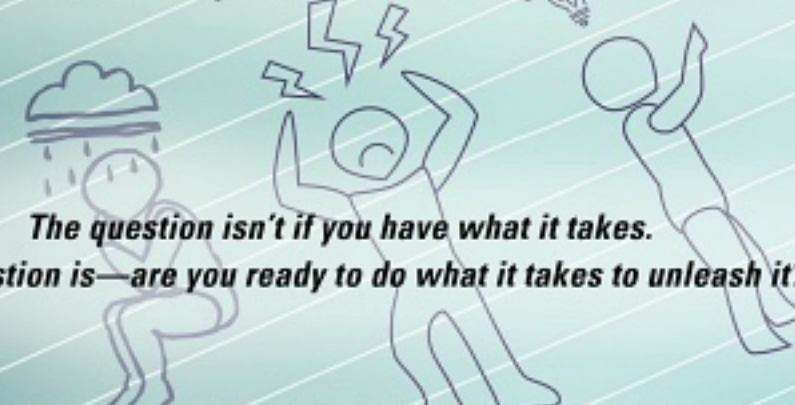
**Mastering Peace:
Unleashing the 8 Powers Within, A Prescription for Happiness
By Austyn Lombrana**

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MASTERING PEACE

UNLEASHING THE 8 POWERS WITHIN
A Prescription for Happiness



*The question isn't if you have what it takes.
The question is—are you ready to do what it takes to unleash it?*

AUSTYN LOMBRANA

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Paperback ISBN: 978-1-959623-45-8

Hardcover ISBN: 978-1-959623-46-5

Ebook ISBN: 979-8-88532-031-3

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Published by BookLocker.com, Inc., Trenton, Georgia, U.S.A.

Library of Congress Cataloguing in Publication Data

Lombrana, Austyn

Mastering Peace: Unleashing the 8 Powers Within, A Prescription
for Happiness by Austyn Lombrana

Library of Congress Control Number: 2025907057

BookLocker.com, Inc.

2025

About the Author



Austyn developed the philosophy detailed in this book initially for himself after his daughter passed away in 2019, which was the lowest point of his life. He began journaling every day and developing the philosophy in order to navigate his internal struggle and to find his inner peace again.

Having spent the last six years developing, practicing, and living this philosophy, he has seen first-hand how much it has helped pull himself out of that dark hole and navigate adversities he has experienced.

Austyn's mission is to spread this philosophy and allow people to adapt it to what helps them most, with the

intention of people becoming less dependent on anti-depression and anxiety medications.

Austyn majored in Philosophy at the University of North Florida with a focus on Applied Ethics. During that time, he completely immersed himself in Ancient Greek philosophy and Stoicism. After college, he backpacked the country while religiously studying some of the great philosophers like Epictetus, Marcus Aurelius, Seneca, & Plato, focusing on "how to live the best, most virtuous life." Ironically, he had more of their books in his backpack than clothes.

All profits from this book will help Austyn launch his own no-kill animal shelter and non-profit organization called The A.L.O.H.A. Projects (All Lovers of Humanity Assembled).

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6th Power: Liberation from Negativity – Forgiveness

“To err is human, to forgive, divine.”
—Alexander Pope, *An Essay on Criticism*

Definition: The power of Forgiveness is the ability to release all negative bindings at any given time, and move forward.

Introduction: The Weight is Lifted

Forgiveness is the emancipation from our negative bindings. This power is a gift we can always give to ourselves, as much as to others. It is a formidable tool that liberates us from the shackles of resentment, anger, and other forms of pain, allowing us to move forward with a renewed perspective and a sensation of peace. Forgiveness is not a get-out-of-jail-free-card for any wrongdoing; rather, it is a conscious choice we can make to release the burden of negativity that weighs us down and halts our progress.

To forgive is to let go of past negative impressions that are left in your present moment. Whether it be impressions of physical or emotional hurt, betrayal, or regret, it is a conscious effort and choice to follow a path of emotional freedom. It is the undertaking of clearing your emotional slate, not for the sake of others, but for the sake of our own inner peace and paving a path towards renewal. While the act of forgiveness may seem difficult, it is, in fact, the most empowering step toward liberation from the

negative energy that holds us back from experiencing peace and growth. Once you are able to achieve true forgiveness with any given circumstance, the deed is done. The hard part is over. The period of refreshing progress can begin.

Forgiveness vs. Condemnation

Forgiveness is often commonly misunderstood as a weakness, as though it suggests blind passivity or an endorsement of wrongdoing against you. However, true forgiveness is an expression of immense intellectual, mental, and emotional resolve. It is a result of the accumulation of all five previous powers we have discussed so far. It requires us to rise above the hurt that compels us to be reactive and to step into our greater selves. To forgive is not to condone or condemn, but to reason and judge that we were not truly harmed and to use our strength, self-discipline, and compassion to free ourselves from the toxic hold of negativity that pain can bring. It is the highest form of emotional release. Forgiveness fights off condemnation at its core because instead of placing a judgment onto someone or something, you are neither approving nor disapproving, but accepting and letting go.

Forgiveness: Liberation and Transformation

Forgiveness can be viewed as a two-step process: liberation from negativity and transformation into

positivity. Both elements are necessary for true healing to occur.

1. Liberation From Negativity

Liberation is the first step. You must begin letting go of any anger, antipathy, and animosity, all which is misplaced. This is a process of dismissing the emotional weight of previous inflictions. This step requires courage and most importantly, vulnerability. It involves confronting and acknowledging the deep-seated pain we've experienced, while allowing us to release any residual hurt that was caused. It can feel easier to remain bitter over hurt than it can be to let it go and move forward. So, it is no surprise so many people choose to hold onto their hurt and have an on-hand excuse to lash out or rationalize their unhealthy behavior. Liberation from negativity is about surrendering control over the past and allowing ourselves the freedom to move forward with intention towards positivity.

Example: A person who has been wronged by a close friend may feel betrayed and hurt. Releasing the negative emotions involves acknowledging the pain without letting it define them. It is the choice to stop replaying the offense in our minds and instead focus on healing. Without that liberation you will be living in a constant state of fight-or-flight in anticipation that something similar will happen again. Liberation

allows for you to create a blank canvas that you can fill with positive impressions.

2. Transformation into Positivity

After liberating the negativity, the second part of forgiveness is transforming the void that is leftover into an atmosphere filled to the brim with positivity. This is the action of restoring your own inner peace and prosperity, where every experience is fresh—ready to be absorbed and filled with sentiments of pure joy. It is about re-establishing emotional balance and finding your way back to a place of enjoyment and innocence—even after suffering. Transformation does not mean you are forgetting what had a negative impact on you or are pretending like it didn't have any effect. Instead, it means using your power of strength to continue growing through the experience, using your powers of reason and judgement to find wisdom in the wound, and practicing self-discipline and compassion in order to choose a future that isn't dictated by preceding offences.

Example: After forgiving someone who has wronged us, given it is not likely they will repeat the same infraction, we may choose to rebuild our relationship with them. The relationship may then be built on new terms and conditions where trust is progressively reestablished and boundaries are respected accordingly. On the other hand, we might choose to terminate the relationship entirely. That is

also a completely viable and respectable option. Regardless of your choice, you will strive to re-erect a sense of inner peace and understanding within yourself that you may have lost along the way.

Forgiveness Applied: To Self and To Others

Forgiveness is not limited to others; it is a practice that must also be turned inward toward ourselves in order for the power to be fully realized. Without self-forgiveness, we endure as captives of our own guilt and disgrace, unable to move forward with authenticity or a peaceful mind.

1. Self-Forgiveness

Self-forgiveness is often the hardest form of forgiveness to practice. We are our own harshest critics, always holding ourselves especially accountable for mistakes and poor decisions we have made in the past. Nevertheless, self-forgiveness is vital to living a life free of indignity and disappointment. You have the ability to let go of self-blame and embrace your subjective imperfections with compassion. By forgiving ourselves, we release the negative emotions that hinder our growth and allow ourselves to step into our true potential.

Example: Someone who has failed in a noteworthy way, whether in their career, relationships, or personal goals, may struggle with their ability of self-

forgiveness. But by confessing that mistakes are part of the human experience and recognizing the valuable lessons they can offer, you can release the clutch of guilt and steadily move toward a place of self-acceptance, self-love, and notable growth.

2. Forgiveness Toward Others

Forgiving others, especially those who have profoundly hurt you, can be one of the most difficult challenges you will face, yet it is the most transformative. When you forgive others, you release not just them, but yourself from the restraints of negativity. Forgiveness does not require us to forget or to justify their actions, but it allows us to stop carrying the weight of their mistakes in our hearts as constant carry-on baggage. Forgiving others is an act of courage that can finally set you free.

Example: A person who has been betrayed by a loved one may struggle with anger and distrust. Through the power of forgiveness, they are able to release the emotional hold that the betrayal has over them, not for the sake of the betrayer, but for their own peace of mind and emotional freedom.

The Opportunity-Cost of Holding onto Negativity

Refusal to forgive is an entirely self-inflicted and substantial encumbrance to carry. When you hold onto

negative feelings, you are fastening the straps tying you to the past, which in turn has moved on from you. Once you start to let go it becomes clear that your relationship with the past was a one-way attachment. These negative emotions can create mental stress and even manifest into a physical form, leading to feelings of mental immobility and both emotional and physical collapse. The enemy to forgiveness—resentment—is toxic. Holding onto resentment harms us far more than it harms those you are angry with.

When you do not choose to forgive:

- Your relationships suffer, as you project past wounds onto current interactions.
- Your peace is disrupted, as you continually relive past offenses as if they are still affecting your current experience outside of you letting them.
- Your energy is drained while you remain stuck in negative and harmful thought patterns.

Forgiveness, in contrast, brings healing to our hearts and minds. It is the antidote to the poison of hatred and resentment. It is the first step to moving on from a toxic situation.

Committed to Forgiveness: A Path to Liberation

Forgiveness is an ability you always have at your disposal that must be encouraged. Just like pectoral

muscles become stronger with push-ups, so does our ability to forgive when exercising the process of letting go. Here are some practical tools that can help you incorporate forgiveness into your daily regimen:

1. The Forgiveness Introspection

Set aside a small fraction of time each day to reflect on forgiveness. Begin by focusing on your own heart, allowing yourself to feel compassion for any wrongs you may have committed. Then, move toward forgiving others, especially those who have upset you directly. Visualize to the best of your ability the release of negative emotions from your body as you give a deep exhale, allowing your heart to be filled with peace and love through the subsequent inhale. My high-school Chinese teacher taught my class a meditation technique where you breath in deep through your nose while visualizing positive energy entering your body and then deep exhale through your mouth while visualizing negative energy leaving your body. The negative energy can be visualized as a force-like chakra; it can be specific memories you are holding onto; it can be abstract negative words or concepts or whatever else helps you visualize the “negative” you want to let go of. Vice-versa for the positive inhales.

2. The Letter of Forgiveness

Sit down and start to write a letter to someone who has wronged you. There are no conditions to this letter. No need to worry about punctuation or politeness. You can be as raw as you need to be. You may or may not send it. If you do, you *may* want to be concerned with politeness to a

degree. You may burn it, crumble it and throw it away, or put it in a lock box. Either way, express all your emotions in this letter. Pour as much of your pain on the paper that you can bear. At any point, several points preferably, write the words, "I forgive you." Say it out loud with deeply sincere intentional breathes. This act of release helps to let go of the emotional charge entwined to the situation.

3. The Forgiveness Routine

Create a personal ritual for letting go. This could be as simple as the exercise above where you write down your gripes on a piece of paper and then responsibly burn or tear it up. This will symbolize the release of negativity. It can be lighting candles and verbally addressing your frustrations in solitude before blowing out the flame and saying good-bye to the anguish or resentment. It can be meditating to the sound of peaceful music. Whatever ritual you establish will serve as a tangible way to mark your moments of release.

The Application of the Second Component of Forgiveness: Transforming Yourself and the World at Once

By nature, Forgiveness is transformative. You transition from holding onto something to letting it go. This is not only pertaining to the individual, but for the whole world as well. When you choose to forgive, you break a historically prominent and repetitive succession of abuse,

hatred, and disharmony that are main ingredients in the recipe of conflict and world-wide sorrow.

History is chock-full of cases of prodigious individuals who chose to harness their power of forgiveness and set an example for us to follow. Notable examples include Socrates accepting his fate even when he had the ability to flee his imprisonment, then drinking poison administered by the very society he lived to protect; and Nelson Mandela, who overcame immense personal disparagement and injustice through exercising his power of Forgiveness towards his captors.

In our own individual lives, practicing forgiveness can repair damaged relationships, communities, and even societies for the better. Forgiveness creates a needed space for empathy, consideration, and harmony. It is through forgiving that we build bridges to connect, not walls to separate. The old saying goes, “An eye for an eye leaves the whole world blind.” It is through the power of Forgiveness that we will be able to see each other clearly.

Mastering Forgiveness: The Key to Liberation

To master the power of forgiveness is equal to understanding that holding onto negativity keeps us imprisoned in a vicious cycle of opacity and pain. True freedom comes when we choose to release what no longer serves us, to forgive the past, and to step forward into a life

of peace, clarity, and love. Forgiveness is the pathway to liberation from our own negative emotions and from the transgressions of others against us or just in general.

Remember this: Forgiveness is not a one-time act. It is a continual practice—a conscious choice to free ourselves every day from all negative bindings. It is the ultimate act of self-liberation and transformation. It is a bountiful gift we give not only to others but to ourselves each time we choose to.

Hands-on Implementations: Employing the Power of Forgiveness

1. A Walk Toward Forgiveness: Take a moderately reasonable walk and reflect on someone or something you need to forgive. During the walk you will choose to consciously release any negative emotions toward that person, imagining the weight lifting from out of your stomach, into your chest, and out with each breath and step. It is said that walking allows our brain to fire off more neurons and naturally relieves us of anxiety or negativity. Walking is a natural cure to pessimism. Paired with mindful thoughts to intentionally release negativity and fill ourselves with positivity, I have found this exercise tremendously effective.

2. Daily Forgiveness Check-In with Yourself: Take a few moments at the end of each day to ask yourself, “Do I need

to forgive anyone or anything today, including myself?” It could be others, or it could be yourself. Take a moment to forgive and release. Never going to bed angry is a solid rule to live by.

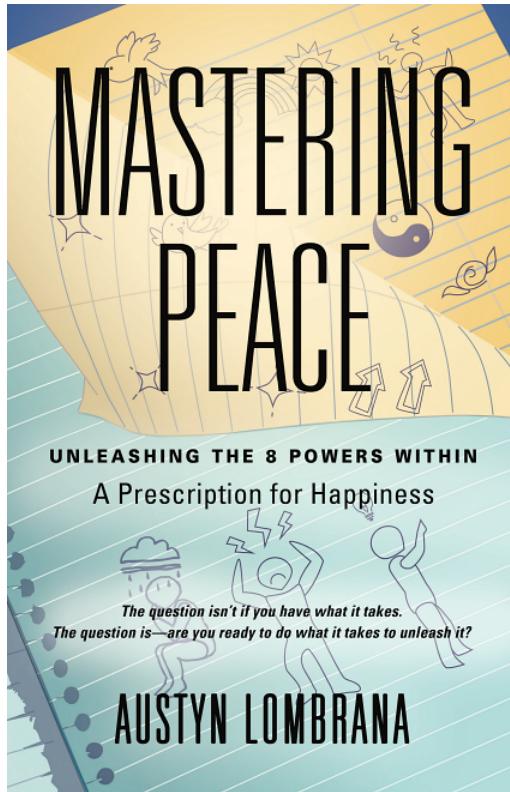
3. Forgiveness Section in a Journal: Keep a journal where you document your progress with exercising your power of forgiveness. Write down any breakthroughs, milestones to be proud of, challenges you are facing, and any and all emotions that arise during this practice. Burn or throw away pages as you go and release individual instances of negativity you have noticed that you are ready to let go of.

Closing Thoughts

“Forgiveness is the fragrance the violet sheds on the heel
that has crushed it.”

—Mark Twain

Forgiveness is not just an action you can complete or a feat to accomplish. To fully realize and master this power you must treat it as a state of existing in the present moment. By incorporating this power into your day-to-day life, you free yourself from the attachments of the past and step into a life filled with peace, joy, and limitless possibility to fill with positivity.



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