

INSPIRING READS



Achieve
INNER FREEDOM
with true forgiveness

ISABELLE VON FALLOIS *reveals how making peace with past issues will empower you to move forward with happiness in your heart*

It was in June 2000 when, shortly before midnight, a doctor ran into my hospital room to tell me that, having examined my bone marrow, I had severe leukaemia and probably had only between three days and three weeks left to live. Naturally, I was totally shocked. In that same week I had also split up with my partner, lost my house and missed out on a scholarship in California as a result of my deteriorating physical condition.

The MD began discussing the importance of starting chemotherapy immediately, but all I could visualise was myself dying the next day if I did what he suggested, because I was totally devastated and had no power left to fight the disease. Just as my visions had been prophetic since my near-death experience 22 years before, I knew if I wanted a chance of survival, I had to leave the hospital instead of starting treatment. So I signed a paper that stated I took responsibility in the event of my death and my parents took me back home.

MAKING A CHANGE

After the initial shock passed, I realised I had to work on myself if I wanted to change my life-threatening situation. In doing so, I remembered a famous quote: 'Un-forgiveness is like drinking poison and expecting the other person to die'. Suddenly I knew that if I



wanted to survive, the first thing I had to do was to forgive my ex-partner.

I prayed to God to give me the power to forgive him for what he had done to me by leaving me during the most difficult phase of my life. While trying to understand his behaviour, another quote came to me: 'If you walked for two weeks in another person's shoes, you would understand everything about them'. This resonated with me and encouraged me to make a conscious effort to forgive, so I began reciting affirmations and healing myself.

VICIOUS CIRCLE

Of course, forgiveness does not mean that we have to accept the bad behaviour of somebody else or even come to the conclusion that we deserved to be hurt so deeply: forgiveness simply sets us free. For as long as we are unforgiving, we live in a prison we have created for ourselves by repeating in our minds what has happened to us. This circle of negative thoughts creates more and more poison in our bodies and may even create or worsen illnesses within us. What is better – forgiving and healing or holding onto the poison and becoming sicker? I chose forgiveness! And, believe it or not, two and a half weeks after I'd forgiven the wrongs of my past, my mind was calm and I was ready to fight for my life.

It was at this point that I decided to go back to the hospital. My intuition told me that I needed chemotherapy right away if I wanted to survive, as sitting for only half a minute longer would have led me to become unconscious.

FINDING FREEDOM

The doctors who greeted me as I arrived at the hospital were in complete shock – they thought it was a miracle that I was still alive. I believe this was the healing power of forgiveness, which, of course, I could never have realised on my own, without Divine support.

Let me guess, you're wondering, "How can shee sure she truly had forgiven that guy?" Good question! In truth, I thought the same; although I *felt* I'd forgiven him, I still wanted to have proof.

After two months in a single sterile hospital room, where nobody was allowed to even shake hands with me because of the risk to my health due to lack of immunity, I received permission to leave the clinic for a few days to regain my energy before the next cycle of chemotherapy started. During this time I decided to meet my ex-partner to see whether I truly had forgiven him.

Tap into the divine powers open to you

Know your angels

Archangel Zadkiel serves to repair unhealed energy from past pain and hurt. The angel of forgiveness and mercy, call upon Zadkiel at times to assist you in finding emotional freedom during difficult times and to move forward with peace.



And, thankfully, I had. We spent a lovely afternoon together, talking like good old friends. It was truly amazing!

Four years later, I got to know of the powers of the angel of forgiveness, Archangel Zadkiel and realised that it was not only God who had helped me to forgive my ex-partner so quickly, but also Zadkiel! Through him, and other angels and celestial beings I learned and understood more and more about the importance and the healing power of forgiveness.

DISCOVERING MY SOUL LESSONS

Imagine for a second that before we come to planet Earth, our spirits decide what lessons we want to learn in our lives and through whom we want to learn those lessons from. Having experienced regression, this is something I truly believe in. According to this belief, if we have lots of people hurting us in this incarnation, it means that one of our life lessons is to truly learn to forgive. It means that these are not bad people but great teachers helping us to grow. It was this insight that changed my whole perspective on forgiveness, as I accepted that it was me who chose my tough lessons before I incarnated.

I also realised that forgiveness needs to become a daily practise, like brushing our teeth, if we want to live a beautiful, peaceful and miraculous life. As the popular book

A Course in Miracles

says 'Forgiveness is the home of miracles'. Every act of forgiveness – sets us free from pain, guilt and shame, and realigns us with the frequency of love – our true essence. And, with the loving help of the powerful angels, forgiving becomes even easier. **ss**

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Forgive in 7 SIMPLE STEPS

A wonderful way to end your day and become ready for a deep and refreshing night of sleep is to perform a forgiveness ritual with the angels...

1 Create a sacred space, then sit in it and visualise yourself in a wonderful place of stillness and peace – your sanctuary. This can be a place you know or one you create in your mind

2 Enjoy the beauty of your surroundings with all of your senses; breath in and out deeply, concentrating on each breath



3 Call the archangels Michael and Zadkiel to your side. Michael will protect you during the whole process, while Zadkiel will send his loving light of compassion to your heart chakra. Feel your energy shift by breathing in his violet light

4 Imagine a person you want to forgive right in front of you. Look carefully into their eyes to see their true self, ask Archangel Michael to cut the toxic energetic cords between the two of you. Next, breathe in and out deeply, focusing on the other person's eyes and say: 'I forgive you. I release you in peace and bless you. I am free!'

5 Breathe in and out deeply three times. You can repeat this with as many people as you wish and also with yourself by saying: 'I forgive myself for my negative thoughts (for example). I am blessed. I am free!'

6 Afterwards breathe in and out deeply three times and call Archangel Raphael to surround you and your entire being with his emerald-green healing light so even deeper healing may occur while you are sleeping

7 Always remember you do not practise forgiveness for others. You do it for yourself to enable you to become free and live in the space of miracles!

OUR EXPERT

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