

FORGIVING YOURSELF - Part 2.

And he showed me another picture:

(Again, I perceived the thoughts of woman and man, and I also perceived what they felt.)

The woman, who was the mother of a little girl, sensed the man's falsity and hypocrisy, and she felt his lust with which his eyes sank into her beautiful figure, and she also sensed his viciousness with which he longed for her as a woman, knowing that it is not Love, but it is his immense greed, not only for her as a woman, but for everything that her husband, whom she loved very deeply and fervently, had created, had and did. All that he had in deep Love.

This man wanted to own and control everything. He wanted to possess and control, not only her, but also all that her husband had created, achieved, and had. He did not understand what Love was and did not accept that the woman did not love him and was angry with her, that she did not want to obey him and that she did not want to serve him. She saw his falsity and his desire, but she was afraid to talk to her husband about it because she was afraid her beloved husband would decide to oppose that man. She was afraid that the stranger could kill her beloved husband And she was afraid because she had doubts in herself.

And precisely these doubts have prevented her from making a decision in Love and then acting out of Love. So the woman allowed Fear to decide for her because she decided not to talk about it.

So her beloved husband was not careful. If she would speak, he would be more careful, he would control the man's behaviour and movement, and he would not trust him.

And when this man stabbed her beloved husband's heart, she also created unforgiveness in herself.

I have told you this example to understand how it is energetically linked.

Therefore, the human being that you are still angry with in your life and whom you have not forgiven is just YOU.

IF YOU CAN NOT FORGIVE YOURSELF, YOU CAN NOT FORGIVE OTHERS.

So do not ask if you have already forgiven someone else, but ask whether you HAVE FORGIVEN YOURSELF first.

In the moment of her husband's death right in front of her eyes, whom she loved with all her heart, her whole being, with every cell in her body, she understood it all, realised it, and there, in that very moment, she created that deep unforgiveness in herself.

And this unforgiveness was not only related to the death of her beloved husband but at that moment she understood that her child was at risk as well, that there would be no one to protect it, so she created another unforgiveness towards herself.

And all this was caused by doubts. And those doubts made the woman to be afraid to speak.

I started to feel very strange. It's like it's not even me. Part of my body, downwards from the heart as if had ceased to exist, as if it wasn't. Like I was paralyzed by something. I realized I didn't sense the energy. I do not exist. I feel the level of my heart and I feel that my hands are extremely huge, like a transformer with paws, and my palms are like octopus tentacles, and I only feel the energy in my neck. I really want to say something, but something takes away the words from me. It won't let me say anything at all.

As if there are two levels acting simultaneously in me. In my head, I am trying to get my head around it to say something and I have it ready and then something comes up that steals it. I try very, very hard in my head, and if I transfer what I want to say from head to neck, then there is something that won't allow me to say anything. I did not say anything that I wanted to say. It didn't allow me to say it. **IT ERASED IT.**

The one who erases it is DOUBT.

And the one who makes it impossible to testify and say it out loud is FEAR.

This fear is not a fear for me. I'm not worried about myself. I'm worried about a being that I love extremely deeply, any being that I love so much – it could be children, grandchildren, parents, grandparents, siblings, husband, friends - it's a being who can have any status in family circle and it may not even be a family relative, the important thing is that I love her/him deeply and I am worried about this being's life. I fear for the life of this being more than for my own life.

And this fear then gives the space for the energy of doubt to erase and clear in your head everything that is extremely important to tell to this being so that she can protect her/his life.

And this is because we have created in ourselves the belief that WE will protect her life better than herself.

And this belief that we better protect her life than herself, creates an unimaginable fear in us.

And I will tell you again, because it is important to you.

In this case, the fear you create is much greater than the fear for your own life. It's like Fear squared on two.

And this energy of fear will then create enormous doubts. It will take away your ability to talk about the danger with the being you love so much. In addition to doubts, it will create concerns about what to say and what not to. Because it takes away your ability to speak, you will not give all the necessary information to the being that you love so much so she can protect herself. And because you do not pass on that information, she does not see and perceive the danger that threatens her.

And if it happens that this very deeply loved being dies, you create a immense unforgiveness in yourself, but at the same time, you cannot take responsibility for the death of that beloved being and the anger that you create against yourself will be projected on the one who caused the death of the one you loved so deeply. And even if you think that there is no need to forgive this creature, because he does not deserve forgiveness, mostly it is you who needs to and cannot forgive yourself because you feel that you HAVE FAILED in protecting your beloved being.

And this is a very hidden manipulation of fear that exploits your deep and pure love for your loved ones.

And precisely because that woman was so worried about her beloved husband, what she actually created in relation to this man, what she was really afraid of, was that her husband would face this man in an open fight and that man could kill him in that fight.

These doubts created in her **DISTRUST** in her husband's capability and remember this very well. Because by creating fear for her husband's life that the man might kill him, at the same time, she created a Distrust in her husband's abilities.

And this distrust created fear through doubts.

And precisely because she did not trust her husband that he would defeat the man in the open battle, she could not say anything to her husband. And her fear for her husband's life has caused that she did not give him the information which she perceived, felt and saw thanks to her feminine intuition, but which was not shown to her beloved husband. Hence her husband was not careful.

On the contrary, since she had created distrust, her husband had strengthened his Confidence in the man. And that is what the fear abused, and at the same time, it is the breeding ground to germinate the seed of BETRAYAL.

Betrayal always sprouts up where TRUST ceases to be cautious.

And when Trust ceases to be cautious, it becomes blind.

And that is why her husband trusted the man, not seeing the falsity, insincerity, evil and real intentions of the man, which she, however, felt and perceived thanks to her feminine intuition. But the fear for his life did not allow her to speak up, precisely because it had taken her trust in the ability of the being she so loved so much.

And this is another closed circle in which fear abuses your Love for those beings you love so deeply in your life.

And in these cases, you create extremely deep unforgiveness and feelings of guilt because you are losing those you love more than yourself.

And that is why this fact that you love other human beings more than yourself, fear will use to hold you in its power. And it doesn't matter whether they are children, grandchildren, husband, wife, lover, mistress, parents, grandparents, siblings or friends.

I have explained this to you on this example so you understand how you can create unforgiveness in yourself and why you do not see that first, you need to give forgiveness to you. And to understand why is the truth hidden to you and what hides it.

It was the profound hatred of that mother and that child for the human being - the man - that has covered the simple truth that both, the mother and the child, needed to Forgive, not him, but first and foremost each of them needed to forgive themselves.

It is important that you understand the principle of how fear abuses your Love for the ones that you love very deeply by creating deep unforgiveness and feelings of guilt, and then, through hatred of other beings, it hides the true essence that everything dissolves in the Love of Self-Forgiveness.

And both human beings - both the child and the mother - have created the same powerlessness that they hung on the hook of hatred against the man, because, just as the little girl had turned her enormous powerlessness into self-hatred, so did the mother do.

Only through Forgiving Yourself, you can heal your pain caused by the death of your loved ones, because this Self-unforgiveness you will carry within you as human beings, for ages.