Let's talk about seeming mistakes and regrets. In retrospect, all that you ever regret couldn't have been any different because you were at a certain vibration at that time, which led to what happened.

All we can ever do is realize that it doesn't help to wish that things were different (easier, smoother, luckier, etc.) or that people were different (more supportive, loving, caring, etc) or that you were different (smarter, more intuitive, with better boundaries, etc). You were who you were and whatever happened, happened for reasons that are most of the time beyond our understanding.

How do you move on from a seeming mistake? You forgive, you forgive, you forgive. You forgive the 'you' who didn't know any better. You forgive the circumstances that led up to that moment that you wish didn't happen. You forgive other people for not being what you expected them to be. You forgive them for expecting you to be different.

Forgiving doesn't mean you don't protect yourself with better boundaries, better preparation and better self-care for the next rodeo. Forgiving means you keep your inner landscape clear of the yuckiness of guilt, shame or regret. Not forgiving yourself means you'll swim in muddy waters hoping things will get better somehow, they won't. It is your greatest power and responsibility to forgive, let go, and then forgive and let go some more.

If you need help forgiving and letting go, take action and get help. I am here for you to help you shift your vibration and connect with the place within you

that has already forgiven whatever or whoever has been bothering you.

With love and light,

Damla