

## Forgiveness Unveils Your Spiritual Journey

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An excerpt from his book "***The Wisdom of Emotions - Building Genuine Happiness and Finding Inner Peace***," copyright © 2013. Books available at the offices of Dr. Coppola, or purchase online: [www.DrDavidCoppola.com](http://www.DrDavidCoppola.com)

Forgiveness is an area where many of us can use a lot of work—it is critically important, yet many of us are not very good at forgiveness and are unfortunately not in the habit of forgiving. Yet, forgiving is one of the most important tools in terms of creating a fulfilled life and truly knowing who you are. The realm of forgiveness is a sanctuary for knowing love. First, we need to forgive ourselves for all the times we couldn't overcome challenges.

Healing vibrations also begin with your choice to forgive. So start making healthier choices each and every day. With every choice there is a consequence, and it doesn't have to be a bad one. There is something to learn from every experience, although to do so it helps to remain aware of your support systems, your healing strategies and your vast capacity to change. Moving on from the "bad things" that have happened to you is imperative. Do your best to not rationalize and blame. Forgive, accept and release toxic energy by practicing the techniques presented in this book.

Spirituality is a journey to knowing who you are and what your purpose is. Let me help you get started by giving you some answers to consider. A couple of statements you want to begin telling yourself every day when you ask yourself the questions "Who am I?" and, "What is my purpose?" are: "I am a loving kind person. I am a peaceful, forgiving person who thrives when I give and receive love." "My purpose is to be an example of peace, love and generosity. My purpose is to be happy and fulfilled in my existence."

Remember, happiness is not just an emotion. It's a way of life. Begin your journey today by practicing these tips. Acts of forgiveness will tune you in to vibrations which become quite fulfilling and thereby produce feelings of joy, contentment, and appreciation. I wish you light and levity in your journey, and of course, infinite love & gratitude!