



## The Two Truths

Holding on to regret, or the desire for retribution impedes true forgiveness and healing and a complete release from the past. The primary healing goal is to set yourself free from the past on every level.

Reminding ourselves frequently of these two truths can support us in being able to forgive faster and let go easier. Integrating the *Two Truths* can effectively, and in my experience, miraculously facilitate your Soul's journey toward peace, freedom, joy and greater personal empowerment.

These two truths function as the energetic and intellectual threshold for forgiveness to be possible from the perspective of our reasoning minds. True forgiveness takes place first at the spiritual levels and then trickles down into our mind, emotions, and bodies.\*

**E**verything happened in the only way it could have.

The proof of this is quite obvious—that *is* the way it happened and no other way. The only “*other*” way we think it could have happened, is taking place only in our imagination, in a fantasy, not in a 3-dimensional reality.

**E**veryone did the best they could with what they knew and with what they had available to them at the time: physically, emotionally, mentally, and spiritually. Everyone. Every time. Period.