

My Forgiveness Journal

Cards, Quotes and Revelations
over 30 days of contemplation and self reflection

written , designed & published by

OgaAna Alkon
2015

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Thank you.

**Author and Designer,
Ogaana Alkon
2015**

High You There.

*I see you,
I know you,
I see your pain,
I know it... I've felt it too
and I know how hard it is, believe me....
I know how much it hurts,
so much that you wish for your life to end!
if that's what it would take for the pain to stop..*

*... if you couldn't find it in your heart to completely forgive the hurt,
then just be willing to, will you?
let that very faint glow of possibility alive within you.
Some wounds are too deep .. But they are not incurable!
they might just need years to heal.*

*"Patience, my charcoal heart, patience ..
You are a Diamond in progress."*

*I dedicate this book to you,
may it be a relief ~ for you to re-live in peace.*

Forward

APRIL 2014 :

I decided for this month to be a month of forgiveness ..
where I will be practicing, daily, letting go of, and moving on from whatever
and whoever hurt me.. as I'm looking back at my self now and noticing how
I've always used to be hard on myself all the time, too much thinking,
too much giving of time and effort and attention to people and situations
that make me feel bad .. worthless .. empty.

I wanted to be good to me ..

I wanted to feel of value in myself..and in the world.

I wanted so much for my heart to be healed.

I wanted for my soul, my true self, to be truly free and fulfilled.

I knew that there was nothing outside of me that would ever truly change
how I feel about myself, or what I think about myself, deep in my heart I felt
isolated and helpless.

At this time I am mostly spending my time in solitude “soul-attitude”
connecting to myself more, spiritually, and wholistically.

My soul is ready to completely break free, and I am blessed that I am guided by
loving teachers, both in flesh and spirit, which helped me to keep moving in the
direction of my inner light, my truth, self empowerment and unconditional love.
The most heavy and burdensome thing I wanted to clear and forgive was not
being able to make the best choices all the time in my life.

Then, I also wanted to forgive people and situations outside of me for not being
perfect for me .. maybe also say “sorry” and atone for not being perfect enough
for them! not being able to accept them. resenting them..

I felt bad cause I was holding these negative conceptions about another being,
for some reason, it felt not right! it added more weight to my already heavy load.

So I began...

I felt really excited! I didn't expect the journey of forgiveness to be interesting, I thought It would be difficult to let go, but I guess my soul was soooo ready to move on..and I wanted to channel this intention and process of forgiveness in a defined form rather than leave it as just another abstract emotion.. Forgiveness seemed vague, so I thought if I did that, I will be able to define it..perhaps, I would be able to make sense out of it one day.

This is how I channeled it: Everyday I would design a quotation card that would express what forgiveness kinda looks like to me, through the design and the colors of the card, and intellectualized it through the quote itself.

NOVEMBER 2015 :

Now I am gathering the cards all in here, in this book, for me.. to stay on the track of forgiveness, to stay motivated and inspired, and to maybe, one day, make sense of it all!

This book is also for everyone out there who is ready to move on, who wants a reason to forgive, or perhaps needs a motivating companion to help pull them out of the misery of feeling bad.. worthless .. empty.

I remember that time of my life as a very positive and brave time, despite the fact that I kept recalling negative stuff..I remember asking once before I consciously intended to practice forgiveness: "how can you really help anyone, when you can't even help yourself? " maybe the magic of asking the right question have lead me to this intention of forgiveness that was very deep, transformative and healing. Now, In retrospect, I see that it's an act of true self empowerment, the way I see it now, and in the way I have experienced it..

It was a form of emotional intelligence, to be able to dive into the depth of your dark psyche and shine down with the light of divine spiritual universal realization, detached from any personal perspective .. to be a fair judge, and a discipliner of your own self.. It is just transformative, yet creates a state of equanimity. Somehow turning you from a helpless heart-aching victim into an empowered powerful and empowering person.

the process was emotional and heated, but I don't want to ever forget that, I've blogged about it once and now I'm documenting it again into this book. I say "forgive but don't necessarily forget".. cause its beautiful, I believe, to wear your battle scars with pride and confidence, as if they were expensive rare jewels for the world to fancy.

My personal practical application of forgiveness was simple! just hold the intention in your heart and channel it into words and colors and shapes!!! The conclusion of this journey has brought me so much joy and fullness in within myself.. and ripple out to create peace and harmony into my life, especially in relationships! I felt so much lighter , freer .. a lot of little things in my everyday life felt more meaningful and authentic.. and my days seemed to be flowing effortlessly as I learned that negativity is not all so bad, it sure feels the worst when it's happening, but the quicker you release it, the quicker you'll start feeling good again, and the deeper your sense of goodness and wellbeing will become restored ..

So, here you go:

30 cards, quotes and revelations about forgiveness. Over 30 days

You'll find that the book is arranged by days.

So, I suggest visiting it daily over 30 days, if you wish for the process of forgiveness to work for you and unfold gracefully into your life.

Allow it to and let it work for you, let it guide you and heal you...

Then, pass it on.

Always, with great love,

Ogaana

Day 1

Realizing that forgiveness as a gift.

**The practice of forgiveness is
our most important contribution
to the healing of the world.**

Marianne Williamson

I was talking to my friend Mona on Skype at the night of 29th of march 2014 when I decided for April to be the month of forgiveness .. starting with practicing letting go of my own guilt towards myself.

I've realized through our conversation that we are too hard on ourselves most of the time, too much thinking, too much giving time and effort and attention to people and things that make us feel bad , worthless and empty!!

"why do we that" I said to Mona, "that was no way to live".

I want to forgive my self for not being able to make the best choices all the time .. and forgive other people and things for not being perfect for me ..

join me, simply take a moment now to think about something you always feel bad for not doing it perfectly, or maybe something you promised yourself you will do to be better and more happy and healthy but you failed to ..
or maybe someone who didn't treat you well, or you couldn't treat very well ;

Just Take a deep breath and as you exhale say : " I forgive"



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Day 2

Forgive to be free, to flow & grow.



When we let go of what troubles us “heart, mind, body and soul”,
We find space in all those respective areas of our being.
Space to flow easier and smoother,
When our energy is flowing, we are able to be and grow,
in more healthy and wealthy ways.
When we grow , we don’t just grow UP, we also grow IN ..into our core being;our soul.

Our roots are able to travel deeper in as our branches are reaching up higher..
We are able to experience more aliveness, then, more connectedness
to our true self which, in essence, is ONE with all that is.

Forgiveness then becomes natural to us .. It’s a mere act of self love and self care
that we do daily to maintain our health, exactly like taking a shower, washing our
face!, drinking water or feeding our body.

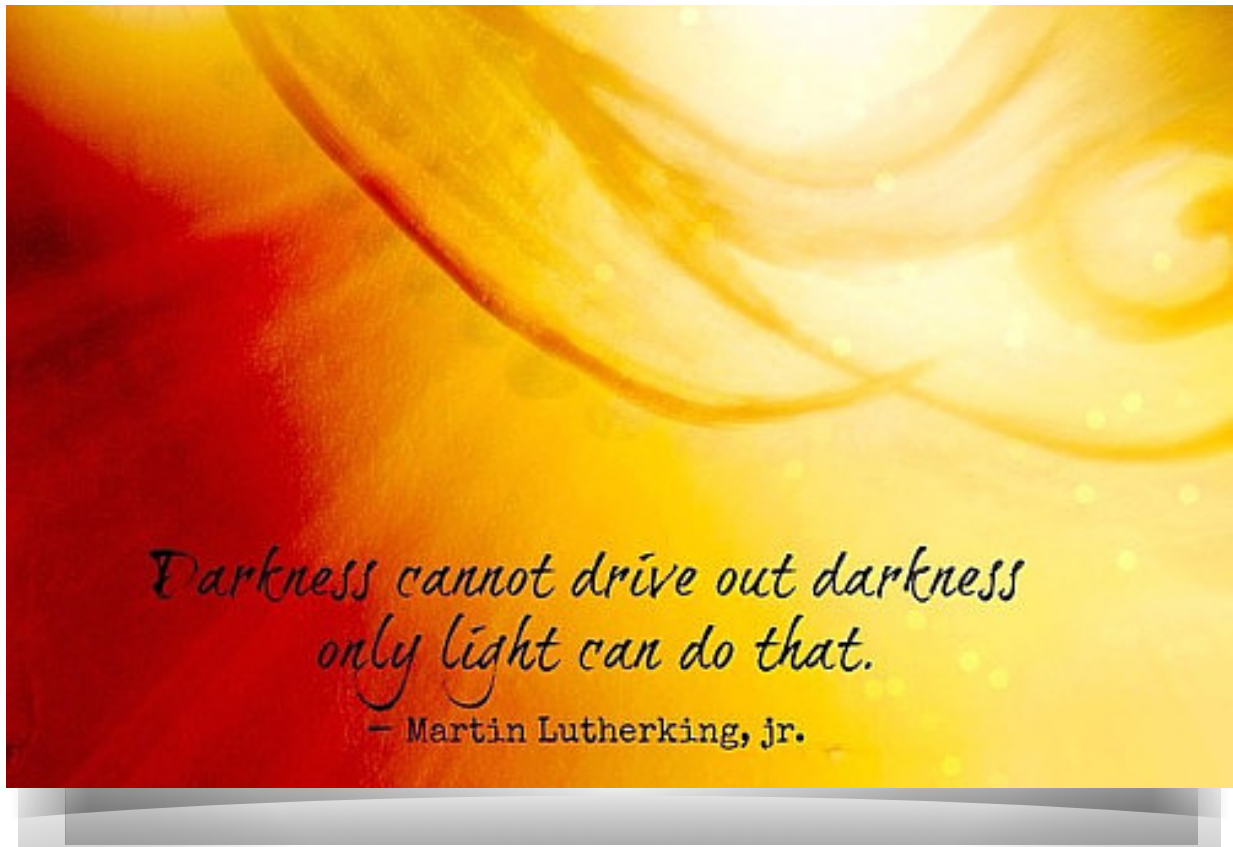


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Day 3

Just 4give!!!



Just Let it go!..
and let the world witness the brilliant light of your pure heart..
We are here to SHINE..
We are here to be Seen as we are ..
We are here to share our truth ..
Loud and Clear as day light..

Only that can do..
Only that!

Just Take a deep breath and as you exhale say : " I forgive"

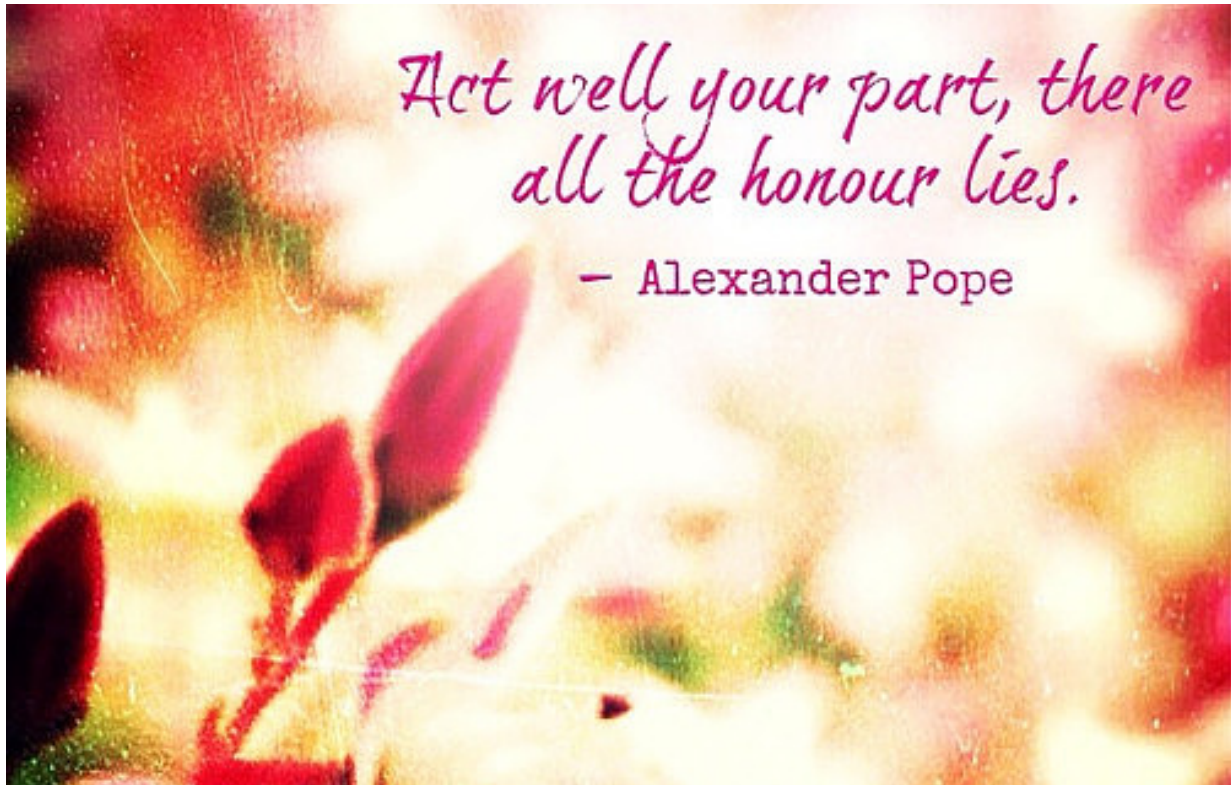


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Day 4

Atonement is forgiveness on action.



While the decision and intention of forgiveness is a major step towards spiritual/ mental / emotional healing, a physical step is also important..

Like standing in front of the mirror and telling yourself :

Oga - your name- , even though you've been too lazy today

and you didn't wash the dishes as every grown up person should do, I still love you.

OR, Like saying to the person who hurt you - directly or in your mind - :

I want you to know that I forgive you -or trying to forgive you- even though it makes me feel bad that you did or said certain thing or things to me.

Remember that forgiveness does not mean you still accept the harm or wrongdoing, you are simply choosing to detach yourself from its negative impact..

and in doing that you are opening up your heart and mind to new better and healthier ways of experiencing yourself and others... even if it means you have to no longer be with that person or no longer do that thing "habit"..You gotta take radical steps to make yourself happy and healthy, coz no one else really has that power but you.

I am already witnessing beautiful positive impacts of forgiveness in my life.

how are you doing? keep me posted on your journey.



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Day 5

FOREgive as you want to be foreGIVEN.



“You really must be able to see another as you want to be seen.
Respect as you want to be respected.
Love as you want to be loved.
Teach as you want to be taught.
FOREgive as you want to be forgiven”

deep beautiful words through @empresshurit1111 on instagram

Thank you for this.



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Day 6

Forgive & Forget.



Coz nothing really matters but your peace of mind!!
Just drop it !
Let.it.Go.

...and you WILL KNOW what is it like to BE really Alive and Free ...

To know who and what you really are..
Beyond grudges
Beyond fear
Beyond limits

Just Take a deep breath and as you exhale say : " I forgive"



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Day 7

.. Morning & Evening

SO BE PATIENT, FOR WHAT
GOD HAS PROMISED IS
SURE TO COME. ASK
FORGIVENESS FOR YOUR SINS;
PRAISE YOUR LORD
MORNING AND EVENING.

“Allah (God) is Forgiving, ask and he will forgive, Praise Him day and night and Trust him, His every decision, for he is the Ultimate Decider and He is Most Merciful and Compassionate.”

by @hennam110 on instagram. Thank you.

-Quote from THE HOLY QURAN 40:55

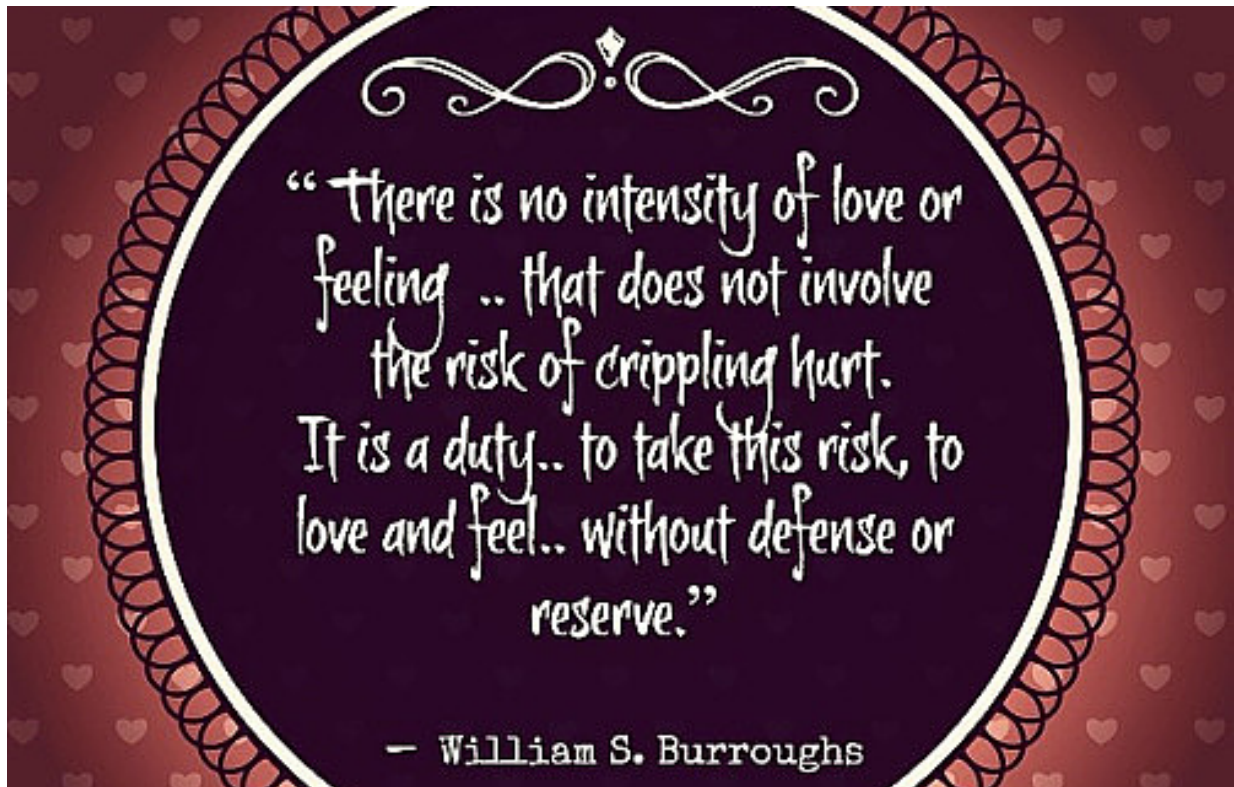


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Day 8

Allow yourself to feel deeply.



... to surrender to the most essential natural flow of your existence ..
Allow yourself to BE as you allow others to BE .. as is. Unconditionally.

It's been a tough one for me , I catch myself sometimes still demanding of others to be, act and even see things exactly as I do..

It's irrational, we are meant to be diverse and yet equal..

It's really beautiful to vibrate with such harmony, and operate in such harmony, we are a symphony of colors .. A rainbow..

we are meant to compliment and sometimes contrast one another rather than abiding by or disappearing into each other..

Be fearless, Be bold and praise the fearlessness and boldness of others ..

I now try to embrace those who oppose me, they do make me see my own colors more vibrantly.



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Day 8

continued ...

We are meant to bring out either the best in each other to use it and celebrate it OR the worst to heal it and learn from it ..
rather than just shadowing each other and dimming down our unique light!

Though it's a risky business to let our guards down to be naked..
For what's inside us to be seen , as is ...
To be outspoken, for what's inside us to be heard, as is..

It is risky to FEEL too much , to CARE too much and to GIVE too much ...

But remember, my dear ones, that nothing ever made in the name of love
will ever be vain ..

As there is bad karma , so there is good karma ..
Invest in your good feelings, and be generous ..

Whatever you seed with love, you MUST reap with love ..

So , go Forth and GIVE ..with love ..
Without hesitation,
in full faith.

Day 9

Forgive according to the dictionary :



forgive (fə'gɪv) vb,

gives, giving, gave or given ;

to cease to blame or hold resentment against (someone or something)

to stop feeling anger about (something) :

to forgive someone for (something wrong) : to stop requiring payment of (money that is owed)

synonyms: pardon,excuse,exonerate,absolve

absolve,acquit,clear,exculpate,exonerate,vindicate;remit,shrive;

condone,disregard,excuse,ignore,pass over,shrug off; discharge,

liberate,redeem,release,unburden



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Day 10

This is True Forgiveness.

**THOSE WHO JOURNEY
IN THE GARDEN LAND OF KNOWLEDGE,
BECAUSE THEY SEE THE END IN THE
BEGINNING, SEE PEACE IN WAR AND
FRIENDLINESS IN ANGER .**

- Baha'u'llah



“When we have entered this phase, in every situation, we know the outcome to be certain. We are going towards God...period.

Upon encountering unkindness (war, anger, negativity) in another then, we see it's beginning in our own minds. It is a judgment, a projection, a quality that we have assigned to “someone else”.

To “forgive” the “other guy” is nothing more than the recognition that we are willing to be wrong in our assessment and to allow the Truth to correct the errors in our mind. In doing so, we accept the atonement for ourselves and extend healing.

There is no more powerful act of love. This is True Forgiveness.

“The holiest of all the spots on earth is where an ancient hatred has become a present love.” (A Course in Miracles) .”

[via: oraeav.wordpress.com](https://via.oraeav.wordpress.com)



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