

THE

MISSING PIECE

FEBRUARY 2017 \$5.99

ISSUE 02

**WHY
FORGIVENESS
SETS YOU FREE**

**REAL LIFE
FORGIVENESS
STORIES!**

**"Why I Forgive My
Daughter's Rapist"**

Meet



Dr. Shawn Duperon

6 x Emmy Award Winner & CEO of the
Global Non-profit Project Forgive

EXCLUSIVE INTERVIEW

WITH CLAIRE HARTMAN-JAMES

**"After suffering from postnatal psychosis and losing my
twin sister in 2006, I was determined not to be beaten."**

Highlights of

What's Inside—

06

Note From The Editor

issue two introduction and why it's so important to approach this subject.

08

Beyond Forgiveness

Hosted by interactive Coach David Saville

10

Real Life Stories!

Real life forgiveness stories from the public published on the art of forgiving those who have hurt them in the past. Read these amazing stories from

14

Exclusive Interview!

Claire Hartman-James joins us for a LIVE up close and personal interview. Claire shares her journey of coming back from mental illness medication free and proceeding to build a 6 figure online business.



Highlights of

What's Inside—

18

Why I Forgive My Daughters **Rapist!**

How forgiveness from something so traumatic can set a mother and child free and create something so amazing from the journey of forgiveness.

24

Let Forgiveness Bring You Joy

Hosted by interactive coach Cheryl Liew-Chng

37

Feel The Burn!

Join The Missing Piece Magazine Health Coach Erin Crawford and learn how to tighten up them thighs and core muscles.

42

Real Life Stories!

Real life forgiveness stories from the public published on the art of forgiving those who have hurt them in the past. Read these amazing stories from everyday people.



Highlights of

What's Inside—

46

Oh Saucy!

Meet Tabitha Jester, The Missing Piece Magazine brand new passion coach! Time to get in touch with your saucy side!

52

Exclusive Forgiveness Interview!

Find out how 6 x Emmy Award winner Shawne Duperon grew a non-profit worldwide called Project Forgive.

56

Why I Forgive My Brother's Murderer

Exclusive story told by International Best-selling Author Anette Stanwick on how finding forgiveness for her brother's murder set her free.

60

Forgiving a Family Member

Hosted by Interactive Coach Rosie Allen



Highlights of

What's Inside—

69

You Have Breast Cancer!

Written by Gina Best

Real life forgiveness stories from the public
published on the art of forgiveness

72

How Do You Forgive?

Written by Kim .B. Smith

Writer for The Missing Piece Magazine

88

Healthy Meals Made Easy

Kelly Clanton Cox is back with making meals
easy peasy, just how we like it!

99

Forgiveness Can Be a Messy Subject

Article written by The Missing Piece Magazine
writer Tim Johnson





Note From The Editor

Forgiveness is such a powerful subject that comes into every self-discovery journey. Forgiveness is not a pardon to someone to let them think they have gotten away with the harm they caused upon you. Forgiveness is a blessing to help release yourself from an emotional prison of bitter feelings that would otherwise consume you and make your future a less happy one.

My own journey of forgiveness has been one of a roller coaster ride. I did learn to forgive those who had abused me in my past, the person who raped my daughter when she was only 14 years old at the time and the most important of all I

forgive myself.

The release of all this baggage from my shoulders felt like a ten-tonne weight had lifted and what I loved the most was the inner peace that came with it.

That is when I did learn the true power of forgiveness and why it's so important to our journey. I went on to publish a book called *The Missing Piece in Forgiveness*, which became an international best-selling book overnight. The power within the chapters and the project were immense and it touched many lives across the world, knowing the impact of that book had I had to definitely approach this subject again in the magazine. So,



own journey of forgiveness.

Forgiveness will always be a part of your journey even if it's today, tomorrow, or next year. You will always have moments arise where you have to forgive yourself for being too tough on yourself or forgive others for the mistakes they made.

This entire bumper issue magazine is built around the subject of forgiveness. From powerful real life stories from the public, to powerful coaching exercises that are designed to help equip you on your journey.

Either way, you will find something within these pages that will resonate with you and help you.

It' is wonderful to present the 2nd issue of The Missing Piece Magazine to you. I look forward to your comments in The Missing Piece Community.

Much Love & Appreciation

Kate xx

Editor of The Missing Piece Magazine.

The weak can never forgive. Forgiveness is the attribute of the strong.

~Mahatma Gandhi





6 months after the death of my beautiful dad I woke up from my slumber. I dedicated myself to

creating a life of freedom, passion and purpose and channelled my energy into transforming

myself and others. Now, I live beyond the edge of what's possible and coach others to do the same.

David Saville, Coach, Speaker, Creative Entrepreneur

BEYOND FORGIVENESS



video here



THE LIST OF PEOPLE I FELT I NEEDED TO FORGIVE

"For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive you." Matthew 6:14-15

by Violeta Rajacic



"It took another seven years and Celebration of Life for my late partner for the opportunity to present itself."

The hardest virtue I had to learn in life was not patience; it was forgiveness. My belief was that in order to forgive someone, they had to ask me for it. It never occurred to me that while holding on to that belief, I was giving my power away.

The list of people I felt I needed to forgive (from betrayals and abuse in personal/ family relationships to friendships) was a mile long. Waiting for them to apologize and ask me to forgive them could

take more than this lifetime, if ever. It became clear to me that I don't have time nor space to be holding on to grudges and resentments if I want to live happy and fulfilling life. As I begin to realize that forgiveness is an internal process, a true gift from the Lord, and had nothing to do with the individuals who have hurt me, the notion of forgiving even if they weren't sorry, became clear as day. I chose to extend forgiveness as an invisible gift I could give away freely instead of giving my power away. In order to forgive deeply and truly, I had to look at myself and my own misgivings about the person I was

mad at and forgive myself for allowing that particular situation to take place. Depending on the amount of my emotional involvement with a person and the depth of the issue between us, understandably this process was easier with some people than with others.

"The list of people I felt I needed to forgive (from betrayals and abuse in personal/ family relationships to friendships) was a mile long."

One example of true forgiveness is in the friendship I have today with a lady that used to be my “arch nemesis”; she was my late partner’s co-worker and best friend. When he was alive, her and I could not stand each other, as a matter of fact, we never even sat in the same room together as I’m sure we would be at each other’s throats. I was very jealous of their friendship as they never included me in their outings and I felt very insecure as him and I had issues with his infidelities. My blood would boil just on the sight of her vehicle, that’s how much I used to resent her. Since God has a good sense of humor, He decided that my son should be born on her birthday. Imagine how “delighted” I was about that! That was my first cue I should “chill”.

It took another seven years and Celebration of Life for my late partner for the opportunity to present itself. I didn’t wait for her to approach me but instead I went to her and asked for her forgiveness for being jealous of her. To this day I swear that was the Lord’s doing as I had no intention of saying anything to her that day. We hugged, cried and from that day on we are better than friends. We are a family.

Another good example of true forgiveness is in my renewed relationship with my mother-in-law. After my partner’s passing (he committed suicide), her and I had a lot of animosity towards each other. In grieving a suicide this is somewhat “normal” occurrence; a “blame game” takes place until the emotions settle down,

especially if there is money involved. It went as far as me having to hire a lawyer to find out what my son’s rights are as I was being completely stonewalled at first. After couple of years of having no contact with her, I opened that door again for the sake of my son. I did not want to be the one to stand in the way of his relationship with his grandmother, regardless of how I felt about her. Slowly, over time I opened my heart as well, and asked her to forgive me. Today we have a good relationship; she comes for a visit whenever she can as she is living in a different town. These examples of forgiveness are the ones where I could and wanted to have relationships with people in my life. I’ve also forgiven to individuals who are no longer around; some by my choice, some by theirs. The one I am still working on is forgiving my partner’s suicide two days before our son’s birthday.

The part that I am struggling the most is the timing of his decision. I am not sure how and when will I be able to forgive that fully but I want to and I am praying for it. Looking back at my life, it was full of the opportunities to forgive. I am glad I chose to embrace most of these opportunities and as I am still work in progress, so it is the depth of forgiveness I am able to extend in any given situation.

VIOLETA RAJACIC

Violeta Rajacic is a writer of transformational stories. She is an International Best Selling Published Author for two of the Missing Piece Book Series; Missing Piece in Self-Love and Missing Piece in Gratitude and Abundance. Violeta is encourager for people going through life transitions and is a crisis peer mentor.



We want to
publish your
story!



The
Missing Piece
Magazine

TO FIND OUT TO HAVE YOUR STORY PUBLISHED
VISIT WWW.THEMISSINGPIECEMAGAZINE.COM



THE SUBJECT FOR ISSUE 4 IS: ACCEPTANCE

IF YOU WOULD LIKE TO SHAR YOUR STORY
PLEASE DO CLICK THE BUTTON BELOW



CLICK HERE FOR MORE
DETAILS



EXCLUSIVE INTERVIEW



Claire Hartman-James

Interviewed and written by Kate Gardner.
Editor of The Missing Piece Magazine.



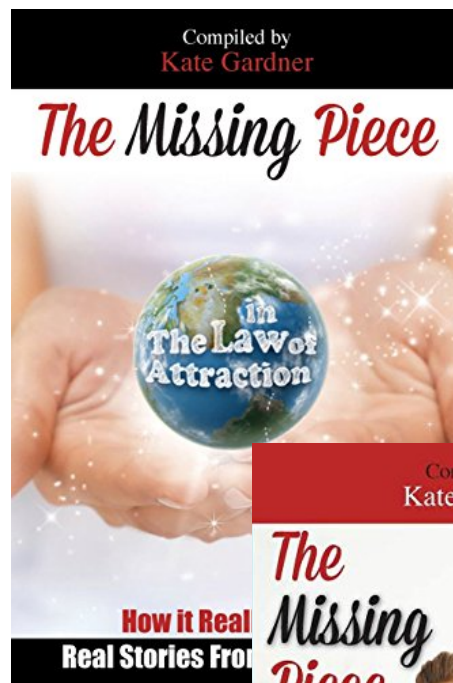
The Missing Piece Magazine gets up close and personal in an exclusive interview with Claire Hartman-James.

Claire Harman's journey has been a truly astounding one to where she is today. She is an amazing woman who I met in person at a London event and shared the journey of publishing her story in two of The Missing Piece books: *The Missing Piece in Self-Love* and *The Missing Piece in The Law of Attraction*.

What I love so much about this amazing lady, is that she is so really courageous and not shy from sharing her story of how she came back from mental illness bigger and stronger than before, completely medication free.

Claire went on to building a 6 figure network marketing business to develop multi streams of income for her family. Recently Claire came back from touring Australia for a month with her husband and two children.

In this exclusive interview with Claire, you will find out how Claire left behind the rat-race of the corporate world to grow a business from home that enables her to have the amazing life she has today.



Claire Hartman-James



About Claire..

After suffering from postnatal psychosis and losing my twin sister in 2006, I was determined not to be beaten. Life was black, life was tough, the light was very dim and my reality very scary. A real life nightmare that I could remain stuck in or take massive action to change...

I trusted my instincts and choose to survive for myself and for my new family.

10 years later, and Life is getting better and better each day. My intention and purpose from this experience is to inspire the masses that are ready for change and are prepared to take action from a place of inspiration to release the true potential each and everyone of us has inside.





VIDEO HERE

WHY? I FORGIVE MY DAUGHTERS RAPIST

Written By Kate Gardner
Editor of The Missing Piece
Magazine



My first reaction was that I wanted to hunt him down and punch him right in the face. I was angry and I wanted him to suffer as much as my child did. The past 18 years of my life I spent protecting, loving, and respecting both of my children.

I had amazing relationships with both of them and they lived in an environment where being completely honest and open about their feelings was accepted. Now here I was, knelt on my knees outside my daughter's bedroom door, begging her to let me in.

The pain of seeing her having an emotional and mental breakdown at the age of fourteen was killing me. I felt completely useless, annoyed, and angry that someone I didn't know was having this effect on me and my child. I started banging my fists up against the door begging for her to let me in, just so I could hold her and tell her that everything was going to be alright, and no matter what, we would get through this together.

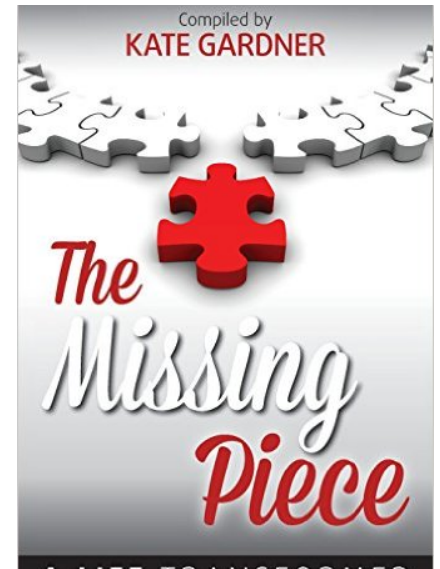
My palms slid down the side of the door as I wept. I lay outside her door curled up in ball feeling excruciating, emotional pain. Not only had the person who raped my daughter taken away her innocence and emotional stability, he had also crushed what I had worked so hard to create all those years up to this point.

There were many weeks of conversations through the door, leaving her dinner outside on the landing, and slipping notes of love under her door. Finally, one day she opened her bedroom door and fell into my arms and cried until she couldn't cry any more. She trusted me enough again to realise I only wanted to love and protect her.

The pain of seeing her having an emotional and mental breakdown at the age of fourteen was killing me. I felt completely useless, annoyed, and angry that someone I didn't know was having this effect on me and my child. I started banging my fists up against the door begging for her to let me in, just so I could hold her and tell her that everything was going to be alright, and no matter what, we would get through this together.

My palms slid down the side of the door as I wept. I lay outside her door curled up in ball feeling excruciating, emotional pain. Not only had the person who raped my daughter taken away her innocence and emotional stability, he had also crushed what I had worked so hard to create all those years up to this point.

I may have had my daughter back in my arms again, but I still felt bitterness deep inside of me. It was a feeling of being robbed, like somebody had taken something away from me so dear and important, which they had! He took my innocent little girl without permission and I was bitter.



TAKEN FROM: THE MISSING
PIECE IN FORGIVENESS

"Not only had the person who raped my daughter taken away her innocence and emotional stability, he had also crushed what I had worked so hard to create all those years those years up to this point."



I also had to mourn the loss of a child that I would never know to be my Emily again, the one that didn't have a care in the world had gone for good.

I didn't think it could get much worse, but it did. Emily's rapist moved on to the same road as our house. All the work I had placed into her to try and get her to open up and trust me had completely disappeared; we were back at square one.

Emily started suffering from anxiety and she would experience a panic attack when it came to walking past her rapist's house. He added to this mental torture by hanging out his bedroom window and shouting at her.

He would tell her that she had deserved what he had done to her, leaving Emily to run home in more floods of tears and hide away from the world more. I was annoyed and really wanted to go over there and bang on his door and give him a piece of my mind. Only my hands were completely tied due to the legal battle that we started to have him convicted.

You don't want to know how many times I fantasied about punching him! I am not a violent person, but boy did I want to kick his butt and throttle him. One day I passed him when walking down the street. It was only a two second encounter, but it changed the way I thought about him and a lot of things in this world.

You see that day, Emily was by my side. When she saw her rapist coming towards us, she started to panic,

WHY?

I FORGIVE MY DAUGHTERS RAPIST

even more so because he was not alone. He was walking towards us both with his mother at his side. As we passed both of them in the street, his mother glared at Emily and gave her the dirtiest look, the kind of look that would turn milk sour if it was possible. Seeing the women's face screw up like that was an awakening moment for me. It made me realise that he possible couldn't know any better if he had been brought up by someone else refusing to take responsibility.

He was only the way he was because the environment he had grown up in was not a fantastic one. His mother had allowed him to have girls as young as 12 years old in the house. Not only that, but also in his room! What he was doing was normal practise because no boundaries had been set by his mother to begin with. Now that glare she was giving my daughter in the street was her rejecting her responsibilities and looking outside herself for somebody else to blame, rather than taking it on the chin and accepting her wrong parenting skills had resulted to this.

It was then that my bitterness and anger went. I sat Emily down that evening and explained my awakening to her and she completely understood it too. How could anybody in life be expected to live up to a high standard we expected when the person who is supposed to guide them

This was a huge breakthrough for Emily and me to move forward. It also gave Emily the incentive to write her story in full view on the Freedom & Empowerment campaign page in front of 4,500 people. Emily had the strength to go one step further and publish her story in, 'The Missing Piece: a Life Transformed.' Each time Emily shared her story, she was gaining back her freedom and realising her guilt and bitterness that had haunted her at the beginning. She learned to trust again and even fell in love for the first time.

Further down the journey, I let go and forgave Emily's rapist and his mother's reaction to my daughter. Seeing my daughter light up and be free and in love was a delight to see after the hell we had been through. Over the next two years, Emily grew into an amazing young woman and the time came for her to fly the nest with her partner into their own apartment.

We have come a long way over the past four years, to see the light at the end of the tunnel. Emily's journey gave me the incentive to start a domestic violence campaign page on Facebook to support other victims of domestic violence and rape. In only two and a half short years, our passion continued to burn and we soon turned that campaign page in to an International Best-selling book series and a publishing house. When testing times are sent to you and the emotional pain is raw, I

WHY? I FORGIVE MY DAUGHTERS RAPIST

Written By Kate Gardner
Editor of The Missing Piece
Magazine

I want you to consider how sharing your experience can make you stronger and touch lives on a daily basis.

People will look towards you as a beacon of light shining on them and your words will give them hope so that they can move forward from their pain. For myself to have come this far, I contribute wholeheartedly to forgiveness; not just forgiveness of those who had hurt me in the past, or Emily's rapist, but to forgive myself too for feeling the bitterness and the shame because that alone was keeping me stuck.

When I forgave, I set myself free and moved forward with my life. It helped my daughter move forward with hers. Emily recently give birth to her first child last year. Along this journey I may have lost my teenage daughter, but I gained a bright amazing young woman, a global movement, and another generation to inspire.

you see when I forgave, I set myself free and moved forward with my life. It helped my daughter move forward with hers too.

Forgiveness is the key to freedom and you are the master of that key.

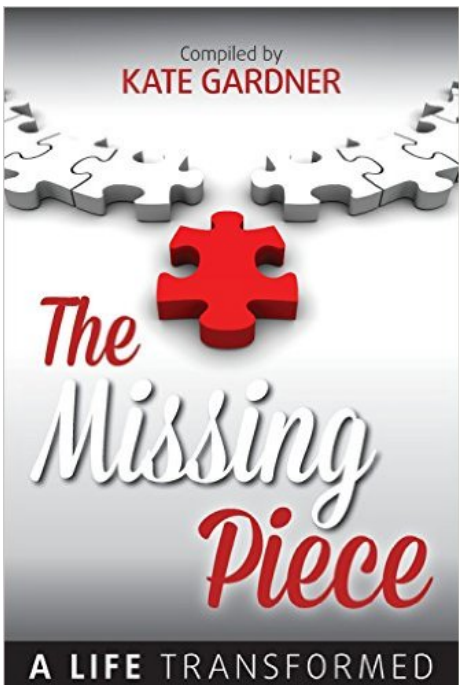


Emily with her daughter t

"When I forgave, I set myself free and moved forward with my life. It helped my daughter move forward with hers."



today





Let Forgiveness bring you JOY

By Cheryl Lew-Chang
Writer For The Missing Piece Magazine

International speaker, bestselling author and award winning coach, Cheryl Liew-Chng shares 3 simple approaches to gaining clarity as to what is your legacy, your calling and your gift to yourself and to the people around you (your family, your business/workplace, your community) so that you can live an engaged, vibrant and fulfilling life positively impact the people around you.

Cheryl is giving away limited number of her international bestselling book, *The 24-Hour Woman* plus some special gifts. Get your free copy here.

www.The24HourWomanBook.com

Cheryl Liew-Chng



CLICK HERE TO
DOWNLOAD
YOUR SHEET

video here



**F O R G I V I N G
M Y S E L F A L L O W E D
M E T O M O V E O N .**

Written by
By Patricia LeBlanc

It is not easy for me to share my story with you, because it is the first time that I talk about it publically. I now feel that it is time for me to share this story. In 2009, I walked away from a very abusive relationship. The night that I left my ex was one of the hardest moments of my life, yet it was one of my most liberating. At first it started out with emotional and psychological abuse, but about 5 months into the relationship, he became physically violent. Every time I closed my eyes to sleep I never knew whether I would wake up again. I had left him a few times before, but people like that are not easy to leave. He knew exactly how to manipulate me. My confidence was almost non-existent and he knew which buttons to push. He would assure me that I would never find anyone else. The night I left him for good, he was so mad he came after me and, for the first time, he hit me in public.



After I left him, my mom admitted to me that in her dreams she had witnessed him killing me. I truly believed that if I had stayed in this abusive relationship, he would have ended up killing me. I was hard on myself for several months afterwards. At the time, I was a Reiki Master and Teacher and I would tell myself that I should have known better. I also thought that I was truly ready to be in a healthy relationship, but I was obviously.

The next year, I started dating someone who was manipulative and was abusive. Luckily for me, I left him before it became physical. I then decided I needed to take a step back from the dating world and chose to focus on myself. One of the things that I came to realize was that I needed to forgive myself.

I had no problem forgiving my ex and I kept blaming myself. I kept beating myself up and blamed myself for getting into that dangerous situation. I realized that as long as I could not forgive myself, I would keep attracting these abusive guys into my life.

I came to a crossroad and knew I could either continue blaming myself or I could forgive myself and move on. I decided to forgive myself. It was not an easy journey. It took several attempts before I truly forgave myself. On the first round, I said out loud: "I forgive myself for the role I played in my physically abusive relationship with my ex and I release his hold on me". I thought to myself that could now move on as I had forgiven myself. That did not work at all. I needed more than just words.

I then decided to do a release ritual where I would fully release the events from my energetic field and forgive him and myself. I chose the full moon to do this. I set aside 2 hours for performing this ritual. I started by cleansing the room with sage and then lighted a white candle. On a piece of paper, I wrote a letter to my ex saying that I was forgiving him for everything and listed some of the abusive events that I remembered. I did not hold anything back. I finished the letter by writing that I was forgiving him and released all of these events and him from my life. I then wrote a letter to myself, because I was carrying a lot of negative emotions in me from holding on to my blame. I ended my own letter by saying that I was forgiving myself and released all of these emotions. I then proceeded by burning each letter and kept repeating: "I release all negative emotions and forgive myself". I repeated this until both letters had completely turned to ashes. I kept visualizing that the negative emotions were being released and that I was forgiving all parties.

I then took a nice shower and felt so much lighter. After the ritual, I noticed an immediate change in me. I was accepting that I had truly forgiven myself for my role in this toxic relationship. I also understood how important it was to fully love myself and to make sure I set boundaries for myself from now on.

PATRICIA LEBLANC

Patricia LeBlanc is a Dream Maker. She empowers female entrepreneurs to get to the next level in their life and business. Patricia is the CEO of Patricia LeBlanc International, Abundance Attraction Strategist, Award Winning Author, International Speaker, and Master Energy Healer. To learn more about Patricia and her services, please visit: www.AbundanceAttractionCoaching.com



3

Powerful

Ways

None-

Forgiveness

Will Appear

in Your

Future

Forgiveness can lead to:

- Healthier relationships
- Greater spiritual &
- Psychological well-being
- Less anxiety, stress and hostility.
- Lower blood pressure
- Fewer symptoms of depression.
- Stronger immune system

1

2

3

Common Experiences

Not forgiving can fetch pass hurts in to present relationships and hurt innocent people. Letting go of past hurts can improve relationships you have now.

It can lead to self sabotage and unhappiness in your current work. You may feel like you have to keep reaching higher and working longer hours.

It can lead to not just working hard, but partying harder with repercussions of you drinking too much and then having emotional outbursts.

Forgiveness:

It sounds good, but can it really be done?

Written by Dr. Jane Mary Cox



I was brought up in a good home, by parents who did their best to teach me life's key patterns of decent behaviour. And I remember from oh so early on being told about the art of forgiveness. It was pummelled into my skull thanks to my Irish Catholic family, and a high school education at a convent. In fact, it seemed to be a running theme. Forgiveness was the answer to so many of life's challenges. God forgives, and we should too. Great in theory, but in real life, if I'm honest with you, it wasn't really something that reared its head as much of a necessity for the predominantly smooth flow of my life. I mean, sure, my brother

needed quite a bit of forgiving for, well, being someone who might not agree with me on all things. I'm fairly sure some friends needed forgiving after an argument, and I'm pretty sure life was a bit smoother for me too when that holy sacrament of forgiveness was granted to me to. But to be honest it was more about forgetting about the grudge, or realising it was easier to just get on with flawed fellow humans than any great personal bigness of my heart and spirit. It was largely a case of a concept untested, and filed away in the back of my mind as something that may be helpful to consider one day. A lot of hype about a

a relatively small and easy to execute concept.

Then adulthood reared its head. Suddenly life became more complex, and real stuff started to happen. In fact, something really, crushingly, unforgivably life-shattering happened. My little brother Christopher, my one and only sibling, was shot dead in an armed robbery in the restaurant in which he worked. He had just turned 21, and had his entire life before him. Suddenly in the blink of an eye that life and all of its possibilities was wiped out. Gone. All of those dreams, those children not yet born, those experiences not yet unfolded, those memories not yet created. And nothing in the world could bring him back.

My family and I were devastated. My parents fell apart. So did I. I miscarried a baby with the shock of what had happened. And it wasn't just immediate devastation, it continued forward. We made decisions based on his loss. My parents left South Africa - the country we were all living in and in which my brother and I were raised. My marriage started to unravel. The shock of what happened triggered the dreadful degenerative illness that took ten years to claim my dad's life. I gave birth to children who would never know their uncle, or have any maternal cousins. And ultimately we all ended up leaving the country too.

Following up on his case was so painful. The file had been misplaced. Then lost. Then found. Policemen who were overwhelmed with the chaos that is the reality of the crime and murder of the country never got back to us. We were one of a number of families crippled by the pain of losing a family member due to violent crime. We were not the exception, we were one of many. The criminals responsible literally vanished back into a country that had lost interest in finding them.

His death warranted just a tiny mention at the bottom of an inside page of a few of the local newspapers. No big sweeping headlines. No outcries of unacceptable loss of a young life. Nothing. No matter how hard I pushed, and cried, and argued, and threw tantrums, I watched my brother's life, his sense of humour, his kindness, his big soul, fall off the planet, with no justice attached to it. No sense of closure. And certainly no plan to forgive anyone of anything. If you don't know who committed a crime, how can you forgive them? And why would I, for God's sakes?! They had stolen a life, and I wanted them to feel just some of the pain that they had inflicted on us. Who were these people who had ripped the heart out of my little family?

And then there was the case of not being able to forgive myself either. After all, I was the Big Sister. The one who had always been there to protect my little brother. I was four years older than him. Four more years lived. And so many more experiences. I was always the one who lived big and took chances. I had backpacked around the world, and already seen dozens of fascinating countries. I had already experienced so much. I had recently got married. I had just experienced owning my own home. He was always the more cautious one of us. He'd only been out of school three years, and was looking at moving out of home for the first time. He had studied, and worked a couple of jobs, but that was it. Who was I to be granted continued life, when he hadn't really started his yet?

I remember that amazement at his funeral, the church packed to the gunnels, people standing outside to pay tribute to Chris. The number of people waiting to shake the hands of my parents and I, and to share their memories with him. I remember receiving dozens of phone calls from complete strangers, who had gone to the trouble of tracing my number to tell me how thankful

they were for knowing Chris. How much he had done for them, helped them, talked them through difficult times. I had a brother who had literally positively impacted on hundreds and hundreds of people in just 21 years. How could I forgive myself for still being here while he was gone? His heart was so big, and while I was blazing my way around the world, he had been blazing his way into the hearts and lives of so many people. He was the one who deserved more years, not me. I have to make a confession. That forgiveness concept? It was not happening. For years and years, literally, the bitterness and anger and desire for revenge literally burned inside of me. Outwardly I moved on. Inwardly, a piece of me was stuck in the most devastating day of my life. No matter how good things were going, I felt the guilt of letting go of that pain. It was awful. In fact I would go so far as to say that holding on to the need for revenge or retribution of some kind took up as much space inside of me, as mourning Chris' death. It was exhausting - mentally, emotionally, physically and spiritually exhausting. And what was it serving? It wouldn't bring him back. It wasn't harming those who had harmed us. In fact the only people it was harming was me, and those I loved the most who might be experiencing the leakage of the pain that I was feeling.

I remember tossing and turning, night after night, as memories of all those lessons on forgiveness kept coming back to me. Could I do this? Would I be letting Chris down if I let go of the bitterness and hurt and hatred? It almost took reaching a crisis point of personal overload before I made the decision to forgive. And to work out what that personally meant to me.

I realised that forgiving is not forgetting, it is taking life back. It was releasing my memories of my brother from the veil of pain. It is acknowledging that the actions of taking a life is a dreadful thing, but I was not the one to

bear that burden. I realised that flawed human beings had taken bad decisions, probably for reasons of greed, or desperation. They were the ones living with the consequences of their actions, whatever those consequences were for them. But it was not doing anyone any good for me to hold that hate. It was also a moment of acknowledging too that sometimes we can't see or understand the bigger picture straight away. If Chris was destined to die young, I had to make that make sense, and carry those lessons with me in the place of unforgiveness. I remember actually being in the sea when I decided the time was right to forgive. The seawater washed away the burden and the tears that I shed. I quite literally felt cleansed inside and out. And I cleared a big space inside of me that was literally being filled, in that moment, with so many things that I have carried since then.

Forgiveness left space for love, for gratitude that I enjoyed 21 years of being a sister to a beautiful little brother. It left space for the enjoyment of life, and appreciation for it's fragility. I felt like the biggest burden had been lifted, and I knew without a shadow of a doubt that Chris would heartedly approve. What happened was wrong, but the memories of what we had is a more precious use of my time and emotion. And so to Chris, I would love to say the following: I love the fact that you were my brother, and I'm so sad you are no longer with us. I would love you to know and love my children. But I have, since forgiving your death, been able to properly embrace life. And instead of looking for revenge for your death, I now create memories of your life. The Christopher James Foundation for Change raises money in your memory, and uses it to create positive change in the lives of others. Forgiving has allowed your memory to continue living. I know you forgive me for forgiving your killers. I love you always.



Dr. Jane Mary Cox

Dr Jane Cox is a world-renowned human behaviours expert and metaphysician, with a real passion for giving people not just the knowledge they need to make their lives better, but also the methods & tools to make those changes happen. Her passion is helping people to live a life they love!



THINK OPPOSITE

WRITTEN BY ALISON DONAGHEY

My boyfriend died of a brain disease in 1999.

We started dating when I was 25 and my son was 5. I was going to University full time and working three part-time jobs to make ends meet. Even then I still needed help from welfare. Life was a struggle to say the least, and I needed help.

I met Bob. He was a cocaine addict in recovery and he was doing well. I thought I knew what addiction meant, but it wasn't until after I moved in with him and he relapsed did I really understand what that meant. It was hell. I was trapped. I was told by welfare that my life wasn't so bad and they wouldn't help me get out. I wasn't battered so I didn't qualify for assistance from those organizations. There was no help for being a girlfriend of a drug addict. He had racked up all my credit cards and I was stuck.

My choices at this point were barely viable: become homeless or transform from being a single mother and hardworking student into being embedded in the life of another's addiction

In 1997 Bob had an "episode". It was like a seizure but it wasn't quite a seizure. We took him to the hospital. He had a battery of tests that found a spot on his brain. The doctors didn't know what was wrong. They explored cancer and stroke but neither quite fit. The episodes continued to happen over the next year and a half. On the upside, he stopped the drugs. But the "episodes" were almost as bad; they could happen at any time, creating havoc. At least they weren't as expensive as the drugs! In 1999 Bob had another "episode" and slipped into a coma. The doctors did a scan and found that the spot on his brain had exploded. They gave him 2 months to live.



It was the process of his dying where I discovered the power of Think Opposite.

When Bob got really sick I could have followed the typical route and put him in the hospital. It would have been easier on the surface and boy, I was needing easy. Then I started thinking about the long-term effects of that choice. I began to Think Opposite.

I decided to not tell Bob he was dying. He didn't ask and I didn't tell. If he had asked I would have been honest. The only thing he was afraid of was losing his mind. I felt that telling him would have created more harm than good. It was not a popular decision but surprisingly, everyone went along with this. I think this was my first step in thinking outside the norm. I thought only about what was best for Bob in that situation and acted accordingly.

I took that thought further to where would he be happiest and decided to keep him home. I thought about what was best for my son and his grieving process. The first month was hard and I really questioned my decision as my son tended to avoid Bob. Then in the 4th or 5th week my son started to come around and hang out. He helped to feed Bob and change his bedding. By

the time Bob died my son had nothing left to say to him. He felt complete in the process. Goodbyes and I love yous were all said. Bob died at home with us singing camp songs. It was peaceful.

Bob was a good man with a good soul. He had a really cruel life that his soul couldn't reconcile. The time we shared at the end allowed me to forgive him.

I did most of my grieving during those two months. When Bob did die, it was a blessing for all of us. Not to say I didn't flounder for a few months. I did. We rarely get out of those situations intact. But I made choices that were against the status quo because they served our needs and were the right choices for us. I knew the "right" thing was to put him in the hospital. I knew the "right" thing was to shelter my son from the reality of death, but I decided to Think Opposite. In doing so I came out of that situation more quickly and with less pain than if I had done things "right."

Let me explain Think Opposite and I challenge you to try this method of thinking. Once a day (or all the time!) suspend what you believe and think about it from the other direction. Think about it from the point of view of someone who has a completely different perspective.

First, go-getter single mom who was treated with a bit of respect, but not too much because I was young. Next, a drug addict's girlfriend being judged poorly. Then, a widow, treated with respect mixed with pity. Finally, a business owner, with a lot more respect and zero pity needed. This was all a process and it took time and it took learning. Boy, did I learn.

I look back on my life and say "Yes, I achieved something. When others look at me say the same thing about my achievements, it makes me proud! But I promise you it didn't happen overnight. It happened, because I learned to Think Opposite. Try it. It will work for you too.



**Alison
Donaghey**

Thought strategist. What an ideal way to describe Alison Donaghey; a successful business owner, author and speaker. Alison challenges people to think about what they think about and to Think Opposite at least once a day. She can share countless examples of how encouraging others to question their status quo often leads to improvements not only in their world but the world. Her international #1 best-selling book *Change Your Business, Change the World: The Domino Effect of Your Thinking* is changing lives in ways Alison never even thought of.

REASON 1

Helps you
find Purpose,
Prosperity and
Peace

TIM JOHNSON

REASON 5

It rocks
because it's
REAL, RAW, &
AUTHENTIC!

TABITHA JESTER

REASON 2

It's Interactive,
live and
educational

SARAH BRINK

REASON 4

"It helps Ordinary
people live
extraordinary lives"

DAVID SAVILLE

REASON 3

I wanted to create a
magazine that gives
you confidence, not
take it away.

KATE GARDNER

5 Reasons Why

The Missing Piece Magazine

ROCKS!

Erin O Health



I am sure you have heard a million times how important weight bearing exercise is or exercise for that matter. Lets go over some of the facts point form just to refresh our memories:

1. Lowers Stress
2. Lowers anxiety
3. Lowers blood pressure
4. Aids in a healthy metabolism
5. Prevents osteoporosis
6. Better Cognitive function

Ok , now, I think that is enough of a

refresher and I am missing a millions other reasons but we don't need to go over all them.

What I do think is most important is doing some exercise itself! So how many days would suffice? Is it two days, 3 3 days, 5 days or 7 days?

Shawn Arent, an exercise scientist at Rutgers University, says that participating in exercise for 2 days week wont add much change but its better than not doing any exercise at all. Something is always better than nothing.

The scientific proof shows that a minimum of 3 days a week, structured exercise

Rawford Coach



program will add much benefit and change. Technically doing something every day and by anything I mean walking to your car from the back of the parking lot, etc. is considering movement.

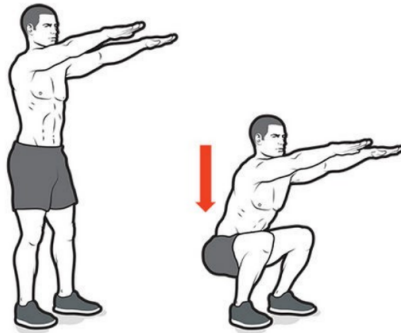
I am also not suggesting you need to rearrange your whole life to do exercise every minute of every day. So I have decided to challenge you! If you could complete this simple exercise plan for at least 3-5 days a week for 4-5 weeks. Make sure you consult your physician to make sure you are approved for exercise or fill out a form to find your exercise readiness (Google par Q and a form will come up).



Exercise

Sets Reps Rest

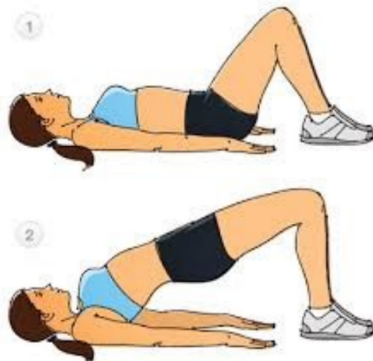
1. Squat.



3 10 0-30secs

*Make sure your knees don't by pass your toes and chest up

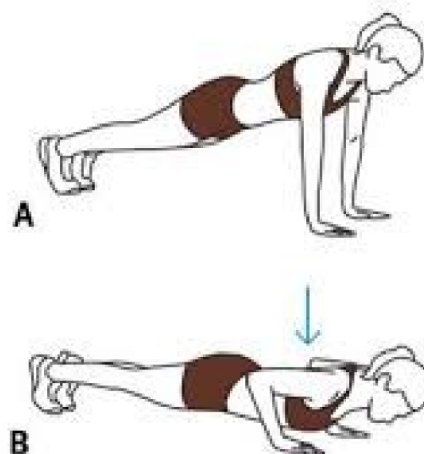
2. Lying hip thrust.



3 10 0-30secs

*Make sure to push through your heels to activate your glute (bum)

3. Push ups (from knees or toes)

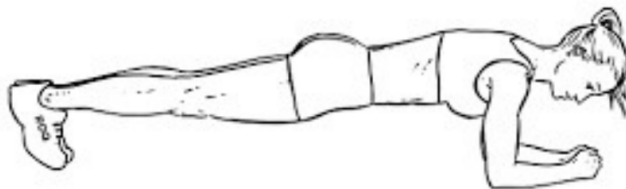


3 10 0-30secs

*Keep elbows tucked in at sides

Exercise

Sets Reps Rest

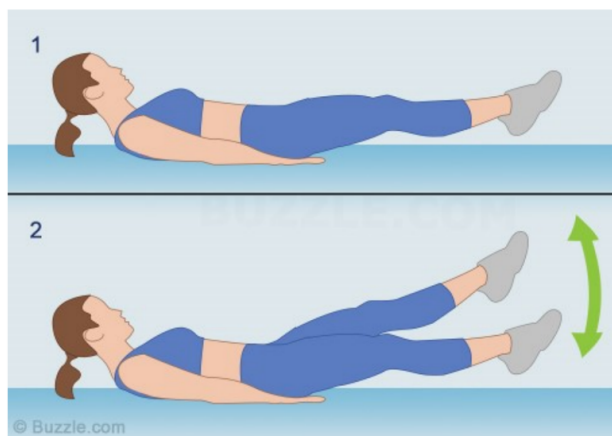


4. Plank

WorkoutLabs.com

3 30-60/holds 0-30secs

*make sure your back is nice and straight, no bums in air or hips sagging.



5. Flutters on back

© Buzzle.com

3 20 0-30secs

*lying on back and keeping low back flat to floor move feet back and forth.

Just complete these 5 exercises 3-5 days a week. Start your structure workout TODAY J Please feel free to email regarding this during your efforts on this or contact me on my Facebook page BodyTempo Health and Fitness! I am happy to help start your journey!

Happy training!! Train for life!

Erin Crawford, Certified Personal trainer , Pre and Postnatal training specialist and Lifestyle coach

Info@bodytempo.com

www.bodytempo.com

Twitter & Instagram @bodytempo



THE BATTLE AND BEAUTY OF FORGIVENESS

Written By Leslie Cristea

by
Leslie
Cristea



My root cause was in my head. I wanted to be healthy, and at the same time, I was learning how our thoughts, cause an emotion, leading to a physical state, and choosing a resulting behavior. The root cause was resentment.

Focusing on positives enables pleasure-producing hormones in the body and positive physical reactions. All it takes is a shifting of thought. I know, easier said than done, especially when they may be deep-seated emotions stuffed inside for years from a painful event. That may take some searching and self-reflection. That's it, reflecting on SELF, the one thing we do have control over. Why focus on those who have caused pain, which allows them to continue to cause pain? Holding on to anger maintains feeling powerful, safe, blameless, or victimized but does not cause an offender any repercussions. It's like hitting yourself in the head over and over, after someone has wronged you, and hoping they feel the pain. It was time to get rid of the toxic waste taking up space in my brain.

You're suffering from a series of physical, emotional, and behavioral symptoms. These resulting conditions may be that of muscle tension, digestive issues, headaches, and fatigue; you feel frustrated, preoccupied, anxious, and depressed; and you're guarded, defensive, argumentative, and detached. This state of being has caused a great decrease in your quality of life, for your health and happiness are suffering. The decline in the qualities of your relationships is another side effect of this condition. What is the cause of this illness? It's resentment, a chronic case of grievance or ill will. The host is your mind, and it's your own thinking that is in a battle with your life.

I was experiencing anxiety, depression, fatigued, and gastrointestinal difficulties. Medications made me feel sluggish, and I became uninterested in what was outside my closed door. I was even diagnosed with fibromyalgia and given more medicine. Medications were responsible for exchanging one side effect for many others. So, they soon ended up in the trash. I began to eat better, and exercise, like I use to. This helped, but didn't complete my recovery. In order to be cured of physical symptoms, the root cause must be the target.



I had to learn to forgive my abuser. Now there's something many may think is unforgiveable. The truth is, people don't get married for the purpose of abusing someone, and behavior is learned. On some level, many abusers don't even acknowledge they are abusive. Remaining in a state of contempt would not have allowed me to see this view. I had to stop focusing on his actions, and simply focus on a better life for me. Forgiveness is a requirement for healing and moving on successfully. This had to start with shifting my thinking from blaming and reliving every unacceptable occurrence. My new relationship would not have had a chance to thrive if I remained stuck in a prison of my own thinking.

I had to learn to forgive my mother, but first, I needed to acknowledge that I even had any resentment towards her. I was in denial that past hurts have had an impact on my life. I love my mother dearly, and I didn't understand that both love and relentlessness could share the same space.

I was able to forgive when I let go of things that were never about me in the first place, and therefore, were not meant to hurt me at all. As Brigham Young stated, "He who takes offense when no offense is intended is a fool, and he who takes offense when offense is intended is a greater fool."

I had to learn to forgive myself. I don't believe guilt, in regards to motherhood, is uncommon. Many mothers feel guilt at some point. I felt major guilt. Although so many people have told me what a great mother I am, I've had long lived guilt for allowing my children to live in an abusive environment. My son witnessed most of this part of my life, and when I refused to allow my daughter to go through the same, I found that my divorce affected her just as much as the abuse affected my son. No mother wants to see her children suffer. I constantly felt as if I had failed as a parent.

It was time to stop inflicting the self-harm of resentment and take my life back. I needed to stop wasting time on

on things much less important than what truly is. A battle inside can occur when thoughts that continue to want to punish, as opposed to letting go of holding grudges and self-pity, are fed. The beauty of forgiveness is that a huge weight is lifted and the heaviness disappears, allowing peace to reign in our hearts and minds. It allows more time for fun, family, friends, God, and opportunities by letting go of the thoughts that once kept me a prisoner.

"I HAD TO LEARN TO FORGIVE MYSELF. I DON'T BELIEVE GUILT, IN REGARDS TO MOTHERHOOD, IS UNCOMMON"



Leslie Cristea

"The world we have created is a product of our thinking; it cannot be changed without changing our thinking" (Einstein). Forgiveness also helps others move towards change. Just like ineffective communication can cause two people to find themselves stuck in trying to prove who is right and who is wrong, resentment can perpetuate a series of defensiveness, which does not allow the offender for self-reflection.

Forgiveness is something to practice daily. Offenses will continue to occur in life, no matter how big or how small. At times, I too will be one to offend another. I remind myself, "My sin is not better than anyone else's sin." God has forgiven me of my sins. His forgiveness and his word, which says "For if ye forgive men their trespasses, your heavenly Father will also forgive you (Matthew 6:14)," has helped me to acknowledge and accept his love, while accepting others for who they are without the obligation to accept all behavior.



Leslie Cristea is a retired Navy Veteran, speaker, and relationship coach. After continuing her education and realizing her love for serving and supporting others, she continued her service, to military families, as an educator of numerous quality of life topics. She enjoys encouraging others towards restoring relationships during difficult times.



Are You Ready?

Patricia LeBlanc International Inc.

**Are you ready to go to the next level?
Are you ready to start accomplishing
your goals and dreams?**

**Are you truly ready to get out of your
own way?**

**Nothing would give me more pleasure
than to help you succeed and go to the
next level in your personal and/or
business life.**

**To learn more about Coaching, Energy
Healing, Speaking and Various Resources
provided by Patricia LeBlanc**

Please visit www.LoaLifeCoaching.com

**CLICK HERE
TO DOWNLOAD
YOUR WORK SHEET**



Tabitha
Business Coach For Se

Tabitha's a tree-hugging gypsy soul from North Carolina who's on a mission. To teach and empower Men and Women to heal WITH each other instead of FROM each other! To awaken and embody their true power -their Feminine and Masculine energy- and to create lives that truly feed their souls!

Tabitha's Contact Info

Facebook: Tabitha Jester

For Business Magic: <https://www.facebook.com/tjesterinfo/>

For Love Magic: <https://www.facebook.com/RealLoveRebellion/>



VISIT MY WEBSITE HERE





na Fester

xy & Successful Women!

video here



Desirée is a 2015 graduate of Adelphi University in Garden City, NY with her BA in English Literature. She served as a contributor and copy editor for a soapbox series entitled "Imagining Singapore: Thirteen Fictions" in 2014. Desirée has always found great pleasure in reading and writing in all forms.

JUST LET GO

Written By Desirée Toldo

Three specific events come to mind when I think about what has altered the course of my short life the most. The first being the relocation of my family to a new town—something that took me nearly ten years to recover from. The second was the death of my grandfather—an event that, at the age of eleven, I didn't realize the full consequences of.

The final event I am now one year removed from and still in the midst of unpacking: the unexpected death of my grandmother—the permanency of death is a concept so complicated that I grapple under its weight.

As someone who relies heavily on logic and analytical thinking, it is my expectation that I have the power to control what happens in my life and therefore can garner some sense of understanding about my thoughts about life as well. But the lesson I learned from my first experience was that I am not in control. The lesson I learned from my second experience was that I am not in control. So then why is it that when faced with my third and most crippling experience I cannot accept my loss of control? When I look at these times in my life,

ISSUE 02 | FORGIVENESS

I think about how I moved past them and it occurred to me that forgiveness was always the link between letting go and moving on.

What exactly is forgiveness? How does it work? Does it count as forgiveness when the cashier at Walmart gives me the wrong change, apologizes and I say, "No worries"? Or does there have to be some sort of betrayal? How can you forgive when you don't know the terms and conditions under which forgiveness operates? I have always been told that forgiveness is a gift to yourself, but cliché terms do nothing for practical application.

At eight years old my family moved only about 30 minutes away from the house I grew up in, but to my mind we could have moved across the country. My school was packed with kids my age and younger who said things like, "hump" and "sex" regularly and I had no idea what those words really even meant; the teachers were out for a paycheck and nothing more. I was entirely unready for the changes that were happening and they shook me so deeply that I turned inward. Reading had always been my great love, but it became my protection. I felt isolated because I was so different from the people in this new place, but upon reflection, I discovered that I isolated myself. I ignored the reasons for our move: the deterioration of the neighborhood I so loved, the house that was too small for the people living in it, the parents who wanted the best for their family and to get away from the place they had been all their lives.

The experience became part of who I was, marked upon me like a tattoo inked into my skin—the subject of countless discussions, a poem or two, and the taboo time known as "The Move." I have never been good with change. It started here, but life goes on and insight created an appreciation for the choice my parents made that had never been there before.





DESIRÉE TOLD O

Throughout my eleventh year, my grandfather spent time passing back and forth between the hospital and home. It never occurred to me that he would die. To this day, I don't know the specific details and terms of his ailments. I don't particularly want to. I vividly remember my dad standing on the ladder of my bunk bed and waking me up to say, "Papi died," while the sound of my mom's hair dryer mingled with her sniffles and the static that filled my ears as my brain processed those two brief words.

Upon my return to school a few days later I remember thinking, am I supposed to act differently now? What if I cry at school? Bring a book, just in case. I was surprised to find that life continued as though nothing had changed, and so the first few years without my grandpa passed smoothly. It took me nearly half the time I had spent with him alive for me to realize the true tragedy of my loss. Six years it took for me to understand that I had suffered a monumental loss. He was no longer around a corner waiting to say, "Que linda! So pretty." My grief remained over the years, but it evolved and softened. Life goes on.

Well, life went on for nine years and eleven months and then the thing that I never conceived of happening happened. My Grandma Lil's passing was so unexpected that I transitioned from pain to numbness, denial to confusion, without any real resolve or acceptance of my new reality. There is no elaborate follow-up story because this chapter is still in the making. I haven't made any grand revelations about the relationship we had or the silver lining or any of that, not yet. There's time. And hope.

Instead, it's here, in writing that I discover the next step and what has always been the answer before: forgiveness for myself. It had always been my assumption that you forgive others for the wrongs they do to you. But we need forgiveness for the wrongs we do to ourselves. Being able to let go comes from forgiveness. I let go of the negatives I sought out from our move once I forgave myself for allowing fear to stop me from moving forward; I let go of the guilt I felt for not feeling the loss of my grandfather sooner once I forgave myself for having an unreal expectation about what loss is supposed to feel like.

Forgiveness is a choice that comes without blame or judgment and one that comes in due time.





“
IS YOUR
WORK
LEAVING A
FOOTPRINT IN
THE SAND
FOR THE NEXT
GENERATION
TO FOLLOW?
”

THE MISSING PIECE MAGAZINE



Dr. Shawne Duperon

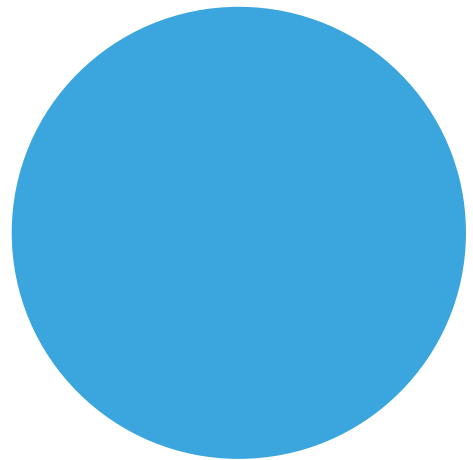
EXCLUSIVE

FORGIVENESS INTERVIEW

with

Dr. Shawne Duperon

Written and hosted by Kate Gardner
Editor of The Missing Piece Magazine



When I choose the subject for this issue I knew it would be extremely powerful and I wanted to search for somebody who had made so many changes to people's lives by teaching forgiveness worldwide on a massive level.

I cannot express to you how happy and honoured I feel to have an exclusive interview with Shawne. Project Forgive Founder, Dr. Shawne Duperon is a communication scholar and public speaker. Her research explores the innovative use of good gossip to make a difference. The unprecedented response to her case study, Project Forgive,

inspired this Six-Time EMMY® winner to produce a documentary and to create a non-profit foundation that provides free online resources advancing forgiveness education globally.

I sat down with Dr. Shawne in this exclusive forgiveness interview to ask her why forgiveness is such an important leadership skill? Why we should fetch forgiveness into our business and leadership environments? And why it's completely fine to own your own mistakes along this journey called life.

EXCLUSIVE FORGIVENESS INTERVIEW

with
Dr. Shawne Duperon





Dr. Shawne Duperon



With her PhD in gossip, numerous EMMY® awards and social media reach topping 120 million, Dr. Shawne Duperon is considered by many to be one of the most innovative experts on communication today.



Her case study is Project Forgive, a non-profit and non-religious leadership foundation that offers workshops and tools and that advance forgiveness education globally.



As a scholar, Dr. Shawne's gossip expertise is leading edge. Applying gossip theory, she implemented strategies that caused her non-profit to go viral, garnering an endorsement from Archbishop Desmond Tutu and the honor of a Nobel Peace Prize Nomination for her work on global forgiveness.



WHY I FORGAVE MY BROTHER'S MURDERER

Written By Annette Stanwick

I thought my heart would stop when I realized what my youngest brother had just said on the phone. "Soren has been murdered."

Every muscle convulsed in a gut-wrenching spasm of pain as I let out a blood-curdling scream, "No! No! No!"

Soren was a long distance trucker, from Idaho. He was found shot to death in his truck outside a produce plant in Virginia.

There were no answers to any questions, only sketchy information. The most troubling- they had no idea who killed him or why. My pain, anguish, grief and despair echoed throughout the house. My husband and daughter held me, trying to cushion the blow with their love and support.

After making a few calls and packing some clothes, we set off on the 13 hour drive from Alberta to Idaho to be near my family. I sat in silence as we drove; looking at the driver of each big 18-wheeler truck we passed, hoping I would see Soren in the driver's seat. If only I could find him this horrible nightmare would be over.

The funeral was massive, meaningful and emotional.

A cavalcade of gleaming trucks escorted us to the cemetery where we laid Soren's body to rest, with the solemn sound of TAPS played in the distance, followed by a 21-gun salute, as Soren was a Vietnam veteran.

I'm ordinarily not an angry woman, but I was angry after Soren's death. My wonderful brother had literally been ripped out of our lives. One night, I lay awake in anger, trying to identify the type of person who could have done this horrible thing? I thought to myself, "Soren's killer must have been angry, bitter, callous, dangerous, evil and...." The list went on as I methodically made my way through the alphabet finding ugly descriptors for his killer.

Suddenly, a voice I've come to recognize as the voice of God, said, "Annette, your brother's murderer is deeply wounded. I love your brother's murderer as much as I love you and as much as I love Soren."

I was stunned! Even though I knew and understood God's love, I didn't want to accept that He loved the one who'd ended my brother's life. I wrestled with what I'd heard, but then I finally accepted the truth that God didn't love what the killer had done, but He loved that person in spite of what they'd done.

My husband was shocked the next morning by my sudden peaceful attitude, when I described my profound midnight experience, then said, "There are people in prison that need to know that God loves them despite the horrible things they've done."

For more than a year we had no answers re "WHO " or "WHY"? During that time, my motorcycle became a real instrument of healing. During long rides I prayed for the qualities I wanted more of in my life. I prayed for more love, kindness, compassion, courage and forgiveness. I also made three very important choices because I'd come to understand that 'We may not be able to choose what happens in life, but we always have a choice in how we respond.' My three choices were:

- "I want to be happy again."
- "I do NOT want to be consumed by Soren's death."
- "I want to grow from this experience."

After learning that three brothers were in custody and were responsible for Soren's death, I needed to get out on my motorcycle again to process the information we'd been given. The wounds were reopened and I cried and prayed as we rode. Right there on my motorcycle I heard God's voice again, "Forgive them. They didn't know what they were doing."





“No! No!” Don’t ask me to forgive. They killed my brother”, I cried. Again God spoke, “Forgive as I HAVE forgiven you.” “Forgive, and I WILL forgive you.” That message was about God’s forgiveness of me in the past and in the future.

Once again I wrestled. This time, speeding down the highway on my motorcycle with my heart throbbing and loud pipes screaming. Then suddenly, in a moment of surrender, I prayed, “Ok, Lord, if you want me to forgive, make me willing and make it possible.”

Months later, I found myself in the courtroom in Virginia, along with other members of our family, presenting Victim Impact Statements. We were at the sentencing hearing of the young man who’d confessed to shooting Soren.

He wasn’t the monster I’d expected to see. He was young, good-looking, alone and ashamed. As we listened to the psychologist describe his abandonment and abusive background, along with that of his brothers, my mind flashed back to that night in my bed when God said, “Your brother’s murderer is deeply wounded.” Indeed, he was deeply wounded!

After describing the intense grief, pain, loss and my need for counseling in the statement I presented, I said, “God will never love what you’ve done, but He loves you in spite of what you’ve done. I am offering you God’s love and forgiveness and my own forgiveness.”

Right there on the witness stand, I suddenly experienced a sense of soothing warm oil pouring over me. Of course there was no literal oil, but when I stood to return to my seat, a heavy burden had been lifted and I felt a sense of overwhelming peace. “We’ve learned that science is proving that when we forgive and let go of negative emotions, we are healed at the cellular level. I had been

been healed right there on the witness stand!

I didn’t know I’d been given a formula to heal and that forgiveness could heal my heart so profoundly. My pain was transformed into a model for helping others forgive and let go of their pain. Who would have thought I would write and speak to thousands about forgiveness AND that my husband and I would present restorative justice type seminars to prison inmates serving life sentences for murder? That is the healing and transformational power of forgiveness.

Annette Stanwick ©2016
Speaker, Author, Freedom
Facilitator,
Coach & Health Care
Professional
Award-winning & Best-selling
book:
FORGIVENESS: THE MYSTERY
& MIRACLE

www.annettestanwick.com
astanwick@me.com
403-983-1844



IT DOES NOT MATTER HOW SLOW YOU GO

SO LONG AS YOU DON'T STOP

THE MISSING PIECE MAGAZINE



"HOW TO FORGIVE A FAMILY MEMBER"

BY
ROSIE
ALLEN



R O S I E
A L L E N

"HOW TO FORGIVE A FAMILY MEMBER"

Family can be hard to deal with. We don't get to choose our family, which is why forgiveness can be so useful when it comes to those people we will always have in our lives.

Today, you will discover 4 ways to let go and release resentment you have been holding on to. Watch the video, do the exercises and see how it changes how you feel. The more you put in, the more you will get out. Got a pen and paper ready? Good... Let's dive in!



video here

Next Issue:

The Child Who Is Scared Of Monsters! Look out for next month's issue when I will be diving into something unique and life changing.

Bring your tissues, bring your hot water bottle, a nice comforting cup of tea, as I hold your hand and guide you to love yourself deeply.



FROM JEHOVAH WITNESS TO DOMINATRIX

BY DANA PHARANT

Having grown up in a mild cult (Jehovah's Witness), I was imprinted from Day One that women were second class citizens and not worth as much as the men.

There were subtle message sent, like the fact that women never lead the groups or meetings, unless there were no men available. In those cases, the women had to wear a hat while they lead the meeting, reinforcing once again that you are not quite good enough just as you are.

Then there were also the more overt messages I heard; like being told repeatedly that women should not work outside the home unless it was

necessary (e.g. your husband did not earn enough to support the family on one income). Instead you should be there to take care of your husband, not be distracted by secular work. That was for the men.

Growing up in this group, many of these people were my family.

In fact, because my mom left when I was 4 ½ and gave up custody of my sister and I so that we would be better off financially,

"I was imprinted from Day One that women were second class citizens and not worth as much as the men."



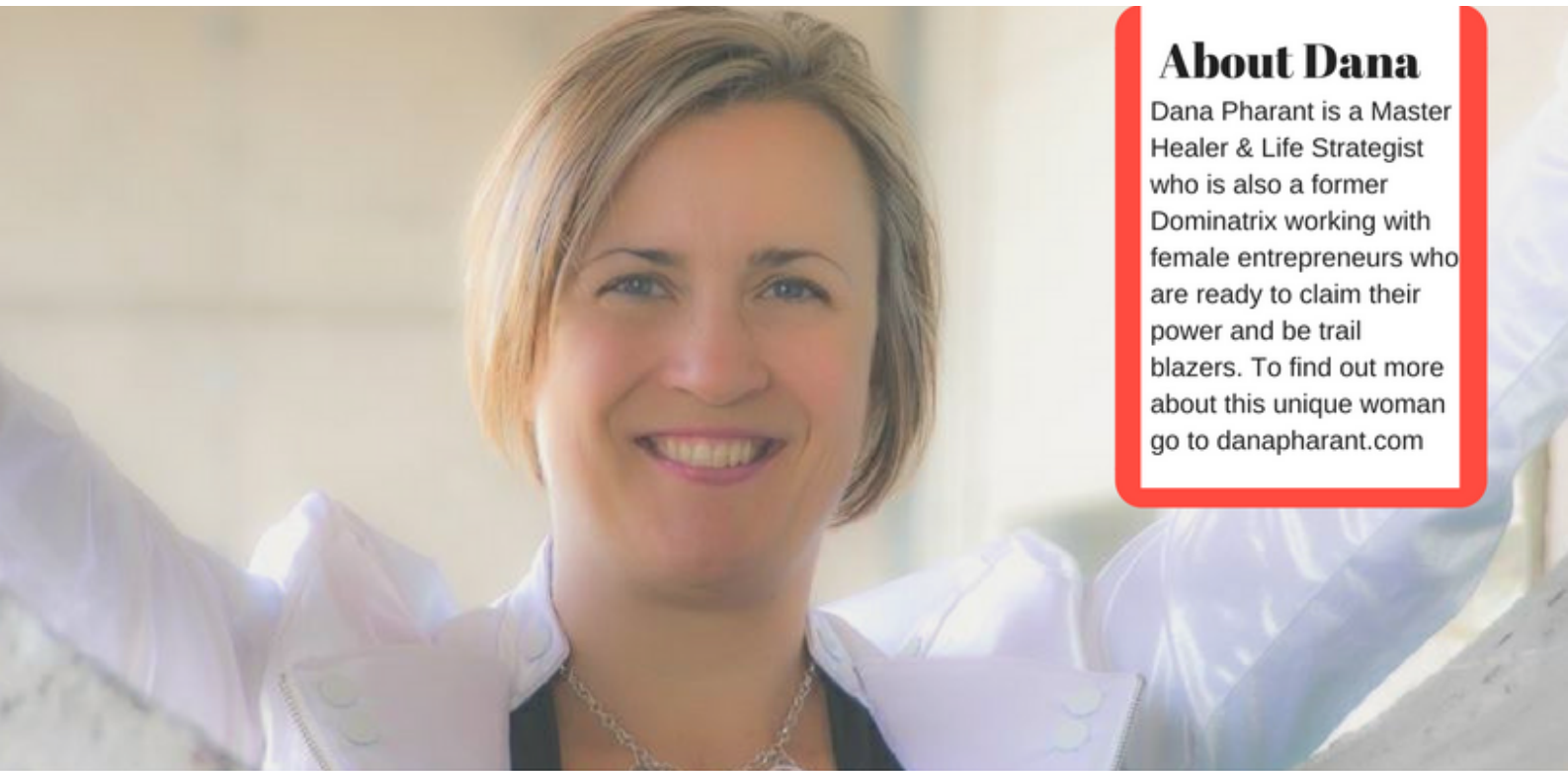
During that time, I got to take a peek behind the curtain of other families and had the message of women being worth less drilled in more. I saw abuse, I saw disrespect and I saw it all swept under the rug because the men decided to sweep it under the rug.

So it really should have come as no surprise that when I disclosed that my step brother had been sexually abusing me that my family would not support me. Instead of getting the family some help and counselling, they held a family meeting to handle it. My step mother decided that it was clearly my fault for not being covered up enough and that if I covered up more that would solve all of this. Obviously more clothes were the answer. Nothing else was ever done, it was never discussed again and my step brother never had any punishment even though he admitted what happened. We were told this was to go no further! Heaven forbid this get out in the congregation.

At this point I shut down, I refused to talk to anyone anymore than I had to and began a slide down into depression that I only came to recognize many years later when it finally lifted. I just put my head down and went about my day because it was crystal clear that there was no one here for me.

In writing this, I finally see how strong I was. I made it through on my own and, just before my 18th birthday, I summoned up the courage to leave the family, the religion and all of my community. Everything I knew and loved. Leaving the cult means that you leave everyone. It is not a choice that many are willing to make and I watched many of my friends stay and pretend they liked it because they could not take the unknown.

It was not an easy path; I walked out of that and into a home with my mother and her fiancé where the sexual abuse started again. It was familiar so it was not hard for him to convince me to join in almost willingly. For many years I blamed myself,



About Dana

Dana Pharant is a Master Healer & Life Strategist who is also a former Dominatrix working with female entrepreneurs who are ready to claim their power and be trail blazers. To find out more about this unique woman go to danapharant.com

I started therapy at 20 for the abuse and after a few years of therapy, I was able to function and not have the nightmares, but it was not until I was 35 that my deeper healing would begin. I had a strong pull for the kink world and began to explore it. I will be forever grateful for having friends who watched over me in those early days as I explored the kink world. Keeping an eye on me and who I played with so that I was safe.

I did find great partners, who showed me deep healing from this new kind of play. I was able to relive the abuse but with a different outcome, letting all the hurt and rage come out of my body in a way that I never knew was possible. I was able to be beautifully healed from something that most people would see as another version of abuse. It was just a few years after this that I found a new level of healing through the energy therapy that I now work with. This healing allowed me to release all of the residual energetic imprinting that happens in our systems with abuse or trauma.

And for me, although I was highly functioning that residue showed up in subtle ways, like compromising on deals, getting triggered by people (although milder than before), and picking men who were not my equal.

I was lucky, I found the healing and in that transformation was able to find forgiveness for what happened to me and as a result of the healing I can now see the amazing gifts that have come out of my experiences.

I found the strength in me to choose what was best for me. I also have an incredible gift in being able to hold a safe and sacred space for my clients, many who have also been through abuse. While I would have preferred not to have had to go through that to get the gifts, I really am at the point where I sit in gratitude for all I have been through.

Written By Dana Pharant



EAT. SLEEP. BREATHE.
WORKOUT

ERIN BOOTH CRAWFORD, HEALTH COACH FOR
THE MISSING PIECE MAGAZINE



I D.A.R.E. YOU!

Written By Donna Davis
Writer For The Missing Piece Magazine

Admit it. There's always someone in your life that's on your shit list. You have a long list of hurts, offenses, discrepancies and disappointments that seemunforgiveable! You have kept score for as long as you can remember. You may even recall the exact time, location and feelings when the event happened. Every single hurtful detail is burned into your psyche forevermore.

There is a long list of offenders that you keep. You've been at this for awhile now....as long as you can remember. I bet you can pull up memories from childhood that have been compounded with pain as you've gotten older.

Are YOU on your own list? Chances are the answer is YES! So tell me...'How has that helped you?' 'Does it help you sleep at night?' 'Does it help propel you forward in life and your career?' I seriously doubt it.

Day after day you have this litany of mistakes, mishaps and negative memories that control your every move whether it be conscious or subconscious. Somehow it has taken over your rational thinking and bombards you with punishment and perhaps vengeance that is seemingly endless. Do you REALLY want to continue to live this way? There are dreams and desires waiting in the tuned out or forgotten because of all the noise and chaos that the 'unforgiveness' in your life has caused or a background that may be blurred-out.



At any given moment there can be a 'trigger' that can set you off into a whole borage of thoughts and feelings that will partially or completely derail you away from your goals, cause you to be off balance mentally and physically, and keep you stuck in a never-ending cycle of self punishment and victim-hood.

We can get so used to the pain and suffering - as if it were a close friend. What kind of friend would let your pain linger for so long? Remind you of it constantly? Never let you forget how miserable life be? Each any every time you replay the event you give it more and more power over you, and it has you in shackles, tied to it forever...or so you think.

Emotionally it can wreak havoc on your peace, keeping you in a constant state of self-sabotage. Physically it can exhaust you and keep you weak. Pain literally and physically can manifest in all areas of your body helping to perpetuate the self- punishment that your mind has inflicted upon you.

Mentally your thoughts can be in a 'spin cycle' that has you stuck on 'replay.'

Financially in can be expensive as you spend money to fill the gaps and voids that you experience and/or the financial freedom it costs you by not allowing you to have gains and monetary increases because of the unworthiness that you may feel.

Spiritually you may reject the fact that your creator (no matter your beliefs) has full confidence in your abilities, worth, potential, value, contribution and purpose. So when will you be ready to get out of your own way? When would 'NOW' be a good time?

What is it that REALLY scares you about this concept? This whole "forgiveness" bandwagon that so many seem so eager to jump on? Inherently we feel that there HAS to be a better way. Others have already proven it. Instinctively we know that we deserve BETTER for ourselves and from ourselves. Intuitively we know that we CAN overcome this, yet we feel like it's virtually impossible.

I invite you to look at the 'charge' that all the emotions have and how that charge is controlling you and preventing you from a life well lived.

I'm not suggesting to NOT feel what you are feeling. You OWN your feelings and have every right to have AND feel them. What I am postulating is the fact that your very

personal, very real, very 'charged' feelings have more control over you then you have over them.

It's time to turn the tables and tip the scales.

Can you be brave enough to see just how very 'charged' these feelings are for you? Nothing can take away the fact that certain events and circumstances happened. That is real. Yes you were emotionally and/or **physically** hurt in the process. Maybe others were as well.

Pain, no matter how intense it is, or is perceived to be, can't take away those facts. Keeping the pain by reliving the event keeps the event locked in time and in your memory, perpetuates the anger, the hurt and leaves you little choice or option to enjoy your life as fully as you can.

Are you ready to trade pain for possibility? Even if it's just a little bit?

It's time to D.A.R.E. - DETACH AND RELEASE EMOTIONS. A time to separate the pain that is hindering your life from the event. The event won't be erased or forgotten. It will be healed and remembered but won't run your life. You owe it to yourself to at least try.

Take what you need and apply it to your circumstances and see if it works for you.

The following audios will help guide you:

EXERCISE SHEET



It's time for you to be the best version of yourself imaginable!

I D.A.R.E. You!

[CLICK HERE TO
DOWNLOAD YOUR
EXERCISE SHEET](#)



A woman with short grey hair, smiling, wearing a black and white sailor-style top. She has a large, colorful tattoo on her left arm featuring a fish, flowers, and a tree. The background is a brick wall with red and blue graffiti.

GINA BEST

YOU HAVE BREAST CANCER

Written By Gina Best

The doctor told me this in a quiet voice. I looked at him and nodded. I knew what he was going to say before he said it. I said “Thank you” and the appointment was done.

I got in the car, made a couple of calls and went home. When I got there I sat in the bathtub—my happy place—for hours and tried to process the news. It's not news you can process on a timeline. In fact, I am still processing it 4 ½ months, two surgeries, and a mastectomy date pending later.

I wasn't surprised; I knew the day they called me to have a biopsy that I was going to hear this news. I remember thinking on the way to the hospital “Is the lesson here that what I have to say is important?” I didn't want the lesson. But life and lessons aren't something we can control. Believe me. I have tried.



When I lay on the bed waiting for the biopsy to start, Dr. Jenny, my radiologist looked into my eyes and said "You need to know nothing you did caused this!" She said it adamantly. She said it twice. She meant it and she wanted me to hear it. I nodded and then we got on with it. Nothing I did caused this. I believe Dr. Jenny. I did not do anything that made this cancer happen.

Consciously, that is.

But I'd been carrying a deep hurt and resentment with me for years. I treated my feelings like secrets and I kept them well guarded. Grief became a part of me and so did anger. And I carried that angry, sad, mad, frustrated anvil with me most of my life. Bad energy. I spent years losing myself inside of "busy". I buried my emotions beneath fake smiles and handshakes. I was ever-mad at my body for not being good enough.

I know this was a contributing factor to my cancer.

A few years ago, I started my journey inward. I started to chisel away at a lifetime of shame, guilt, and anger. My wake up call was at The Authentic Speakers Academy for Leadership. It was there where I decided to get real and begin to face my past so I could choose and create a different future.

Gina Best

Gina Best tells it like it is. She compels people to deal with their shit so they can achieve their goals. Gina runs her own multi-million dollar business, coaches entrepreneurs, inspires audiences, raises two wild boys, and hoards shoes unapologetically. Gina has earned her stripes through hard work, a lotta tears, grit, and hustle.



There were many days that I was sad, angry, hurt and devastated that I did this to myself. After all, I'd chosen to lock away my feelings so I wouldn't have to deal with grief and loss. I turned on AutoPilot, and just started doing it all—taking care of everyone around me, building a very successful business, raising a family, and keeping up appearances. It looked like I had it all together. (News flash: Inside I was a mess.)

How could I have done this to myself? I asked this of my mentor many times. His answer was always the same: "You didn't know."

It's true. I didn't. I never once consciously thought, "Hey, here's a great idea. Why don't I lock away my feelings and be angry at my body forever." It was all below the surface.

Once I decided to look at it, lay it all on the table, and stop denying its existence, I had another tough task: I had to forgive myself.

NOT easy. The reality is unless you deal with your shit, with what is going on in your life as it comes, something will break. It'll probably be you. You cannot carry all the shit inside without it causing problems. Forgiveness is a process. For me, it's not a solo process. I have spent a lot of time with my mentor working on me. I have amazing friends who are supportive and call me on my shit. I spend time with just me everyday, just being with me. I journal a lot and that helps me let go.

Forgiveness is also a long road. I am still working on forgiving my body. It did not choose to have cancer. Yet, I have cancer. So I thank my body. Every day. I will not be mad at this vessel anymore. For anything. Sure, I still fall back on my self-deprecating ways. I catch myself thinking things like "I wish my stomach was smaller" and I will apologize out loud to myself. I will not allow that treatment anymore.

I would like to say that I have forgiven myself, for the past and present. I haven't. Not quite yet. And I am not sure how long it'll be until I do. I do know that everyday I take a step closer to it and that is part of my journey.



FORGIVENESS

HOW DO YOU FORGIVE?

By Kim Boudreau Smith
Writer For The Missing Piece Magazine

How do you forgive? I hear and I also have used this: I forgive you, however, I do not forget! Is that true forgiveness?

The simple definition of Forgive by Merriam-Webster is: To stop feeling anger towards someone who has done something wrong; to stop blaming someone; to give up resentment. Well, how do you do that? Isn't resentment the poison of one's self? The killer of one's self? I feel we live in a world of blame, shame, and lack of responsibility, so where does forgiveness fall into our lives? I personally have a very difficult time with this one.

I am one who battles with being right, I must be right (childhood thing) so when I forgive, I feel I am being taken advantage of and that I am letting the other person "of the hook" for their actions.



I feel I am not being heard, I feel my anger and my pain in the situation isn't being felt from the other person especially when I am being blamed for their lack of responsibility. So forgiving is a tough one for me so what do I personally do in these tough situations? Well, I know this has nothing to do with the other person and or situation, NOTHING!!! This is all on me to choose to forgive and move on or to stay in anger, lack, and negativeness. It is my choice and my responsibility for myself, my life, my health to learn, yes learn to forgive and practice forgiveness! Life is a journey and it is all about practicing...

I believe Forgiveness is shown every day by God, Buddha, Gandhi, Mother Teresa and so many others we don't even know about. I would like to share with all of you how to step into Forgiveness, not like these leaders or anyone else for that matter, but for YOU and how all of this can work, but before I move forward, I can only share with you what works for me. And please know, I have not arrived at a complete destination of forgiveness because I am still alive, practicing, learning and growing. I am not about perfection because forgiveness has flaws, lessons to be learned, just like what life is all about and forgiveness is just a piece of the whole picture.

I often ask myself with all the world news and events how does one forgive when their child is taken at an early age? When someone does a mass shooting in an elementary school or any other public place; how does one forgive the drunk driver that killed a member of a family? How about when a friend really does something to hurt your feelings or when your beloved animal has a disease and dies young? (Yes, I do not have children, my kids are my four-legged dogs) I have experienced all of this grief one way or another through friend's experiences or my very own losses such as loved ones, so-called friendships and so much more. How do I surrender to Forgiveness?



To begin: I am a big believer in really knowing yourself, personal growth, change up the same ole same sick and tired of the sick and tired! Really feel our emotions, not sweep under the carpet like we are told and taught to do. And by the way, there are no good and bad emotions, just emotions. I also believe we need to be clear on what really makes you passionate, what rocks your world, and stand strong **NO MATTER WHAT!** And a part of this is personal boundaries and being strong to either walk away, or to stay, or do nothing at all. (Sometimes we need to not say anything than to voice our opinions) In order to do this, you must have boundaries set in place for yourself and this is where forgiveness can really help along with some other practices and yes I said practices. Nothing is perfect (get rid of that word) and remember this is a practice...every day. We have an opportunity to do this every day however, we must be able to **MANAGE** our emotions and not let the emotions **CONTROL** us. No blame, shame, or guilt here, just our emotions. (Easier said than done)

One of the hardest, and yes most difficult is not taking things personally especially when others are involved. It is tough to do when your heart is at the center of a situation. But forgiving someone for their personal pain is where to begin, and by the way, this doesn't make their action or actions acceptable **AT ALL!** But there are the choices to be made here; we can hate, be resentful and kill ourselves with those feeling or learn the practice of forgiveness. Yes, learn and most importantly practice. We all have days where we are angry and unforgiving, however, it is what we do with all of this. Staying angry isn't healthy and it creates resentment, stress, negativity mindset, disease and so much more to our life. Who in the hell wants that? Forgiving is accepting what has happened, it is a lesson for us and how are we going to learn from these lessons and opportunities?

I know people that have lost children and they become advocates for other families in different scenarios. Now that is forgiveness, however, they do still have their moment of anger, sadness, and grief, but they don't stay there long. It is turned around to joy, faith, forgiveness, and serving of others. They have done a lot of internal personal work to go through the forgiving process and it is a practice of Life. We do not arrive done, finished or perfect. It is chaotic and painful sometimes. What I am saying here is the old cliché: We are given lemons, not what do we make? A life of regret? Resentment? Anger? A life of despair that takes us into rage, hate, selfishness, and lack of so many other things. We are here to SERVE, serve ourselves of joy and faith to serve others, pay it forward from our lemons.

Now please do not get me wrong here, it isn't okay for someone to shoot another person, or get in a car and drive under the influence of alcohol or technology and take another person's life, however if we live in continual resentment and hate I promise you, this will show up in your life as disease, or substance abuse, self-destruction and do you want this? Forgiveness doesn't mean we accept the behaviors of others, forgiveness is forgiving, moving on, knowing there is a loss on their end with what they are dealing with and it isn't our personal shit! It is understanding ourselves and what can we do to move forward. To let go of the pain, hurt and loss so the lack of forgiveness doesn't kill us. Destroy our lives and others around us and to me, which is worse than death because this becomes a slow and miserable death!

Okay, I think I have made my point here so where do you begin? Again I can only share what I do and I hope this will provide a bit of insight for you.

1. Surrender to being sick and tired and your unhappiness. Become aware that this isn't what you desire for YOURSELF. We can only change us not anyone else!
2. Now reach out, get support. You will need this from now to the end of time! No kidding! People that have walked this path longer than you; people that are beginning this path as well, like yourself; surround yourself with the like-minded individuals that can relate to you, support you, lead you so you never feel alone.
3. Discover meditation. You will see a theme here with all of my articles about meditation. There is no right way to meditate. Experience different forms of meditation and do what works for you. Do not make a goal of quieting down the mind, the mind is there for a reason, but being quiet in nature, on a walk, sitting still, writing, guided music are a few ways to meditate. So much comes from this PRACTICE. Start small and grow with this and forgive yourself.

This all begins with YOU. Not me, not our significant other, or the neighbor and so on, YOU! And when we shift, other things shift; people, events and so on! Really, it does work.

Forgiveness! Surrender and Allow-Receive! You deserve it.



Kim Boudreau Smith





**JOMAIRA L.
MARTINEZ**

FORGIVENESS IN FAITH

"Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."

~ Ephesians 4:31-32 NIV

Written By
Jomaira L. Martinez

Forgiveness is a cornerstone of what it means to be a Christian. We are to live in faith and know that God will handle all things His way; regardless of how we feel or what we believe is "supposed" to happen. As spoken in Matthew 6:14-15, we are to forgive as He has forgiven us of our sins. Seems totally logical and doable, right? Yet, as I immerse myself in gaining a better relationship with the Lord, I find myself battling with this very thing: Forgiveness.

There are several people in my life that have "done me wrong". I have held onto grudges and these wrongdoings for years and years, continuously replaying in my mind the wrongs like a bad song you just can't stop singing, in an effort to justify why "I am the way I am" and my "need" to hold those people in contempt for their errors.



One day, I was challenged with the idea of forgiveness and the fact that Christians are called to forgive and I simply did not feel these individuals deserved that. I could not bring myself to omit the hurt they caused me that I did not warrant.

My father had always been in and out of my life for as long as I can remember. While he was physically present for much of it, his drug addiction took up most of his time and energy. He battled many personal demons and my brothers, mother, and I unfortunately watched him helplessly for years. Despite how many unfulfilled promises he made or moments of pure rage and violence my family experienced during one of his binges, I always "forgave" him. I mean, "That's Papi (daddy)". Yet, as I grew older and entered adulthood, I began to reflect and realized that what I thought was once forgiveness was really a mask of denial, covering the true resentment of the hell he put my mother through. I also realized the weight of the numerous "daddy issues" I experienced, some to this day. Nothing says "moment of realization" than sitting in a family therapy class in graduate school and getting smacked in the face with all of the clinically diagnosable elements of your childhood. How does one get passed that? How does one still get to forgive and move on?

Needless to say, my father and I have a highly emotional and sometimes intensely tumultuous relationship. One day while at school, my dad surprised me with the most amazing news: "You're going to be a big sister, again." My stepmother was pregnant with my now 5-year old amazing baby brother, who in many ways is our "miracle baby". I can recall feeling so conflicted. On one hand, I was thrilled to welcome another family member to the world to support, guide, and love. But on the other hand, I feared that he would experience much of the same pain and suffering my other brothers and I experienced growing up. The root of all of the intense

Written By
Jomaira L. Martinez,
LMSW (Coach JoJo)

Founder & CEO, Project FLY
Promoting a Full Life Through The Power
of Health

P: (980) 272-7299

E: mycoachjojo@gmail.com

Follow us on Twitter!



emotions I was feeling in that moment pointed towards one person: Papi.

It was in this moment that I realized, I had never fully forgiven him. I told myself that I had and even said the words to him. The truth was, I only forgave him because it hurt me to remain angry at him. But, I still carried the hurt and burden in my heart, and the pain came crashing down on me like a ton of bricks. What was I to do? I knew that if I wanted any chance to be a part of my baby brother's life, I needed to forgive and move on. Yet again, he did not deserve my forgiveness.

I wish I could say five years after my revelation that life has come full circle and I have completely forgiven my father and are now one big, happy family. I have not, and we are not. While I am active in my baby brother's life, there is still some hurt in my heart that I am overcoming...slowly. I began to build a closer relationship with God that I came to terms with the fact that it is those who hurt us the most that we are to forgive quickly and wholeheartedly.

At first, I was quite confused on how this could even be possible. The closer I grow with the Lord, the more I should reflect His image, hence forgiving others as He has done for me. Forgiveness has nothing to do with what I perceive as someone who is deserving of forgiveness; if God was selective in what He forgave of our wrongdoings, where would I be right now?

Forgiveness is a process. It is about putting your pride to the side, walking in faith and knowing that the process is not about that other person that betrayed or hurt you, but about freeing yourself. It's amazing how holding onto hurt can truly darken and cloud your judgment and your ability to be yourself. I cannot say I have completely figured out the process. However, through my walk in faith, I am quickly freeing my mind, body, and spirit of the dark cloud of pain hovering over me for so long. Day by day, I am letting go and finding my way towards forgiveness. Day by day, I am renewing my ability to fully love and live again.



LIFE CAN BE GREAT WHEN

YOU ALLOW

IT TO BE

THE MISSING PIECE MAGAZINE



Written by

Janet Swift

Writer for The Missing Piece Magazine



*"To forgive is to set a prisoner free and discover
that the prisoner was you." -
~ Lewis B. Smedes*

At the very core of our happiness lies forgiveness which has been described as giving up the will to punish. I invite you to allow those words to settle for a moment. Did your thoughts immediately fly to something either current or passed that still carries an emotional charge? How did that feel?

For such a simple concept it's deeply complicated, involving our thoughts, emotions and pre-conceived ideas. Don't think you have any? Look again. We tether ourselves in time and space and often in a dark place by holding on to stinging words one slash of a cruel tongue delivered and which may colour our world for years. The blow may be

born of thoughtlessness rather than cruel intention but the effect is the same. If we were able to look down upon this world and see all those in need of forgiveness in one form or another, we'd be shocked.

How many of us harbour feelings of unresolved resentment and anger for slights real or imagined that are still gnawing away at our self-esteem years later? Or perhaps we're unable to forgive ourselves for actions we know caused pain? Maybe it's only with reflection and maturity we became aware of the pain we inflicted?

Marianne Williamson said "The first step in forgiveness is the willingness to forgive" and that is so true.



Forgiveness brings with it the choice to understand what happened, release it and continue in a relationship with someone, or to walk away. The beauty is that it's a decision we can make independent of anyone else and whether the other party is still in our life, or even alive.

In contrast, holding a grudge simply anchors us in the role of victim as we relive the negative emotions over and over again, remaining angry and impacting on both our mental and physical health.

Cutting loose from destructive feelings frees life energy to be used positively in creating a happier life and making things easier for ourselves. It's a bit like when you end up with the supermarket trolley with the brake locked half-on; progress is slow, you're frustrated and wasting a lot of effort going nowhere fast! Primarily, forgiveness is for you, your wellbeing and your personal power. It's a chance to let go of pain and choose happier attitudes, actions and outcomes.

Let's be realistic, we've all said and done things we later regret. When a friend's done something we feel is hurtful, it's so easy to forget all the things they did right!

So then, let's get down to the nitty gritty ...

Forgiveness, like all things, is a two-sided story. Are you feeling guilt, blame or shame for something you've done or perhaps it's time to release yourself from the emotions of something which hurt you? In either case, the act of forgiveness is a gift you give yourself, setting you free and releasing you from the past.



Self-Forgiveness ...

Forgiving ourselves is a biggie, isn't it? Guilt and shame, oh boy, that's a tricky twosome.

Let's consider those for a moment as it's important to understand the important difference; both emotions can be negative and destructive but, when viewed positively, may serve us well.

Guilt kicks in when our actions are not in line with our inner moral compass and is associated with what we have done and is only useful if it causes us to alter our behaviour and seek to put things right. In contrast, shame is a feeling about who we are, that we are a bad person for doing what we did. Again, the positive is that shame may help us reflect upon our personal attitudes and work towards improving our behaviour towards things which negatively trigger us. Self-punishment in no way helps the person person we've harmed and simply

perpetuates the problem. Why not think of the good we can do, rather than the harm we've done which cannot be changed?

The first step in releasing guilt is to let go of our need to punish ourselves and, instead of focusing inwardly, to reach out to make amends. There's nothing like a good old-fashioned apology to get the ball rolling. Obviously, apologising in person is preferable as there's no substitute for eye contact and sincerity expressed through body language but that's not always possible.

When someone's still smarting from the effects of our actions, a simple "I'm sorry" might fall flat because talk is easy. Research by Ohio State University has shown that the most effective apology should include:

- An expression of regret;
- An explanation of what went wrong;
- An acknowledgement of responsibility;
- A declaration of repentance;
- An offer of repair; and
- A request for forgiveness.

Acknowledging responsibility for and offering to repair the damage demonstrate that we accept we're wrong and want to take positive action to put things right. It's a WIN : WIN situation and everyone feels better! Feelings of empathy which come from apologising make us less likely to cause that person hurt again.

A note of caution here: If an apology isn't well received and all that could reasonably be expected has been done and yet someone continues to blame us, it's time to accept that it's no longer about us but them.

Perhaps they're playing on the guilt of others for reasons of their own? It's time to move on. Making amends might cost you but it should not harm you.

When we free ourselves of the guilt, blame and shame we've built up by forgiving ourselves, the ripples are wide-ranging and all sorts of positive changes start to happen. Why wait a moment longer?

Forgiving Others ...

The first thoughts of forgiveness herald the beginning of the healing process and a willingness to leave the wrongs where they belong – in the past. Of course, some hurts are deep and entrenched and may take time to forgive. That's fine, the clock isn't ticking.

It's important to acknowledge feelings and emotions and to be really honest about them as future peace of mind, happiness and wellbeing depend on it.

Remember though, forgiveness and reconciliation aren't the same thing. Forgiving someone doesn't mean you have to be reconciled with them, neither does it mean condoning or tolerating their actions and they remain responsible for what they've done.

There's vulnerability in letting go of anger and re-visiting a painful situation. Trying to understand why someone acted aggressively or hurtfully towards us shifts the focus to empathy which is a much healthier starting point. Was what happened totally unprovoked or did we contribute in some way? Maybe, maybe not but it's a worthwhile question to ask. It's tempting to see ourselves as totally in the right when it comes to disagreements.

What Might Get In The Way?

Here again, it's important to be really honest about feelings. Does the thought of forgiving someone feel like they've 'got away with it'? Sometimes we're afraid that forgiving and making-up might leave us wide open to a repeat performance. But, hey, remember to forgive someone doesn't necessarily require being reconciled with them.

Rebuilding trust doesn't happen overnight but if the choice is to both forgive and re-establish the relationship, then it's important to appreciate how each other feels and to put boundaries in place to make sure hurtful behaviour isn't repeated and it is clearly understood that it won't be tolerated.

So, what if an apology has been received, the 'crime' forgiven and yet the choice not to rekindle the friendship is taken? Just make sure the reason for withdrawing yourself from the equation is genuinely to avoid further hurt and not as a continued silent punishment for the other person. If there's even the slightest whisper that punishment is the name of the game, then forgiveness is still out of reach. For peace of mind, go back to the beginning and try again, writing down all the emotions this person

FORGIVENESS



and their treatment of you bring up.

The spectrum of forgiveness covers everything from an unkind 'tiff' between friends, family or lovers to the deep-seated pain of abuse of any kind. Clearly, major hurts will take time to release and may need support from a friend or counsellor and that's just fine. It'll be a journey of recovery and discovery towards healing and happiness.

Imagine the lightness of spirit and freedom of mind that are the gifts awaiting each of us when all that anger, angst and bad feeling is finally released. We're all much stronger and more capable than we imagine although that may not feel true at the moment. Every minute we remain a victim to circumstance, we're giving away our power and in continuing to feel angry towards someone we feel is responsible for our situation, we give them power over us. Enough of that, it stops today.

Here's to honesty, healing, health and happiness because we deserve it!

Janet Swift:

Through careers in nursing, the police, the corporate world and as a successful business owner, Janet Swift continued hiding her potential until life's hobnail boot startled her awake. Today, Janet helps clients recognise events which shaped them, inspiring them to shine by living in integrity with their values and aspirations.

www.lifechangingcafe.com

ARE YOU SICK & TIRED OF ALL THE

B.S

OUT THERE?



THE

NO 
B.S.

TRUTH

WHAT IT REALLY
TAKES TO BUILD
A SUCCESSFUL

Business!

COMPILED BY
KATE GARDNER & KIM B. SMITH

BUY NOW ON
[amazon.com](https://www.amazon.com)

GRAB YOUR COPY TODAY!

Dr. Stephanie Iglesias



From HATRED to FORGIVENESS

FORGIVENESS is a process that stems within an individual who has been hurt, lied to, or taken advantage of in which the individual makes a choice to let go of the negative circumstance and to move forward. In this video I present a lesson on HATRED to FORGIVENESS, a personal story of my life of pain, disappointment, hatred and transformation. This lesson focuses on three stages of forgiveness: the circumstance, the choice to forgive, and transformation of

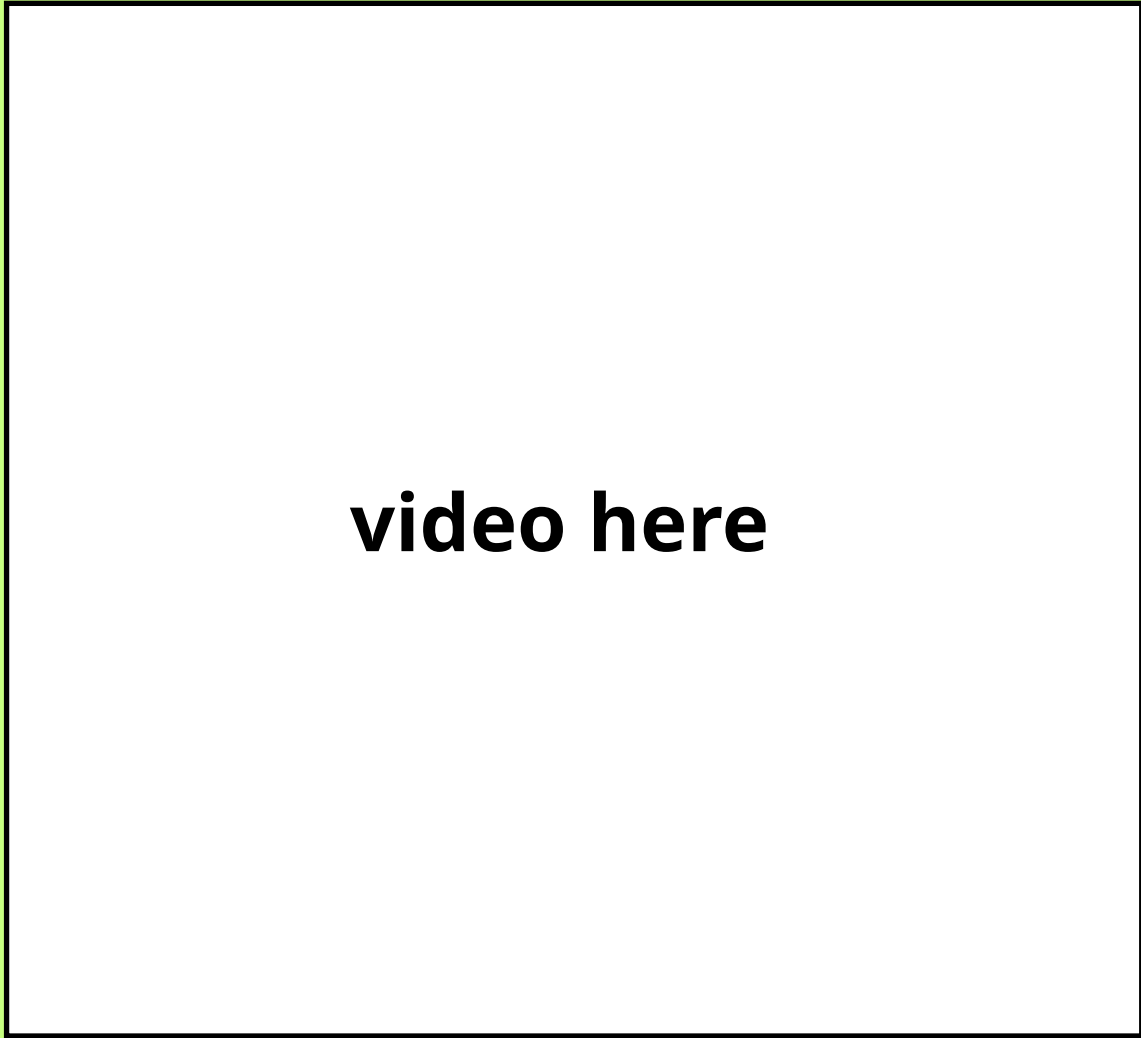
experience.

Next Month:

Stay tuned for next month's lesson: Self-love...how to create a better YOU!!!!

In this day and age people are always on the run. There is never enough time for ourselves and we are always taking care of others. I will be presenting real life strategies on how to create a better YOU!

sias



ISSUE 02 | HEALTH

**HEALTHY
MEALS
MADE
EASY**





HEALTHY MEALS MADE EASY

Kelly Clanton Cox

Healthy eating doesn't have to be scary or thought unobtainable, it is actually much easier than you think. Doing weekly meal preps for dinners makes it even simpler. This will help you avoid the drive through on the way home or mindless snacking (yes the struggle is real for me on that one)

How is this possible you say? Well keep reading because I'm not only going to tell you but show you with a few recipe options.

Let's get started. Who would rather take a few hours one day to make your dinners for the next 7 freeze and be ready to eat at a moment's notice, rather than every night try to figure out what you want, do you have the ingredients on hand, and then spend hours making and cleaning it up? NOT ME.....and with meal prepping just take out what you

want for dinner in the morning pop it in the fridge and off you go about your day.

These helpful tips just made my life easier, well in the kitchen anyway :-J

First make a list of what you want for the next 7 days. Remember to think of multiple dishes with one main ingredient.....the key is EASY so let's keep it that way. Take chicken for instance; you can prepare it many different ways to have on several of your 7 day meal plan nights. Personally when I am meal prepping I like to take chicken and put it in my crockpot with chicken stock. You can throw together SO many easy things this way and you can even do this with pork loin. Get creative.....if you decide on chicken in your crockpot you can make chicken tacos, chicken salad, chicken with salsa over it, chicken with quinoa.....the list is endless.

Once you have your list of meals planned out let's make sure we have everything, if not it's , it's off to the store we go.

**HEALTHY
MEALS
MADE
EASY**

How's everyone following so far???

Now this is where it starts getting fun. We take a Saturday or Sunday spread it all out and put together our meals for the week in roughly the same amount of time it would take us coming home tired after a long day trying to decide what we want to eat.

It really is just as simple as that folks, cook one day eat for 7! I am getting hungry so how about a couple of recipes for dinner this month you can throw into your meal prep day.

Let's start with a healthy twist on an Italian favorite Italian Style Stuffed Zucchini Boats (sounds intimidating but hang with me, I haven't let you down yet!)

Prep time: 5 minutes

Cook time: 25 minutes

6 large zucchini

Olive oil

Kosher salt

Black pepper

¼ teaspoon garlic powder

1 small onion diced

1 lb ground turkey (personally I use ½ pound lean hamburger & ½ pound lean turkey 70/30)

1 tablespoon minced garlic 1 28oz can good crushed tomatoes
4 oz shredded reduced fat mozzarella cheese

1 oz grated parmesan cheese

Heat oven to 425 degrees Rub 9x13 baking pan lightly with coconut oil (to keep zucchini from sticking)

Cut zucchini lengthwise and with a small spoon to scrape out the center Brush zucchini with 2 teaspoons olive oil and sprinkle with ½ the kosher salt, pepper and ¼ of garlic powder.

Roast zucchini for about 20 min or until softens While zucchini is roasting, prepare meat and tomato sauce. In large sauce pan, cook diced onions and minced garlic in ½ tablespoon of olive oil over medium heat

Once onions have started to soften add ground meat and brown until cooked through

Stir in crushed tomatoes and bring to boil

Reduce heat to medium and let simmer

Stir in ½ teaspoon kosher salt and pepper to taste

Once zucchini is ready, remove from oven and fill each boat evenly with meat tomato sauce mixture

Top with shredded mozzarella cheese and return to oven just until cheese melts Once mozzarella is melted remove and sprinkle with parmesan cheese

Everyone loves chicken so check out this yummy recipe

Chicken with Apples, Asparagus & Arugula
Prep time: 5 minutes Cook time: 35 minutes

4 small chicken breasts

2 bunches asparagus

2 shallots, diced 1 TSP apple cider vinegar 2 TBSP coconut oil

1 apple, diced

1 lemon

6 garlic cloves, more if desired or you can use minced garlic to taste

4 cups packed arugula, divided per individual serving

Preheat oven to 400 degrees

Pound chicken thin (or buy already thinned)

Clean and break ends of asparagus

Place chicken on a baking dish drizzled lightly with coconut oil. On a separate baking dish, place the asparagus and garlic and also drizzle lightly with coconut oil.

Bake both dishes for about 15 minutes, until chicken is cooked



Chop shallots, in a small bowl add shallots, apple cider vinegar, oil and apples

Place a large handful (about a cup) of arugula on your plate. Place chicken on top of arugula and add the apple mixture

Squeeze a fresh lemon over the asparagus and serve alongside the chicken .

Well there you have it, 2 really easy simple healthy meals that will not only keep you out of the drive through line BUT taste great, won't break the bank and are ready in a flash.

I am also including a quick easy guide to healthy meals in a moment's notice.

Until next month,

Kelly x

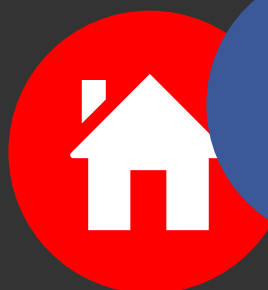
Kelly Clanton Cox is a Best Selling Author of 365 Affirmations to Smile released January 2016, Motivational Speaker, Co-Host on Boldradiostation.com; Hot Mommas: Living Better at Any Age, Columnist for the Missing Piece Magazine and Health & Fitness Coach

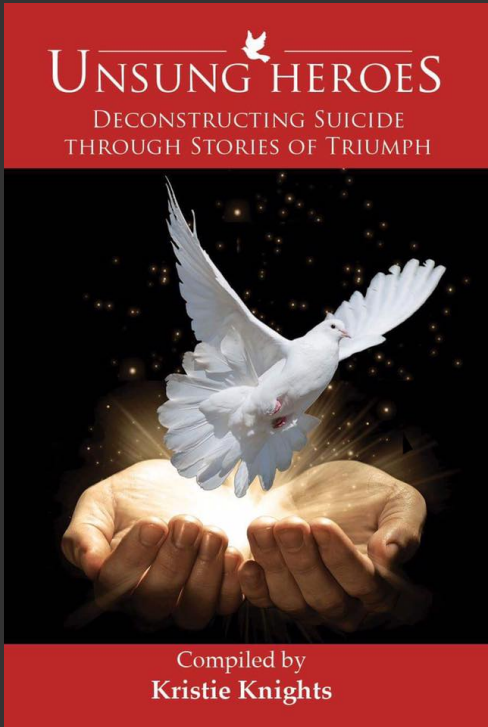
My personal desire to be healthy and fit turned into my passion to serve my clients by meeting their individual health and fitness goals. I personally incorporate fun physical activity, healthy recipes and positive motivation to inspire my clients to WIN at being healthy I am always available for questions www.affirmationstosmile.com

Kristie Knights

FORGIVENESS

video here







Now, How About Forgiving Yourself?

Written by Kate Gardner
Editor of The Missing Piece Magazine



Finding our true purpose for our human existence is quite a journey. The things you have to do along that journey can really awaken your soul and help you move forward to aligning with your true higher self, which then puts you in line with your true source of creation. One of the first stages to this higher self is forgiveness.

We live in an orderly universe where things are designed to happen; your life experiences—the things that have happened to you—were designed to happen to you in order to make you who you are today. Remember, you were not the one with the problem, and you are about to change your life for the BETTER. In contrast, those who have hurt you in the past will most likely still be stuck in a rut and never move forward. It is up to you to forgive all of those who have hurt you in the past, and to forgive yourself for all the times you blamed yourself for what happened.

Just by forgiving negative people from your current or past reality will eliminate the negative feelings that you have carried around for years against those who have hurt you. It will set you free and you will feel like a ton weight has been lifted from your shoulders, allowing you to move forward from all that is keeping you trapped in victim mode.

When I wrote all of my forgiveness letters on my journey, I will admit to you that I did feel crap at the time of writing the letters. I also did feel very emotional. However, by the end of the day, an overwhelming calm effect came over me and I felt so much more at ease with myself. I also noticed that I was so much more relaxed about talking about my past experiences too; this is because I have now forgiven these people and moved on.

Most importantly, I have forgiven myself!

So, Now, How About YOU Forgive Yourself?







TIM JOHNSON

FORGIVENESS CAN BE A MESSY SUBJECT

Written by Tim Johnson
Writer for The Missing Piece Magazine

Forgiveness can be a messy subject, as there are a lots of “shoulds” in this area.

Time honoured teaching tells us that we should “forgive us our trespasses as we forgive those who trespass against us”

But why should we forgive people who have done wrong? For many there are two key issues that feel uncomfortable: Firstly letting people off the hook, it feels that if we forgive them, then they’ll be getting away with what they’ve done and secondly if we do so we’ll appear to be weak.



FORGIVENESS

But why should we forgive people who have done wrong? For many there are two key issues that feel uncomfortable: Firstly letting people off the hook, it feels that if we forgive them, then they'll be getting away with what they've done and secondly if we do so we'll appear to be weak.

I'll address those two issues in a moment, but before I do let's look at why it is worth forgiving someone. Again there are two core reasons: Firstly it allows you to move on, as being consumed in self-righteous.

indignation is not overly helpful for you or those around you. Secondly it allows you to learn from the situation, the parts you may have played, the early warning signs, and how you might do things a little differently next time.

The flipside to forgiveness is resentment. The best way I've heard resentment described is setting yourself on fire and expecting the other person to get burnt. When you look at it this way the futility of holding onto to the red hot coal of anger becomes apparent: It has no effect on the other person and only makes your life painful. Now you could exercise revenge, but that normally simply polarises and intensifies the issue and as Ghandi once said "an eye for an eye, makes the world go blind."

What people have done they have done, and if laws have been broken there is a system (however imperfect) to deal with that. But in order to move on you need to learn to come terms with what has happened, and it helps us to walk in the other persons metaphorical shoes. Try and understand what they must have been going through to behave in that way. How must have their world view been shaped or warped by their particular life experiences.

All of us have the same propensity for brilliance and darkness in equal measure, what we actually exhibit is not always as on demand as we would like. When we can start to give others a little compassion and understanding, then we are more able to give ourselves a little compassion and understanding. Often we are the harshest critics on the planet to ourselves, which in turn makes it easier for us to be critical and sharp with others, and what we sow we reap, what goes around comes around.

So how do you actually forgive someone? Just saying it doesn't really cut it does it? My take on it is see what can you be grateful for from the experience. Often we are resentful at times of loss, so to lose something we must have had some benefit in the first place, and later on you will have



TIM JOHNSON

It's not easy because in times of stress, or when we are triggered by similar events, it's supremely hard not to slip back into self-righteous indignation and rage. It's not weakness, because to overcome our instinctive tendencies for resentment, rage and revenge takes huge personal strength to wrestle with the intense emotions that flow through us and not to be victim or to the mercy of them.

It takes courage to feel those raw emotions and to embrace them and face them without judgement and fear. It takes bravery to own and accept your own emotions without acting out, or trying to suppress them.

To build this inner strength, bravery and courage we need to move beyond our minds. Because our minds will always manipulate the data to support our emotions, however warped the logic maybe to an impartial observer. It is this tendency of our minds to be selective in the way we view the "facts" that explains the polarisation in our politics, religions and communities.

FORGIVENESS CAN BE A MESSY SUBJECT

So how do we move beyond our minds to rationalise forgiveness and start to embody forgiveness?

First get into our bodies, breathe, connect with the different energy centres along our spines. When we do this we can rest with our emotions more easily. When we do this we can remember we are all the same at heart. And when we get to a heart centred understanding we can allow compassion and forgiveness to arrive.

When this fails, because the mind wants to overrule, it doesn't want to let go of its certainty in its self-righteous judgements, feel the pain and suffering that goes with it. Rinse and repeat as many times as you like, and simply observe the dynamic. The mind will never work this one out; it will keep you trapped in a loop.

In the meantime, channel this energy and frustration into productive areas for you. Even if it's "to show them", use that burning anger with focused direction of your choosing. Use it as a gift.

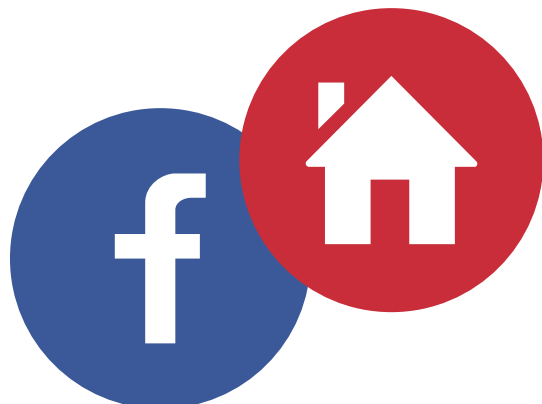
Finally, eventually, you'll be so tired and exhausted with battling with yourself in this way, you just might surrender to your whole body, let go, and let the compassion and forgiveness arise from deep within you – because it is there all the time!

Written by Tim Johnson.

TIM JOHNSON

Tim's video

TIM JOHNSON





Written by Sarah Brink
Writer For The Missing Piece Magazine

FINDING INNER PEACE

- THE JOURNEY OF LETTING GO

My heart was pounding in my chest. I felt a burning sensation all the way down my sternum, as if I had just swallowed a glass of acid. I couldn't breathe yet alone utter a word. I just sat there listening to my friend Sue tell me that my husband had just spent the night with a woman he had met at a party we attended, hosted by an old friend of mine. I wondered how Sue knew about the infidelity or if she was just making assumptions. Any doubts were quickly erased when my friend told me that she actually saw the two of them together. I still didn't quite believe what she was telling me until her husband, who was apparently with them, confirmed this.

My body started to shake as my pores begin to trickle water onto my skin. How could he do this to me – to us? I knew exactly who this woman was. I remembered her face at the party and how she and her boyfriend ignored each other the whole evening. It suddenly dawned on me how my husband focused on her the whole evening, not giving me the time of day. In fact, he ardently encouraged me to catch up with people I had not seen in a while. Only now did I realize his motive was to get me out of the way to give him more space to ogle this woman. In hindsight, all the subtle signs were there I just didn't click.



FOR GIVE NESS

I felt devastated. My world had changed in an instant. I left my friend's house and somehow managed to drive my car home. I burst through the front door and start shouting: How fucking dare you! How could you do this? I'm going to destroy you and her. He climbed out of bed, completely shocked that I had managed to unravel his little secret so quickly, and just stood in the room, watching me throw my toys out the cot like a two year old. I had such overwhelming feelings of anger and rage – I just wanted to hit something or someone. My heart continued to pound violently in my chest. I felt faint and nauseous at the same time. My emotions were in turmoil. Finally I collapsed on the floor sobbing my heart out.

I was completely bereft, as if I had lost everything I held dear. I had spent seven years of my life trying to work on a relationship that I thought had potential, albeit difficult at times. And here I was at this moment, rewarded for my efforts with the pain of betrayal. Not only had I wasted so much of my life. I felt completely out of touch, out of control and alienated. Yet, my self-worth ignited in me a passion to seek revenge. I wanted them to feel the devastation I was feeling.

The next day, I confronted 'the other woman' at her work, in front of all her work colleagues. It wasn't difficult as she was a shop assistant.

She tried her utmost to get me out of the shop and calm me down, but I was so mad that at that point I didn't care who heard me or what I even looked like as I practically pounced on her. Of course at first she denied the indiscretion, like most adulterers do, but denial was soon followed by the truth, probably just to shut me up because the more she denied it the louder I became. I left the shop feeling good about confronting her, but was still shaking and enraged. I wanted them to feel the pain that I was feeling. I vowed never to forgive her or my cheating husband.

I spent the next few weeks agonizing about my inner pain. Any words that my cheating husband uttered to try and rectify the situation just sounded to me like a crock of lies. The trust was broken and the relationship would never be the same again. I spent days and nights wallowing in my own self-pity and anger, going over every inch of information I had and poisoning it with my mind even further. I was exhausted, poisoned, drained and at an all-time low.

Months later, as if by some miraculous intervention, I watched my husband come and go as if nothing was affecting him. He was laughing and joking and carrying on with life as if my pain and my anger had no effect on him. As if in slow motion – it dawned on me, that what I am feeling towards him could only be felt by me. The only person suffering was me. I am the only one who can feel the deep gut wrenching emotional pain. He was totally oblivious and no matter what I did he would never feel what I was feeling. I needed to be compassionate to myself, not take responsibility for someone else's mistakes.



By Sarah Brink



FOR GIVE NESS

My aim to seek retribution was actually causing me to suffer more pain. The guilty parties believed their actions were easily pardoned.

The tremendous shock of the betrayal has left me in limbo. I was keeping myself in this prison of anger and self-pity, oblivious of the fact that I was the only one who could break free from the mental and emotional incarceration. My plan to make them also experience the misery of infidelity had actually back-fired. This upset me and I spent the next two days balling my eyes out, wondering why I would do that to myself. How could I be so stupid to think that what I was feeling inside could actually be felt by others?

It was then, that I decided to release myself from the shackles of dark emotional pain by forgiving myself, my husband and his mistress. While I forgave them, I did not condone what they had done.

I confronted my husband about the situation. Not once did I say that it was okay to have done what he did, that I was okay with his behavior. My statement was simple. I just said, I forgive you – not for you, but for me. By taking this stance, I freed myself from any dark emotions that I was carrying and replaced it with love and gratitude of self. My self-talk remains my most fervent ally. I apologized to myself for causing so much pain to my mind and body. Adopting this self-disciplined attitude felt liberating. I was back in control. I was no longer a prisoner of my own drama. I was no longer a victim of my circumstances – I was finally free. I started doing things for me, which made me feel good and worthy and loved. I regained my confidence in life and myself as a person who deserves to be loved. I learned who I am, what I stand for and what I am prepared to tolerate. I give thanks for the lessons the circumstances taught me. Although my responses were preceded with thoughts and actions of revenge and to punish, deep inner self-worth prevailed that afforded me to do things for myself and it felt good.





THE MISSING PIECE
PUBLISHING
CONSULTING



BUILD YOUR PLATFORM THROUGH **BEST SELLERS**

> 100% Royalties

Want to earn 100% royalties on all the books you write? Put the money in your pocket not the publishers.

> Earn & Learn

Learn how one book can lead you to earning up to \$15,000 in your business before the book is even published!

> Platform

Learn how to sell your book the right way! Learn how to market your book to become a best seller!

LET'S START NOW!

If your book launch was suffering from lack of book sales, or your publisher has left you in the dark with zero marketing of your book and the thought makes you want to pull your hair out because they now expect MORE money on top of the \$\$ you paid them already, then you are in the right place.

Click Here For More Details ----->



www.ayearofchange.com



STOP AND SMELL THE FLOWERS

WRITTEN BY PAM ROBERTSON

I forgive people for slights and misdemeanors, but I find it much harder to forgive myself. I can quite easily shift to bad mouthing myself...at least until my inside voice kicks in and tells me to knock it off.

Couldn't I have done that better? Why did I do that? Oh geez, I should not have done that. Egad (or some other, equally helpful four letter word), what was I thinking?!

From time to time, I still need that inner voice to kick in, and jolt me out of my ruminating. I'm not surprised when it is the voice of my Dad, saying,

"Bullocks" or something equally sharp to jolt me awake.

Forgiveness ought to be human nature, but when it comes to things that I have done myself, it's like I have to chip that thing out of my bones to get it to move. Yup, that's just how it is, even though the logical part of me says "move forward," and that actively forgiving myself is good for my mental and physical health.

(We do tend to rebel a little when we know something is good for us, right? Or is that just me?)

I've done some things I wasn't very proud of, and it wasn't just that they impacted me, but they also impacted my children.

My daughter, who is now a mum herself, is determined to live in one city to raise my granddaughter. We moved frequently when my kids were young, and my daughter wants to make sure that my granddaughter is able to form tight, strong bonds that include childhood friends, her community, and family. Yes, my roving life was not that easy on them. I come from a long line of rovers.

My dad packed up his bag to move to Canada from England when he was in his mid-twenties. He had some wild adventures as he learned first hand about polar bears while he worked in the far north, and what it really meant to be working off the side of a mountain in the Rockies. But it was his experiences as a young boy, growing up in England, that had the greatest impact on him.

Dad was six years old when World War II started. He has retained very sharp, clear memories of that time. He has great clarity about his own dad being “called up;” making a game of picking up pieces of shrapnel in the gutters with his pals; and, standing with his sister counting 400 bombers overhead before they dashed into a bomb shelter during the Blitz. Dad’s family moved several times during the war, partly to be close to where his dad was stationed and then reassigned, and partly to stay safe.

As an adult, Dad has done extensive research on that war, including watching documentaries and reading stories about every aspect of it, from personal journals and memoirs, to historical texts. As a perpetual student, he has also studied Wayne Dyer and other spiritual thinkers, which has helped him to study the past, understand the present, and celebrate the



WRITTEN BY PAM ROBERTSON

moment he lives in. I see Dad’s contentment in the present when he does things like prepare a meal for himself and my mum, tends the dahlias that bloom in his garden, or has a visit with his family.

I haven’t got it all figured out, but I know that holding on to burdens strips us of our power, and decreases our tenacity in addition to the negative effects on our physical health. Forgiveness lightens the load, and as a result we are healthier, happier people. I know that standing on a cliff overlooking the ocean and forgiving myself for things I could have done better has helped me to be a better

person. I am content to see my children reaching their goals and dreams, and creating their lives the way they want them to be. Forgiveness means we can make a great contribution to our families, just as my dad has done, and like I try to do.

Written by Pam Robertson

“Forgiveness is the fragrance that the violet sheds on the heel that has crushed it.”

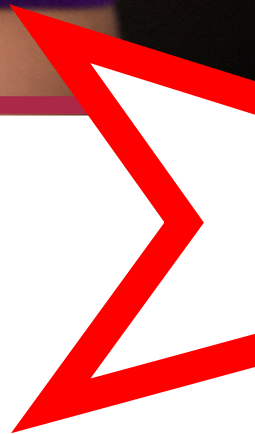
-Mark Twain



ASK KATY

DO YOU HAVE THAT ONE BURING QUESTION?

PSYCHIC COACH FOR THE MISSING PIECE MAGAZINE



*Ask
Katy*

Dear Katy,

How do I find my purpose when it keeps evading me? I know that I have one, I just don't know what it is.

Thank you.

Gwen

HAVE A QUESTION? SEND

*Katy
Says*

Dear Gaila,

Thanks so much for your question. This is the kind of thing that resonates with so many people. Whether it's a car or some other item or even a place, those of us who are aware of energy and the extent to which it affects us, know what it's like to have concerns about its possible negative impact. It's a very important question.

Almost anything can be cleared and neutralized. You can make some changes so that you really feel like the car is yours. You can also do a clearing ritual which involves using sage, salt, or sound bowls. It also might include sitting inside the car with the intention of clearing the space and preparing it for its new life. These are all important things to do whether you are buying a new house, a new car or purchasing a used item. No matter what the energy is within the item, new life calls for a ritual into new beginnings. So, if we are looking at it strictly from an energetic standpoint, yes you can clear the car for sure.

You have also asked if it is ok for you to have/drive this particular car, and I'd like to spend a minute on what ownership of this car might do inside of you. Your answers about this car reside less in the energy around you and more about what happens within you when you engage with something to which you might have a negative connection. For example, if you have a hard time seeing the car as being yours or if you feel uncomfortable or sad when you are in it, these are the important energies on which to focus your awareness rather than having your attention diverted to the fact that it used to be his car. This uncomfortable energy inside you is the energy that has the potential to drag you down. But if you have faith in your ability to consciously see this as a temporary vehicle that will literally and symbolically be your method of getting from here to your next big stop, then by all means, grab the sage and ride off into the sunset!

*Ask
Katy*



Dear Katy,

How do I find my purpose when it keeps evading me? I know that I have one, I just don't know what it is.

Thank you.

Gwen

*Katy
Says*

Dear Gwen,

One of the great myths of life and major tricks of the ego is the belief that we aren't living our purpose already. I can clearly see that you are a light leader, which can feel like both a blessing and a curse. You know in all of your being that you are here to do huge things, and yet often experience deflation and frustration because you believe you are unable to fully express your gifts. You feel your purpose deeply inside yourself and you have moments when you feel fully expressed. In these moments you are lit up, free, and alive and it's the perfect validation that you are here for a big reason. You can feel it! On the other hand, you also experience frustration which leads to an internal dialogue that says, "I've got to get out there, I've got to make a difference, I've got to find my platform to love from!"

When you know without question that each moment calls forth the expression of your purpose, you start to feel the magic of it rather than the absence of it. Whether or not you acknowledge that each and every moment calls you into connection with others through love, compassion and connection, whether or not you always trust where you are led, know that you are living your purpose. You have clearly followed your intuition through much of your life. Because it hasn't yielded the results you would have wanted i.e., feeling like you hit your target of feeling 'on purpose' and perhaps even making a comfortable living from your essence, you decided that you haven't been on the path to your purpose and must redirect. In truth, you have been on your purpose path all along. Your intuition has guided you to places where you could refine your gifts as well as impact others in your very special way.

When you feel like something is evading you, you have fallen under the hypnotic power of the ego. Remember the beautiful Rumi quote, "What you are seeking is also seeking you." You continue to seek your purpose when all the while your purpose lives in every moment that you are fully awake to how gifted, impactful and loving you are. This awakening to your precious gifts is what is seeking you, and it already resides in you. The more consistently you can live from this place of knowing, the more you will be guided into greater opportunities for your purpose to be expressed.

HAVE A QUESTION? SEND YOUR QUESTION





ASK KATY

DO YOU HAVE THAT ONE BURING QUESTION?

PSYCHIC COACH FOR THE MISSING PIECE MAGAZINE



OVERCOMING BETRAYAL AND FORGIVENESS

Written by Judy Van Niekerk

Forgiveness is such a misunderstood concept in our society today.

Forgiveness is a journey, a natural by product of healing. A journey that involves so many twists, turns, dead ends and false horizons. With each dead end bringing with it a sense of going deeper into the abyss, and each false horizon a pain and frustration so consuming it threatens to overwhelm you.

Yet, one day, you wake up, wipe the sleep from your eyes, and something is different. You don't know what it is, but all of a sudden you see colour, vibrancy and there is a light at the end of the tunnel that shows a clear and real horizon.

You have a feeling of inner peace, a connectedness that had been lost for so long, that feels so good to have back and there is hope, faith and excitement for what the future will hold.



Then a situation arises that makes you confront your source of betrayal, whatever form that took, be it abuse, loss, disease, violence - that you realise you feel so different towards it.

You have an ability to let it go. You realise that the person or situation does not have the same hold on you. Not for their sake, but for you, for the sake of your life and your own destiny.

It is then you realise you have forgiven!

Forgiveness does not mean to condone, it is not a judgment on the other person or situation - but a release of their hold on you. This was my experience when a few years ago, I was told by the police Detective that my father, who was serving 54 years in prison, was dying.

The memories of the years of pain, torment, fear and anguish washed over me like a tsunami but I didn't drown under them, instead I intuitively knew what I must do. Living in South Africa at the time, I got the next flight to Dublin, and I went to see my father in the hospice where he had been transferred to.

It was the hardest, yet easiest thing I have ever done, walk into a room alone and face a man - who had imprisoned me for almost two decades whilst violently and daily raping me, shooting me, making me pregnant several times and conducting brutal home abortions - whilst I was isolated from society, denied schooling or any form of human interaction.

There I was face to face with the man, my father, the press had labeled evil after the court hearing.

I saw a wasted man, consumed by his own agony, still completely oblivious of the harm he brought to me as he continued to be able to right say it to himself and to me, still completely so self absorbed in his last days, I felt an overwhelming sense of gratitude.

Gratitude that I was able to break away from him, gratitude for everything I had achieved in my life, gratitude for all I had in my life and the life I was yet to live, gratitude that my path was so different to his and finally gratitude for the life he had given me for without it, I surely would not be living the life I have.



With that gratitude came an ability for me to say, thank you Dad for everything, I love you.

That was when I truly understood forgiveness.

It was not for me to judge my father's journey in this life. Each one of us has our own path to walk. The experiences we encounter on that journey are skills, tools and even gifts that we need to fulfil that journey; and that day, I saw my father, a lonely middle aged man, having been a part of the gift of my life.

I did not need nor did I expect an apology from him, and when you think about it, if I genuinely believed that what he did for me was a gift, then what would he have to apologise for?

As you read this you may be at a very very different part of your journey towards healing, and you may find what I say so incredulous, unbelievable even or even tempted to label me with Stockholm Syndrome, just know that what you are feeling right now - is completely normal and totally understandable.

During some of the dark times on my own healing journey, when I read articles like this, I went out of my mind, I could not comprehend it. But as my journey continued, reading about others experience not only gave me hope, but helped me contextualise my confused web of feelings and emotions.

Although I forgive my father for all he did, I did report him to the police and it was the first ever case of it's kind in Europe to have been held out of camera, free for the press to report. In his summation the Judge said it was the worst case of child abuse he had ever heard and sentenced my father to 54 years. The incidence of women and girls reporting sexual crimes went up 75% in Ireland at the time.

Forgiveness does not mean we condone, and does not prohibit us from taking action against those that had wronged us - for this is what is necessary in the mortal realm of society. But in the spiritual realm, forgiveness and gratitude is the food and nourishment for our soul.

Written by Judy van Niekerk
www.JudyVanNiekerk.com



YOU CAN DO IT

*Make
it Real!*

THE MISSING PIECE
MAGAZINE



Ruth-Anne Penner

5 Ways Exercise Can Improve Your Sex Life

By Ruth-Anne Penner
Transformational Health
and Lifestyle Coach for
The Missing Piece Magazine

Since February is the month of Valentine's Day we might as well talk about the benefits that exercise has on your romantic relationships. It's quite common to hear the reason why single people hit the gym is to sculpt a physique to attract the opposite sex. It's even joked about how after marriage people 'let themselves go' so to speak, because they no longer need to attract the opposite sex. However, exercise plays more than a positive roll in your physique; it plays a positive roll in enhancing your overall relationship. Here are just a few ways exercise can improve your love life.

1. Helps 'Mr. Happy' Stay Happy Longer

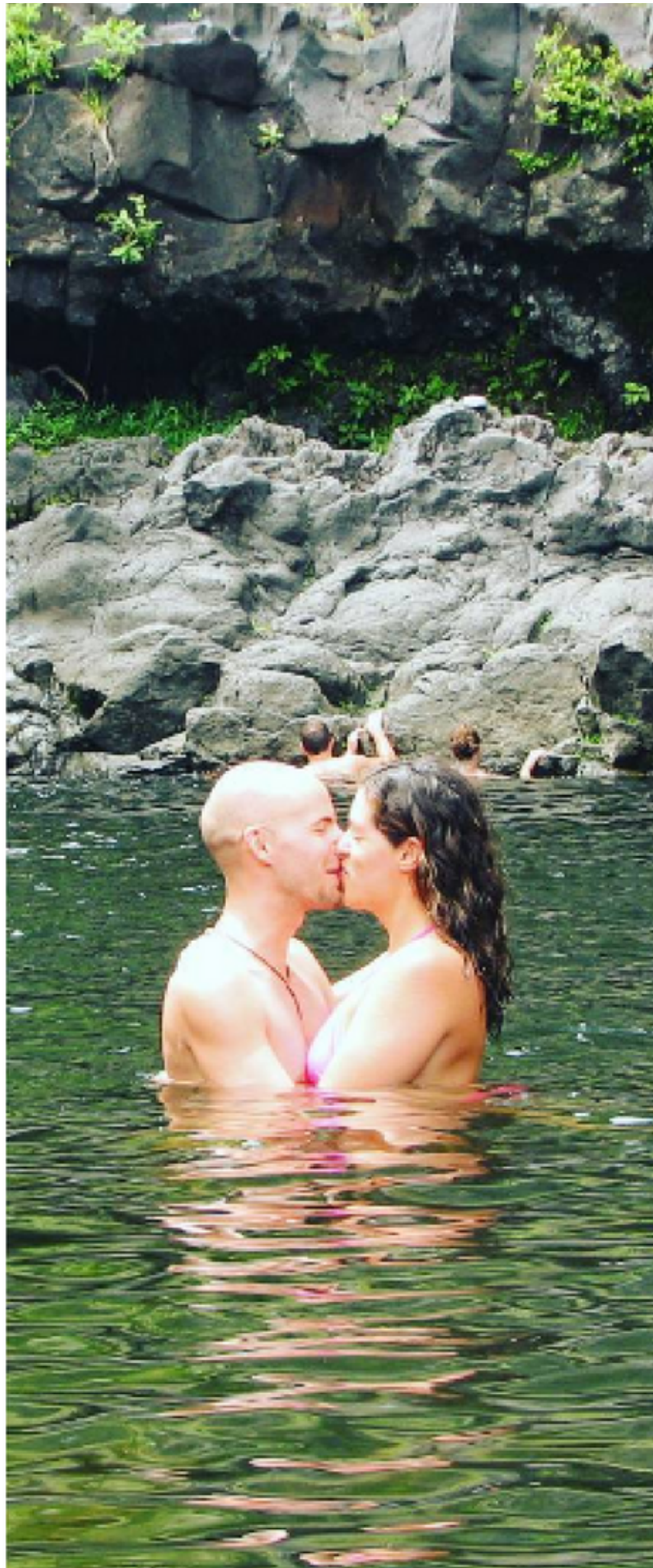
As we all know aerobic activity, also known as cardiovascular activity improves circulation of blood throughout the body...everywhere, including, you know where. Yes. There was an actual study done on this. Subjects participated in moderate level aerobic activity for 30 minutes, 3x/week for four weeks. These brave subjects showed an average improvement of 12% in the length of time an erection can be maintained. If you are a male over the age of 50 you might find that fact interesting...I still can't get over the research student with the stop watch.

2. Helps 'Mrs. Happy' Get Into the Mood

Resistance training has been shown to increase the sex hormone testosterone in males by 30%. Now, I thought we were talking about the Mrs. Interestingly enough, the same hormone has shown also to increase by 9% in females. Although this increase might not be as significant in the women when compared to the men, it was enough to report an increase in their libido & sex drive.

3. Helps Her Feel Good About Herself

Both male and female subjects were given a self esteem survey after participating in moderate level aerobic activity, 3x/week for four weeks. Although the men reported an improvement in self esteem their scores did not increase as significantly as the women. When asked questions relating to self esteem, the women showed up to 45% increase in self esteem. When the wife feels good about herself, she is more likely to respond positively towards her husband.





4. Helps Him Find Her More Attractive.

It is important for the man to be physically attracted to their mate. Often men can't really describe why they would feel more attracted towards their mate more one day as opposed to another. We re-visit one of the physical benefits of yoga and resistance training has on posture, a person looks confident when they sit & stand taller. Looking back at point number three, when a woman feels good about herself she appears confident. Confidence is beauty. Even though this woman is the same woman he married years ago, this confidence makes her more attractive to her man.

5. Helps Them Find Activities They Can Share Together

According to author Willard Harley in his book *His Needs, Her Needs*, one of the top 5 needs of a man is recreational companionship. Men and women bond differently. Women bond through interaction & conversation, while men bond through shared interests & activities. When women share activities with their spouse it makes the man feel closer & more likely to open up in conversation with her. What greater way to share recreational companionship through physical activity and exercise.

Now I come from the school of thought that couples should be celebrating their love for one another every day, but just in case you need an excuse Happy Valentine's Day.

As a health coach my mission and purpose is to inspire lifelong positive changes for those who desire a transformation in health and life. If you like to speak with me for a FREE one-on-one session please take a few minutes to Schedule Your Consultation



AT ALL

C O S T

YOU MUST

L O V E

— WHAT YOU DO —

THE MISSING PIECE MAGAZINE

COMING UP IN ISSUE 3

In issue 3 of The Missing Piece Magazine, we will be focusing on the subject self-love. The team will be sharing amazing insight and providing powerful coaching tools to help you increase your levels of self-love and appreciate yourself more.



EXCLUSIVE INTERVIEW WITH TABITHA JESTER



WHY WAS GREAT

Written By P...

In the Summer my first official joy for most t...

My sleep became eventually over superficial ch... that I was over the pain and t... Boy, was I ever bottom and m... with major cl... worst feelings...

THE MISSING PIECE



In Loving Memory of



David Marcus Cinley





FIND US ON FACEBOOK

