



We are not only responsible for our actions, we are also responsible for our INACTIONS that are keeping us small and affecting our energy levels. The action many people neglect, the one that is affecting their health, is letting go, forgiving, or saying “I’m sorry” for harms committed to ourselves or someone else.

If we only knew the real price we were paying in our lives – and in our bodies – for holding on to the past, we would forgive instantly. If only we felt the instant physical pain of not forgiving, we would let go of the past instantly. Not forgiving is like holding onto a burning hot coal; the only difference is you will not feel the immediate physical pain of the burn. Instead, you experience a slow burn of emotional pain, unhappiness, un-fulfillment, and a lower quality of life. When you hold onto a grudge, you don’t feel the pain like you would if your big brother were twisting your arm until you say “uncle.” Some people say “uncle” to life when all they really needed to do is say, “I am sorry” or “I forgive you.”

The worst thing about not letting go is that most people will never connect the dots as to why their life is dismal and always in friction. So I am here to tell you: If you have a resentment . . . let it go. If you are holding onto a grudge . . . let it go. If you are angry at someone . . . let it go. If you harmed someone . . . say you are sorry. If you are attached to your ego . . . let it go. If you are attached to an outcome . . . let it go. If you feel someone has wronged you, forgive them, no matter how big or small the harm was, especially if it was yourself.

If you do not take action to fully forgive and be forgiven, then you miss living life at its fullest. True success, abundance, freedom, optimal health and the ability to thrive will be forever elusive. Not letting go means holding onto something that is not even happening; it is not in the

now, and the only thing that matters is RIGHT NOW! Your "NOW" is dramatically affected by not letting go of anger and resentments or lower frequency feelings from the past. This is proven through science. Grudges and resentments keep people in mental and energetic prisons and they will never feel free unless they liberate themselves by letting go. Would you not want to be forgiven if you did something wrong? When you forgive and let go completely, your brain, heart and body will thank you for it in the form of less stress, clearer thinking, fewer aches and pains, reduction in illnesses, more clarity, better income and much, much more. Who doesn't want to feel liberated and free so you can ascend to higher energetic level and health, feeling, being and consciousness? This is where true meaning and happiness live.

Ian Hart is a Body-Mind Transformation expert, the creator of EarthFIT Training Systems, co-creator of Back Pain Relief4Life, and founder of beaufortpersonaltrainer.com and MyBackPainCoach.com. Ian and his team help people get into optimal shape in the safest, fastest and most effective way possible, using cutting edge science.