

# The Truth About Forgiveness

*The 8 Myths and Why Doing This One Thing Changes Everything!*



*Presented By Marcy, The HeartShift Coach®*

# Introduction

---



I believe that if you're here, it is because you have unresolved issues with a person or event that is energetically preventing you from moving forward in your life.

In fact, as long as it still has power over you and controls any of your choices, not only is it preventing you from moving forward, it is keeping you stuck in your past.

Being stuck in your past prevents you from creating new life, new relationships, new successes and even new dreams.

- Have you felt that?
- Have you been feeling stuck?
- Do you find yourself rehashing the conversation or event that remains unresolved over and over again in your mind?
- Have you noticed that when you are in that rehashing mode how it depletes your energy?

***This is because it requires an endless amount of energy to keep something alive that is essentially already dead. The past is over, it is finished, its energy is dead.***

Feeding this energy is like expecting a dead horse to get up and take you for a ride. It **cannot** and **will not** take you anywhere but to a meal filled with misery, frustration, emptiness and unfulfilment!

So why do you stay stuck in a place where there is no chance of getting the resolve you want and need?

---

You stay stuck because you have not been taught how to forgive in a way that allows you to actually transform all of that stuck energy into energy that will help you to create what it really is you want.

***What you need to know is that you're not alone.***

Many, many people have been told that they must forgive or else...but few have actually been taught how to do it so that it will stick.

That's why you're in the right place at the right time and the information you need to get started is right here for you.

What I want you to get out of our time together today is a greater understanding of what you can do to heal and move on from the past, claim your present(s) and create a path for your future to unfold in a way that will give you the opportunity to live as you were meant to...happy, healthy and whole.

***Forgiveness is that gateway to your better life.***

It will help you to reclaim what has been lost to you and allow you to once again have access to and utilize the energy that had once been trapped but is now free to become the manifestations of your heart.

*What can you do to get this process started right now?*

Take some time to explore what beliefs or myths about Forgiveness that you have, that have been blocking your way, preventing you from Letting Go once and for all.

Do some myth busting on the following pages and start to entertain some new possibilities for yourself as you expand your understanding and give yourself permission to live a different happier and healthier life.

# Myths vs. Truths

## *Myth #1*

***You need to forget the incident or condone the incident or excuse the incident or pretend that it never happened to really forgive!***

TRUTH: NO, you don't. Actually, none of the above. Forgiveness is an act of Self Love.

It is reclaiming the parts of yourself that were lost in the event. This is an act of the heart, not of the mind.

Forgiving is about transforming the energy, not about trying to forget about what happened. You will be amazed...Forgive and forgetting will happen on its own!

## *Myth #2*

***If you forgive you are giving permission for the offenses to continue***

TRUTH: NO you aren't. The act against you can never be condoned and you are preventing it from happening again only if you Let Go of the energy.

Remember, energy has a boomerang effect!

If you stay in that energy, it will come back to bite you again and again!

If you Let it Go, it will be transformed!

---

***Myth #3***  
***True forgiveness requires reconciliation.***

**TRUTH:** You can always decide if it is for your highest good to reconcile or not, but Forgiveness does not require reconciliation to be carried out.

You must never put yourself in a potentially harmful position, nor are you ever to sacrifice your well-being to make another feel better.

Remember, self love is key here!

***Myth #4***  
***You can say you forgive, not really mean it and eventually the issue will just go away***

**TRUTH:** Just like everything else in the universe, there is a specific energy frequency of unresolved issues requiring forgiveness.

This particular energy, which is old and sluggish and dead-like can only attract more energy just like itself to you.

As a result, you will continually experience these very same issues over and over again!

---

### *Myth #5*

#### ***True forgiveness is impossible you just have to learn to live with it.***

TRUTH: True forgiveness is very possible when you know how to do it and have the tools to finish the job and see it through!

In fact, you can never really live freely, have the kind of intimate, committed relationships and enjoy all of the successes and joys of life when this unresolved energy is occupying your heart.

A HeartShift resolves all of that. Let it be your goal. Let it be your intention!

### *Myth #6*

#### ***Once you decide to forgive, it will be forever. You'll never have to do it again.***

TRUTH: Life is full of opportunities to exercise your Forgiveness muscles but like anything else, the more you practice it, the easier it will become for you.

In fact, you will get so good at it that you will find that you are very uncomfortable until you do what is necessary to allow you to Let Go.

You are meant to Let Go of the things that keep you separate from living your best life ever.

Let it become a natural part of your life and remain free from the ill effects that not forgiving creates.

---

## *Myth #7*

### **True forgiveness requires a 2-way street**

TRUTH: Forgiveness is **about you...only you**. The other person may not even know that they have done something that you feel is in need of forgiveness.

In other words, you may be the only one who is harboring any ill feelings!

They could and very well may be off busy living their life as if nothing ever happened between you or not even caring. This does happen!

Forgive without permission to Forgive. Forgive without needing the approval or participation of the other party. Remember, Forgiveness is an act of Self Love, created by a HeartShift that changes how you see things.

## *Myth #8*

### **People will think that you are 'fickle' if you Forgive someone who has harmed you**

TRUTH: The answer is: Who knows and who cares?

Actually, anyone who really cares about you will want you and will encourage you to Forgive so that you can move on and release the burden of the weight of the unresolved energy you have been carrying.

Speaking from experience, it is very painful to watch someone you love tormented by unresolved issues with others.

---

***Myth #9***  
***You will be punished if you don't forgive***

TRUTH: This is both true and false. Not forgiving feels like you are being punished because it robs you of your happiness so in that sense, you are punished.

Robbing you of your happiness is punishment enough but that it comes from within you is another form of punishment as well, as it is an attack upon oneself!

No form of punishment ever can come from another source. It's you who lets it in and feeds it to stay alive. Your Source loves you unconditionally and punishment is never and can never be a part of that love.

***Myth #10***  
***Forgiveness is painful business***

TRUTH: *Not Forgiving* is the most painful business you will ever experience.

And that's because you will watch your life just roll on by without you ever being able to be fully present in it.

You won't begin to experience all of its fun and excitement and joy and wonder because the energy that is needed to create those things in your life is tied up in not forgiving...feeding Misery, the motionless horse at your feet.

## ***The Forgiveness Process***

*Will you cry during the process?  
You might. I'll hold your heart.*

*Will you maybe want to stamp your feet, shout or pound your fists?  
You may. I'll comfort you with my words.*

*Will you want to just forget about the whole thing and do something else?  
Maybe but, I'll remind you how important it is and ask  
how has that worked for you so far?*

*Will you know how to create the HeartShift that you need  
to change how you see things?*

Yes, your heart will guide you and if you are unsure, I'll be here to teach you if you  
need reminding or help too!

When you realize what not Forgiving is costing you, you will see that there is no  
other alternative if you want to live like a free person, abundant and happy and  
healthy and able to consciously manifest your life long dreams!

Forgiveness will do that for you.

So break out of your prison and join the living! It's a beautiful life in here!

Here's to your Forgiving yourself free!

*Marcy, The HeartShift Coach  
**Shift** your Heart, **Shift** your Thoughts, **Shift** your Life!*

# About Marcy

**Marcy Neumann, The HeartShift Coach®**



Registered Nurse  
Ordained Spiritual Minister  
Reiki Master  
Certified Hypnotist  
Energy Healer  
LOA Life Coach  
CellpH Love Reiki Master/Teacher

My background is pretty unique. I'm a healer by nature, so I became a registered nurse and early in my training, I also began to realize that there was more to complete and total healing and recovery than just the science-based conventional medical side.

So in addition to my nursing studies, I also trained with world renowned Rev. Edith Wendling and was ordained as a Spiritualist Minister. In doing so, I was able to create a bridge and close the gap between conventional medical, scientific healing and spiritual, natural energy healing that enhanced my patients well-being and caused my patients to thrive.

For over 40 years, I have integrated energy healing principles and programs with medical needs and was instrumental in creating Reiki programs for mainstream medical facilities such as Hospice of Long Island, the Northshore/LIJ Hospital system, as well as numerous other facilities and organizations countrywide.

In addition, as a Reiki Master on multiple levels and Certified Hypnotist specializing in Regression Therapy, I took my calling as a healer even further.

In a natural progression towards helping and healing others, I recognized the need for physical, experiential tools and products as well as teaching and guidance through self-help programs.

I created award winning spiritual and personal development products, customized programs and educational materials based on the 'Law of Attraction' principles. My unique perspectives and adaptation of the 'Law of Attraction' has made my coaching services sought after for both private and corporate sectors in creating personal and professional success.

---

**Let's keep in touch! Here's all my contact information. I'd love it if you would be a part of my social media circles. I'm always spreading the message of Self Love with free teleclasses, ebooks, interviews and more**

WEBSITE: [www.heartshiftcoach.com](http://www.heartshiftcoach.com)  
EMAIL: [mail@heartshiftcoach.com](mailto:mail@heartshiftcoach.com)



FACEBOOK: [www.facebook.com/HeartShiftCoach](https://www.facebook.com/HeartShiftCoach)

TWITTER: [www.twitter.com/MarcyHeartlites](https://www.twitter.com/MarcyHeartlites)

*2015 Marcy Neumann ©Copyrighted and ®Registered and ™Trademarked materials*

*CELLpH Love, CELLpH Reiki and The HeartShift Coach are registered trademarks of Marcy Neumann. Their use is strictly prohibited for personal or commercial gain.*

*No part of this publication may be reproduced or transmitted in any form or by any means, mechanical or electronic, including photocopying and recording, or by any information storage and retrieval system, without permission in writing from Marcy Neumann.*

*In addition, no part may be copied, changed in any format, sold, or used in any way other than outlined by the Marcy Neumann. Request for permission to reproduce all or part or for further information send an email to: [mail@heartshiftcoach.com](mailto:mail@heartshiftcoach.com)*

*The Truth About Forgiveness*