

A close-up photograph of several light pink flowers, possibly lilies, with soft, layered petals. The background is a blurred, light greenish-grey. The word "Forgiveness" is written in a black, elegant cursive font on the right side of the central flower.

Forgiveness

Sometimes forgiving

can be hard



Sometimes something simply

seems unforgivable

It might help to remember

to forgive is not to condone



to forgive doesn't mean


to say that was o.k.

think of it this way

carrying all that anger
and resentment around
is a burden on you

Couldn't you do something,

better with all that energy?

A background image featuring several large, soft-focus pink flowers with bright yellow centers. The flowers are set against a light green, slightly blurred background of foliage. The overall aesthetic is gentle and romantic.

Maybe you could start by saying

maybe someday I can forgive

Try saying that to yourself

once a day for a while

Create a little space

for possibility.

then someday that

someday may come.

and you will feel

a lot lighter