

onHealth

Forgiveness Is a Super Healer

By Julia Chiappetta



If you have read any of my columns, you know that I believe in fueling our bodies with organic superfoods and clean water and nutrients. But what about our emotional side, inside our hearts, minds and souls? How does that relate to a physical healing platform, and is it important?

The answer is a resounding yes.

By unblocking the negative emotions and anger that most of us carry in some form or other, we open our bodies, our vessels, up to feeling that peace beyond understanding because that is when God can truly touch us.

As an advocate for women with breast

cancer, when speaking with those who have been newly diagnosed or are in maintenance, more often than not negative and angry feelings come to the surface—statements like “Why me?” or hurts or traumas from the past.

I myself had to deal with these issues. So as I began my detox, I had to detox out negative thoughts, hurt, and people from past experiences. By forgiving myself I felt released; it brought with it an overwhelming sense of calm and clarity that helped me pursue my healing platform with vigor and confidence. I believe also that this cathartic experience of releasing the negativity led me to a quicker response to wellness and complemented in a profound way the dietary and other lifestyle choices I had implemented.

So my wheat grass became super-charged by the love, joy and peace in my heart.

Healing platforms are a circle of balance where

the sphere includes diet lifestyle, fitness, education, forgiveness and prayer or meditation. If we are praying or meditating about healing but our hearts are hard or clogged with gunk, the healing has no pathway to make its way in. Harboring bitterness and anger can only hinder healing.

So my journey began with detoxing the junk out of my body by doing a seven-day juice cleanse, but alongside of that I spent hours in prayer seeking help from God to cleanse my heart and mind of all of the things in my so called true-life resume that had affected and influenced me along my journey.

It was difficult enough handling the cancer diagnosis, but as I began to uncover the layers of what healing truly looks like, the focus had to be from the inside out. So I began by unpacking my suitcase of burdens. The first step was forgiving myself for the bad choices I had made that brought

me despair and anguish and then, one by one, I began to forgive those who had hurt me deeply. That act of forgiveness opened me up, and from it sprang clean water to wash away the pain, anger and unforgiveness once buried deep in my soul.

Give it a try along with adding something nutritious and green to your diet—and I don't mean green M&M's, ha-ha. It's a daily reminder and process, just like the supplements and food we take in, to release the unforgiveness and anger that fuels it.

As always, be grateful for the gift of one day, the body that you have, the clothes on your back, the roof over your head, and your ability to bring a tender touch, mercy and joy to someone else.

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