

# POSITRUTH

*I am an eternal being, filled with an infinite capacity. My ability to forgive is boundless. My desire to forgive is absolute.*

*To cling to resentment is to voluntarily wear its heavy shackles. No one can force me to wear these. I am free, unfettered, and empowered to go forth with a light heart.*

*I am in command of the perfect clemency of my heart.*

*The past does not matter. As I walk forward with understanding, the chains of resentment fall to the earth. The burden of judgment is not mine to bear. I free my heart of it. I am light.*

*I forgive any and all who have wronged me. My soul shines with the clean newness of absolution, which gives room for an abundance of blessings to flow into me forever.*

## AFFIRMATION NOTES:

This affirmation is part of a small series of affirmations related to our innate infinite capacities. The focus of this series is the eternal nature of our being, and the power that comes from that nature.

There is a great power in understand who we truly are. These affirmations will speak to your soul, and your soul will confirm that they are true. You truly are a being of infinite and eternal nature. Use these affirmations to bring that truth into your daily life.

We all have wants and needs. To bring those things into our lives, we can use daily affirmations, which encourage our minds and souls to look toward the blessings of existence, and the opportunities of life. It is our hope that you will use the positive and energetic statements of truth on this website, including these affirmations, to unlock the power that is within your soul.