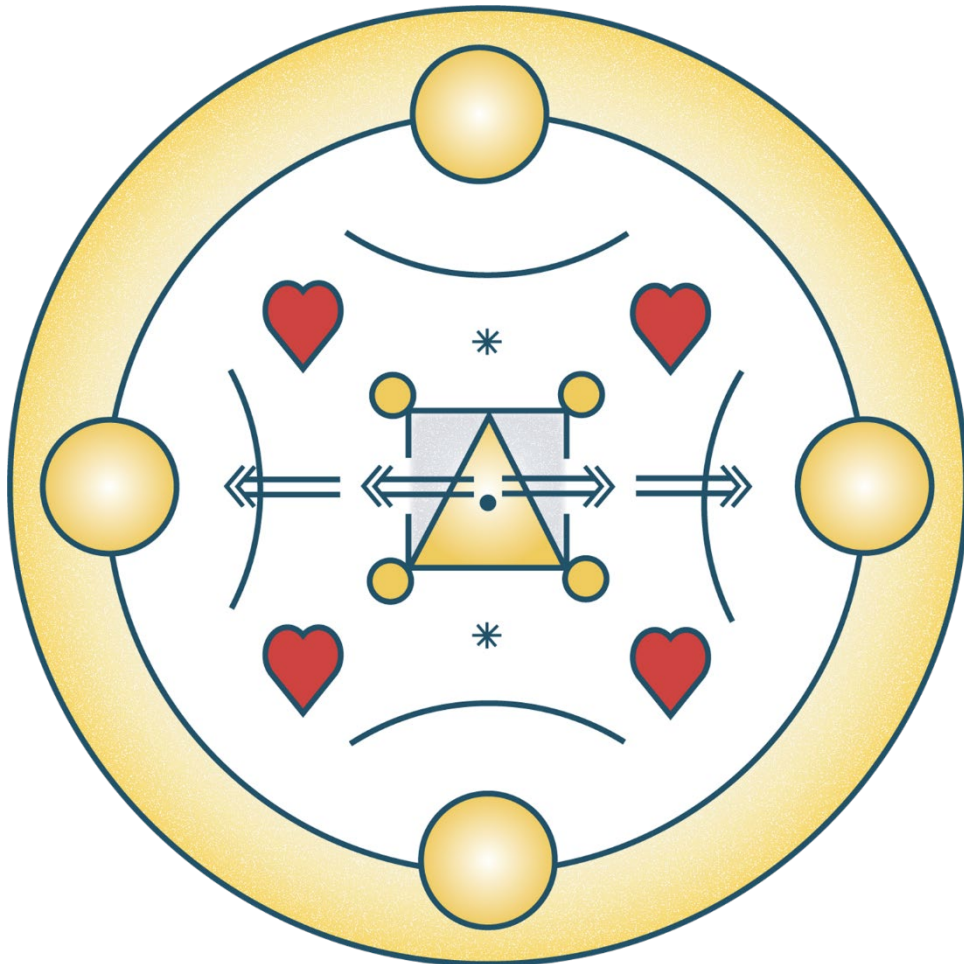


Forgiveness

SOLES

[s o l e s]



This symbol highly develops our ability to forgive. It also helps us by preventing the negativity which surrounds us and lies within from causing pain to our fellow humans and ourselves.

It's very important to be able to forgive ourselves and everyone else. Guilt, resentment, vindictiveness and anger represent very low frequency levels, which primarily punish those who carry them, that is those who are feeling and experiencing these emotions about others. We need to know that if somebody hurts us, whether with words or with deeds, or if we hurt somebody else, this drags both the harmer and the harmed down to the low frequency level of harm; exploiting the areas within ourselves and our loved ones that are not yet perfect and are awaiting development.