

## Self Forgiveness

Guilt and Shame, pain and blame ~  
These can own your life.  
Anxious times, fear within,  
A feeling of constant strife.

The heart, it hurts, it feels the pain,  
Pain that's locked within.  
Traumatic memory, moments of grief,  
Feeling you're living in sin.

Look for clues, find your way  
To enjoy this life you live.  
Recognize the way to heal  
Is to simply **self forgive**.

Love yourself, love all around  
Love with all your heart.  
Forgiveness can heal all your woes  
And a new life you can start!