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## **INSTANT WEIGHT LOSS**

Yes, the headline is a bit sensational, but the following message is one that everyone faces many times in his or her life. No, I'm not throwing my hat into the weight loss arena, but firmly remaining within the scope of personal leadership.

The greatest weight we will ever carry is that of harboring anger or proliferating a grudge of any sort against another. This is a lonely weight, which sorrowfully begs for people to take sides and draws others in to share the heavy burden.

Carrying this type of excess baggage drains our energy, dampens our spirit and hinders our ability to face each new day with the energy and enthusiasm to be our best. No pills, diet or exercise can free us from this unnecessary and unproductive weight. Choosing to sincerely forgive will result in immediate weight loss.

Ego keeps us bound, love sets us free, forgiveness begins from within. Nothing worthwhile in this life comes easy, nor should it. Each of us is responsible for our own destiny. When we accept this responsibility void of anything less than love, the universe rewards us in kind.

To forgive is simply to let go of any thoughts that produce negative energy toward ourselves or another human being. The energy we project to others returns to us in the most amazing ways.

Take notice the next you intentionally insult or are insulted by another. That negative energy instantly rebounds in some form and often with double force. When we plant seeds of kindness and forgiveness, that energy too is returned in good order in the most amazing ways.

For as long as I can remember, my father would always conclude lively debates or heated confrontations with these five simply powerful words, "***The sun will shine tomorrow.***" That meant grudges or anger are not expected to carry into the light of a new day. Excellent words to live by and he always has.

If for any reason you are carrying the heavy weight of anger or a grudge, forgive yourself, forgive another, drop the weight and enjoy the sunshine!



Rick Forgay is President and CEO of Business Leadership Mastery. Applied education for Executives and Entrepreneurial leaders who want to excel at growing thriving companies in any economy.

Programs includes customized corporate and small business leadership coaching, strategic summit facilitation, keynote and conference presentations.

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