

# Download Goodbye To Guilt Releasing Fear Through Forgiveness

The loss of a beloved pet is often accompanied by intense feelings of guilt and regret. You probably find yourself regretting things you did, or failed to do – before, during, or after your pet's death. Some of them are also a little inane — surely by the amount of articles you've written. For instance saying goodbye to a person with mental illness that's just fantasy (if they're your parents/child). The Hidden Elements of Healing Our own thought patterns effect the health of our body. Each emotional thought pattern is really an underlying "cause" of a physical illness, understanding the illness can help you address the cause and thereby rid the body of the disease. But how do you go about understanding the underlying cause? Hi Danielle-I'm so sorry for your pain. What you've gone through, and continue to go through is unspeakable, and so rightfully painful. I have not lost as much as you, but did feel very hurt, angry, and in so much despair, depression and had given up on life.