

M. Lori Torok

FORGIVENESS

Journey to a Clear Place

"A wonderful guide for anyone struggling to forgive themselves and others."

"Torok does such an excellent job discussing all facets of spiritual healing. Readers with a deep relationship with spirit and metaphysics will love *Forgiveness*."

Independent Book Review



Energy healer and angelic channel, M. Lori Torok was directed by the Angels of Forgiveness to create a program called "The 4GiveNess Project" to help humanity learn how to forgive every body, every thing. This popular program is now an inner workbook, providing tools for growth and understanding as we walk the mystical journey of forgiveness in action.

Spiritual Activism through Forgiveness

***The Artist's Way* meets Forgiveness!**

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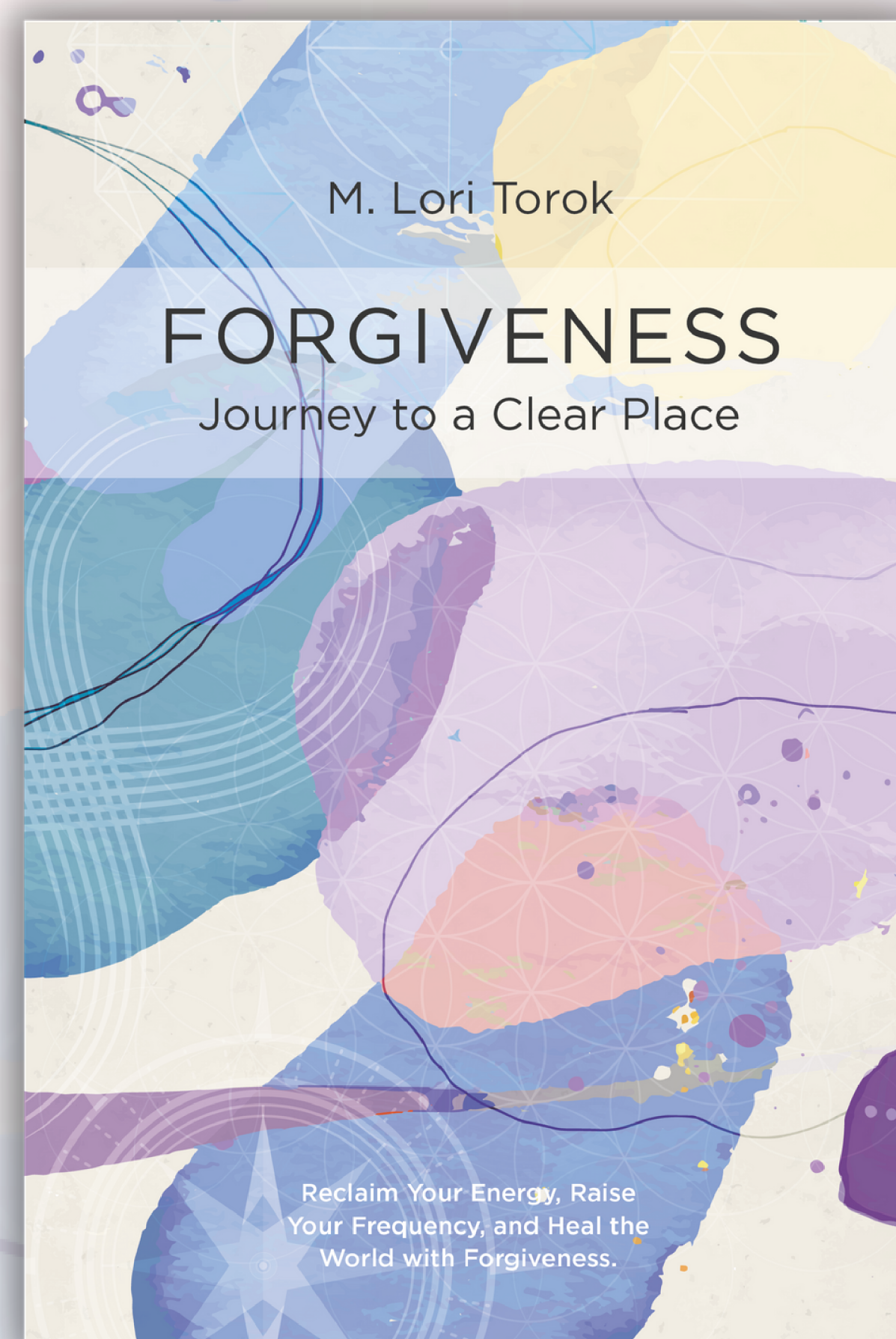
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The mystical-spiritual path of
forgiving and being forgiven



FORGIVENESS: Journey to a Clear Place

M. Lori Torok



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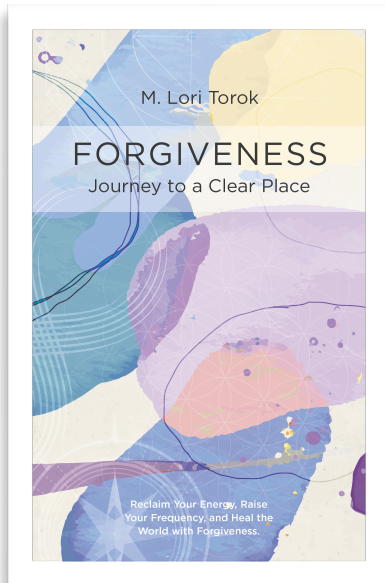
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INDEPENDENT BOOK REVIEW

A CELEBRATION OF SMALL PRESS AND SELF-PUBLISHED BOOKS



Forgiveness: Journey to a Clear Place

By M. Lori Torok

Genre: Nonfiction / Spirituality

Reviewed by Alexandria Ducksworth

A wonderful guide for anyone struggling to forgive themselves and others

Forgiveness is tricky. Could you forgive someone who got away after damaging your newly purchased car? Your best friend having an illicit affair with your significant other? Sometimes people go through such troubles by merely saying, “I forgive you.” Is it enough?

Author M. Lori Torok presents forgiveness as more than a verbal exchange and a pat on the back. People will believe they have moved on only to still feel negative emotions about the past. Torok’s book, *Forgiveness: Journey to a Clear Place*, reveals forgiveness is more than a surface-level issue; it’s a spiritual one.

Torok has been through a series of challenges. She had a conflicting childhood with her mother, who would give her silent treatments and leave her in the snow to teach her a lesson. Although Torok has grown enough to forgive her mother, the memories still bothered her spirit. She has created *Forgiveness* to help people going through similar troubles. Inside are solutions, including visualizations, meditations, and other spiritual exercises. There are also portions where readers can journal about their situations. Since journaling has its own psychological benefits, this is a fitting choice. Torok is experienced and clear in her approach.

Forgiveness comes at a good time as well. The pandemic led to a surge in mental awareness and self-care needs, and employees are finally prioritizing themselves over too-demanding jobs. With mental health clarity comes an open-mindedness to confronting their traumas and internal struggles. A book like Torok’s *Forgiveness* can

aid the healing process, especially for those willing to accept and approach their spirituality.

Most books commonly suggest reflecting on their past troubles, forgiving, and moving on. Is that really the end though? Torok suggests that negative feelings—shame, anger, and guilt—could linger long after what has been done. The answer to real forgiveness is forgiving ourselves. It's a breath of fresh air to approach this topic in this personal way.

Torok does such an excellent job discussing all facets of spiritual healing. Readers with a deep relationship with spirit and metaphysics will love *Forgiveness*. Healing is not easy. It can take years to heal and grow from their emotional & spiritual wounds. *Forgiveness* is one of those books that put newfound knowledge and strategies to the test with exercises. With action, the real healing process begins.

M. Lori Torok

FORGIVENESS

Journey to a Clear Place

A mystical-spiritual way of
forgiving and being forgiven

INCLUDES

The 4GiveNess Project

a five-week self-study program with the
Angels of Forgiveness.

Praise for The 4GiveNess Project:

"The [4GiveNess Project] brought me to a place of forgiveness, for the things I've done, for the things I haven't done, for all of the different versions of me I have been."

"Through this program, I have peace that I am allowing myself to release the resentment of what was done to me...To be free to love everyone no matter what, without judgment... Thank you, beautiful light!"

"Through The 4GiveNess Project, I've forgiven myself and let go of shame... What a gift!... Thank you, thank you, thank you."

"The 4GiveNess Project helped me forgive on an energetic/spiritual level. It gave me support on days that were challenging. I could feel my higher heart chakra engaged...and I feel less afraid and alone on this journey. Thank you."



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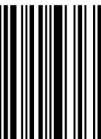
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Reclaim Your Energy, Raise
Your Frequency, and Heal the
World with Forgiveness.