

A SPIRITUAL CLEANSE

# *Forgiveness*



A SELF-GUIDED JOURNEY OF FREEDOM



## ***Liberation means having no attachments.***

***Hurt, regret and anger are forms of attachment.***

***They use up energy and put the psyche 'on guard'. You can resurrect your enthusiasm for life by truly releasing judgements.***

***Forgiveness can cleanse away the attachments that weigh us down.***

We all have the power to gift ourselves through truly gazing at a hurt. By gazing *without re-living it*, by just “looking with loving acceptance” at old hurts, we offer a profound healing opportunity to ourselves.

**Your soul is infinitely loving and filled with wisdom.**

**Using the eyes of the soul allows forgiveness to be a natural process.**

**In this booklet we will show you how easy this is!**

**It is important we are not afraid of our own memories.**

**It is important we make peace with our past.**

**It is important to have all of our vital energy available to live our lives with joy.**

Everyone has been hurt during their lifetime. Often these hurts are truly unfair or seem unjustified. *Forgiveness is the release of negative thoughts, bitterness and resentment. To forgive is to let go of the need for revenge and instead come to peace with the past.*

It takes a lot of life force energy to hold anger toward another. Resentment and repression also consume energy and actually hurt our health. The act of forgiveness is a gift we give ourselves. Committing to forgiveness frees up vital energy to use for our life purpose.

If you or a family member have been hurt, there are some important steps you can take to ease the pain and be free once more.

***Forgiveness is a gift you give to yourself!  
It frees the grip that the past has on you.***

***Forgiveness IS Healing!***



## **Here are the Basics of Forgiveness:**

- Acknowledge your own inner pain.
- Express those emotions in non-hurtful ways without yelling or attacking another person. Tell your story. Write your story
- Protect yourself from further victimization. Once you have truly expressed the pain and said privately what you perhaps could not express to the perpetrator, then bring your attention to resolution.
- Try to understand the point of view and motivations of the person to be forgiven; replace anger with compassion.
- Forgive yourself for your role in the relationship. You did show up and you were hurt.
- Decide whether to remain in the relationship.
- Perform the overt act of forgiveness verbally or in writing. If the person is dead or unreachable, you can still write down your feelings in letter form. You do not have to deliver the letter. Use the writing as a form of expression and release.

# WHAT FORGIVENESS IS NOT



*Forgiveness*

is not forgetting or pretending it did not happen. It DID happen, and we need to retain the lesson learned without holding onto the pain.

*Forgiveness*

is not reconciliation! We have to make a separate decision about whether to reconcile with the person we are forgiving or to maintain our distance

*Forgiveness*

is not giving permission to continue hurtful behaviors; nor is it condoning the past or future behavior

*Forgiveness*

is NOT excusing!

## **Forgiving and letting go**

*can be a difficult challenge. And it is even more stressful to hold on to grudges.*

Over a lifetime we accumulate many bumps and pains. Often these smaller injuries go unattended to and get buried in our subconscious mind. While an individual hurt might seem small, **a collection of small hurts adds up to a significant energy drain.**

The forgiveness process that follows offers a **thorough cleanse** of all those hurts. This process lets the subconscious collection of hurts come forward to be consciously released. It is simple, powerful and truly liberating.

In the Bible, the Master Jesus, tells his disciples that *forgiveness must be done seventy times seven times* to be a truly complete process.

This process will help you liberate the many judgments stored in the subconscious mind and will offer a healing.

Sometimes it is not just people that need to be forgiven, sometimes it is governmental agencies, hospitals, schools and churches.

To be truly effective the journaling process described on the next page **must be undertaken every day for seven days.**

The effectiveness of this practice builds each day. Make your commitment.

***If you miss a day, you must start over for another seven days.***

This is an act of self-responsibility & kindness.

The seven times seventy is a gift of freedom you offer to yourself and others.





# Freedom! Seven times Seventy

## MORNING EXERCISE:

**Write the following phrase 35 times by hand each morning**

***I now unconditionally forgive and release***

***\_\_\_\_\_***  
***(free associate a name)***

It is best if you simply write without stopping to reflect or analyze why a particular name was written. Get your 35 names, even if you need to write a name more than once.

It is OK if some of the same names repeat each day. By writing quickly with soft focus, you allow your subconscious mind to offer up the names of those parties toward whom you have held hurt.

When forgiving your mother or father, use the various names that you knew them by. For example: Mother, Edna, Mommy, Mrs. Jones. There are different moments in life when the mother was fulfilling a role and it can be useful to forgive every aspect or identity of that person.

Remember that you have 7 days – so don't try to force how the names come out onto the paper. After you have done the process a couple days, you can then start the next morning with the various identities of your parents or siblings.

After you have completed your list of 35 names, then pause and bring your hand to your heart. Breathe in the energy of "thank you", then relax with a few more conscious breaths and then read your list of names.

As you slowly read the list, if you feel any twinge of emotion then bring your hand to your heart and declare this affirmation out loud:

***I now unconditionally forgive and release \_\_\_\_\_ (name). They did the best they knew how given their state of consciousness at the time.***

You are welcome to use the verbal declaration for all 35 names. This enhances the power of this cleansing process.

***Optional Journaling:*** After you have made your review and verbal declarations, reflect upon the following.

***As I complete today's forgiveness process I notice that: \_\_\_\_\_***

## EVENING EXERCISE:

**Write the following phrase 35 times by hand each evening prior to bed.**

***I now unconditionally forgive and release***

***\_\_\_\_\_***  
***(your Name)***

Just keep writing ***your own name over and over***. Also try writing the names you used in childhood or a nickname. For example write Suzi instead of Susan or other names from various times in your life.

Let the forgiveness process touch all identities you have used, including married names.

**Close this process by breathing deeply, hand to heart and declaring out loud:**

***I now unconditionally forgive and release \_\_\_\_\_ (my name(s)). I did the best I knew how given my state of consciousness at the time.***

Repeat the verbal declaration at least once for each of the names you used.