

FORGIVENESS TECHNIQUE

You can reword the following script to fit your individual need, for such intentions as releasing the hurts of the past or forgiving self, circumstances, emotions, or the planet. Feel free to call on Highest Spirit (Creator of all creation) and your spirit helpers to aid you at any time. Pause at any stage, to fully feel the effects of what you request; move on when ready.

Forgiveness Process:

Begin by visualizing yourself completely filled with and surrounded by the brightest, purest, spiritual light possible.

Picture your connection to Highest Spirit. For instance: See it as a globe of bright white light inside your heart or above your head, or see yourself connected to it by a bright cord from the top of your head.

Picture the other person at a comfortable distance from you, permeated and surrounded by the light of their own choosing. Do not tamper with their light.

Notice the ties that connect the two of you.

Say to this person as sincerely as possible:

"I, (your name), forgive you, (other person's name), for all the hurts, both real and imagined, known and unknown, intentional and unintentional that you have done to me from the beginning of time to the present. And I release you from all of these."

Notice the ties dropping away. Allow the release until all ties fall off that are going to. Fill your vacated spaces with the bright spiritual light that is within you, and ask Highest Spirit to reinforce it.

Then say to the person as sincerely as possible:

"I accept your forgiveness of me for all the hurts, both real and imagined, known and unknown, intentional and unintentional that I have done to you from the beginning of time to the present. And I accept your release of me for all of these."

Notice more ties dropping away. Allow this to happen until all ties fall off that are going to. If not all of the ties fall off, repeat the above process.

Fill your vacated spaces with the bright spiritual light that is within you, and ask Highest Spirit for reinforcement. Do nothing with any vacated spaces that may occur in the other person!

When the process is complete, see the other person leaving. Notice the release and joy within yourself.

Notice, during this process:

- Notice any images or thoughts or realizations that occur.
- The underlined portions are very important. It is not possible to require another person to forgive you. However, you can accept their forgiveness if or when it happens. The very act of accepting it now allows ties to release at your end, if not at the other person's end. If that person wants to keep dragging around their heavy ties, that is their business. At least you have released your end of it.
- You may have to do this technique more than once for the same relationship.