

# FORGIVING MYSELF

FORGIVING MYSELF means deciding to cancel any 'thinking' within my mind that prevents the full flow of love, happiness and life through me.

(All the steps of this exercise should be said aloud or written down)

## STEP ONE:

I value my healing (physical, emotional, mental and spiritual) - more than ill-health (in any of these areas).

I value compassionate self-forgiving - more than continuing guilt, self-criticism or any other form of self-damage.

I value establishing the flow of love and happiness through me again - more than continuing its blockage any longer.

I value	being well...	more than...	being ill
	feeling free...	more than...	feeling burdened
	feeling dignified...	more than...	feeling humiliated
	loving...	more than...	hating/resenting
	forgiving...	more than...	being unforgiving
	thinking positively...	more than...	thinking negatively.

Therefore my goal today is to forgive myself.

The benefits of doing this are .....

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The burdens of not doing this are .....

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I do have a choice.

I do have a will.

I am tired of being in pain and being burdened.

I would prefer to get back into the flow of love/life and heal the effects of my withholding self-forgiveness.

I choose and will to stop hurting myself and holding back my own growth as a human being.

# Check!

Only go onto the next step when you can say a full 'YES' to the above step and you know that you are ready to move forward. Repeat Step One if necessary.

## STEP TWO:

Now go within yourself and address your Inner Wise Person (Inner Wisdom, God Centre... ie: compassionate, wise, unconditional loving One)

Say:

Dear Inner Wise Person, I ask your forgiveness for...

List all the ways you have thought or behaved for which you are seeking forgiveness. Be specific eg: self-hatred; belittling oneself; self pity; hurting another; revenge; death-wish.

Say:

Dear Inner Wise Person, as I look back now, I realise that I would have preferred to have believed (thought, said, done) the following...

and for each of your previous statements insert whatever would have been your preferred more wise, compassionate, loving behaviour.

eg: I would have preferred to have believed that I was a worthwhile person  
I would have preferred to have maintained goodwill towards X by doing YYY  
instead of wishing them harm or slandering them

Say:

I now choose and will to heal the effects of all these incidents.

I am tired of the pain and burden being caused.

I am tired of the discomfort I get from all this.

I ask forgiveness to heal all this.

# Check!

## STEP THREE:

Now move to another place nearby (eg. another chair) and take a little time to identify with (become) your Inner Wise Person (eg: compassionate, wise, unconditional loving One).

continued next page...

As Inner Wise Person speak to your personal self seated in the other chair.

Say:

Dear... (use your personal self's name)... I do forgive you and I really do love you. I understand how it was for you at those times. You did the best you could at the time. And I love you just the same.

Yes it is true that you didn't always do the wisest, most loving or courageous thing, but I love you just the same.

In forgiving you, I am now cancelling all the guilt and negative beliefs that became set in your mind at those times, blocking the flow of love.

You may need to specifically address each of the actions or beliefs for which forgiveness is being sought eg: I cancel your belief that you are not a worthwhile person.  
I offer you the truth - that you are a unique, loving and lovable person etc...

I send you love now, without any conditions, to nurture you on your path through life.

You may have a symbol, a gift, for the personal self to use, which will convey your love and forgiveness.

Say:

I again give you back responsibility for the way you lead your life.

# Check!

#### STEP FOUR:

Now return to the place of your personal self.

Receive the forgiveness and love of your Inner Wise Person, and the symbol if there was one, taking plenty of time and letting it permeate the whole of your body, mind and spirit.

Thank your Inner Wise Person.

Stand and say:

I choose and will to keep this change in me intact!!!

# Check!

#### STEP FIVE:

Take a little time to go into tomorrow and see yourself being different as a result of the work you have just completed.

(Acknowledgment: adapted from 'Health, Joy, Love and Forgiveness' by Guy Pettitt;  
and 'Unconditional Love and Forgiveness' by Edith Stauffer)