

A Journey of Forgiveness

Exercise

You have now reached the part of the course when you will embark on a journey of forgiveness. Forgiveness for yourself or others. This is an extremely important part of the process as practicing forgiveness allows us to move forward with life. Unresolved issues of the past drain our energy and can rob us from manifesting our dreams. When we free up the energy that has been locked in the past we can then use that energy to manifest our dreams and create the future we desire.

Forgiveness is an act of kindness that we may choose to offer ourselves and others. It takes great courage, strength, compassion and understanding to truly forgive but it's also the most liberating thing we can do for ourselves.

This activity is intended to help you move forward with manifesting your dreams by practicing the art of forgiveness. In the forgiveness activity you will be presented with a series of prompting questions that will enable you to identify the areas, people and problems in your life that require forgiveness.



Instructions

This activity consists of the written and reflective forgiveness exercise which will take approximately an hour to complete.

Before starting this activity, make a list of the areas in your life in which you are experiencing challenges or are having difficulty letting go. As with all the reflective work in this course, remove any distractions and avoid multitasking to get the most out of this exercise. Find a quiet physical and mental space in which to do this work.

Below is a series of guiding questions to help you identify areas in your life that may require forgiveness. Our ability to forgive is directly linked to the quality of our relationships and the connections we have. The more deeply connected we are to others the more we can offer ourselves compassion and self-acceptance. If you notice yourself feeling distant and isolated from others this may be your inner self guiding you towards forgiveness.

Both during and after completing this exercise, you may experience:

- a greater understanding of yourself
- an increased sense of compassion for yourself and others
- positive changes in your relationships
- more emotional freedom
- a healing journey
- forgiveness for self and others



Forgiveness Questions

1. Is there anything in your life that you are holding onto that requires forgiveness?
2. Do you experience inner peace?
3. Are you able to forgive yourself for your past? Is there is anything you are not at peace with?
4. Are you able to forgive others easily?

5. What does it feel like when someone forgives you? Do you feel more validated, free, and accepted?
6. Did you grow up in an environment where forgiveness was practiced daily?
7. Are you hard on yourself or others?
8. Do you have unresolved resentment or repressed anger? If so, these emotions may require your forgiveness for healing.

Forgiveness Exercise

If you are struggling with forgiveness, allow yourself to be human for just a moment and step into your pain. So many of us run from our pain as a natural survival technique. But we want to thrive not just survive. I invite you to find a safe way to respect and honor your pain, allowing it to lead you through an amazing transformational process. Before the freedom of letting go and moving on, you will be asked to release your own judgments and contribution to the pain. Once you can do this for yourself, you will be amazed at what life looks like on the other side...

Five Practical Steps to Forgiveness...

1. Own It!

Be real with yourself about the situation you need to heal. Ask yourself the hard questions and take full responsibility for your role in how things played out. For example, what role did you play in the situation and how could you have done things differently? Is there a familiar pattern arising in

this situation? If there is, there's probably an important life lesson you are meant to learn.

In the short term, it is much easier to blame others rather than to turn the spot light on our self. But in doing so we are delaying our healing process. Own it and you have found an important key to healing.

2. Reach out.

Whether it's successful or not, at least you tried. Say you are sorry. It's never too late to pay respect to the people you have let down. You can do this in person, over the phone or through a letter. Whatever your muse, the idea is to purge yourself of any un-forgiveness.

You may say something like, "This is way overdue but I wanted to send an apology to you. I know that what has happened cannot be undone and that is not my intention with this letter. I'm writing because you deserve an apology and I want you to know that I am deeply sorry for how things unfolded."

3. Reflect.

Learn from your experiences. Make the most of any perceived bad situation and find out what you needed to learn about yourself. Every situation is an opportunity to grow.

4. Walk the Walk.

Do things differently from now on. If you want a different outcome, then have different actions.

5. Forgive Yourself.

When you get to the point where you are being called to forgive yourself, the experience is coming to completion.

Try using the affirmation, “**I deeply and completely love and forgive myself.**”

If you want, you can even describe what you are wanting to heal: “**I love and forgive myself for _____.**”

angela
STRANK