

Forgiveness

No practice is more powerful than forgiveness.

When you carry around negative memories and impressions, they affect all of your current and future actions and interactions. It's like looking at the world through an angry lens, even if you don't feel angry in the moment.

Try this practice to forgive yourself and others and release the emotions surrounding your memories.

Step one:

Identify & list the memories and people that hold negativity and/or emotional baggage for you.

Step two:

Sit in a quiet, safe place and bring a memory from your list to mind. Attempt to feel how you felt during the experience - all the emotions.

Step three:

Say "I forgive you. I'm sorry. I love you." and mentally wipe the memory away as if you're wiping words off of a white board.

Step four:

Repeat for other memories until you're ready to put the practice aside for the day.

You may feel anger, rage, sadness - allow them to come and then pass. You may need to forgive some memories a few times as new feelings and related memories arise.

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Stressor	Possible Solution

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It's like that adage - a plane doesn't fly straight; it sets a designation then continually course corrects until it arrives.