

TRY IT!

Forgiveness

This process will allow you to shift the form of any relationship—mother, father, friend, or partner. It does not necessarily mean that you are ending the relationship, unless you already have or want to. It is a commitment to change the existing dynamic by bringing acceptance and forgiveness into it. This can be done as a letter, which you can burn in a ritual of letting go or send, sitting at an altar or best, looking into the eyes of the person you are working with or a surrogate. You can do this with someone who is currently in your life, someone you never see, or has deceased. It is also powerful to do this with yourself.

- Breathe together, looking in each other's eyes, deeply and fully, together or alternating.
- Remember and express earlier times or special events when the love was freely flowing. Recall what was good and special about them (or still is).
- Begin compassionate communication from the heart, expressing the truth of your entire range of feelings. While maintaining eye contact, use the following questions as a guide.
 - Communicating Feelings
 - What I haven't communicated to you is ____.
 - What I am most afraid to tell you is ____.
 - The feelings I have held are ____.

□ Taking Responsibility

I apologize for any unloving communications or actions I have directed towards you, such as ____.

I admit these are my issues I am working out and ____.

I am now willing to let go of blame and making you wrong.

□ Forgiveness

What I most need to forgive you for is ____ or, I forgive you for not being ____ or doing ____.

What I most want you to forgive me for is ____.

I forgive myself for ____.

□ Love and Understanding

I love you because ____.

Thank you for being a teacher for me, for helping me see the unseen in me and love the unloveable in myself.

I understand that ____.

I love and honor myself for ____.

I am most grateful for ____.

□ Intentions

My loving intention is ____.

What I most want is ____.

I pray the best for you, for your happiness and ____.

End with any other loving statements you feel called to make and a hug if possible. Let yourself sit with the feelings that will probably come up in doing this process.