

## **The Power of Forgiveness**

### **Self-Forgiveness & Self-Love Walk**

Find a quiet space in nature where you can walk, uninterrupted, if possible.

#### **Commitment Ritual**

- Stand still and feel your integrated being – your Intellect, Emotional Self, Body, and Spiritual Self. Feel the light in you.
- Silently state your commitment to forgive yourself for all that you have done in your life out of patterns. State your commitment to love yourself.
- Reach up your arms to the sky and look up into the limitlessness of the light
- Reach out your arms to the horizon that encompasses the whole world and slowly turn completely around to acknowledge your connection
- Reach your hands down and touch the Earth that supports and grounds you
- Stand straight and breathe into your commitment to be authentic and to be present

#### **Self-Forgiveness**

- Start walking slowly. As you walk, softly state to yourself each of the things in your life you have done out of negative love for which you now forgive yourself.
- Use the phrase, **“I forgive myself for ...”**
- Continue until you have forgiven yourself for everything that you can remember
- Then say, **“I forgive myself for everything I have done out of negative love.”**

#### **Once again, do the Commitment Ritual**

#### **Self-Love**

- Start walking slowly
- Begin by saying, **“I love my whole self just as I am.”**
- As you walk, speak softly about how you love and appreciate yourself. Speak of your whole integrated being, and of each of the four aspects of your being – your Intellect, Emotional Self, Body, and Spiritual Self.
- End by saying again, **“I love my whole self just as I am.”**

#### **Complete your walk by once again doing the Commitment Ritual**

## Forgiveness List

The people in my life who I wish to be forgiven and those I need to forgive. *The list may include partners, children, siblings, lovers, friends, and colleagues who are in your life now or were in your life at any time.*

This image shows a single page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

## Asking for and Giving Forgiveness

Forgiveness happens in your heart and in your actions. Before reaching out to the people on your Forgiveness List, do the work you need to do to internally forgive each person. Then, if possible, go to them in person. **Apologize and ask to be forgiven** for anything you may have done to hurt him or her. Recognize that the other person may or may not be ready to forgive you at that moment.

Directly communicate your forgiveness *only* to those who you believe can recognize they may have done something wrong and hurt you. Recognize that saying “I forgive you” may arouse defensiveness in the other, for they may feel judged or accused. The practice of forgiveness requires your discernment and your compassion.

The basic idea is to simply identify the time and place, describe your experience, and let the other person know you are no longer holding on to anything. For some people in your life, it may not be appropriate to communicate this in person, especially if the other person is dangerous in any way. It may be appropriate to do it by phone or letter or simply within yourself. In some cases, the work you do within may be the most important.

Consider doing one or all the following, imagining what might happen in the situation:

1. Before setting a time for communication, use any or all the following awareness tools to identify any patterns that you may have about this person or the situation.
  - a. Do a Quadrinity Check-In (<https://www.hoffmaninstitute.org/audio-tools/>)
  - b. Write out a transference worksheet (*this is only for you*)
  - c. Write out a courageous conversation
2. Take the identified pattern(s) through the Cycle of Transformation.
3. When meeting with the person or persons, affirm your positive intention – that you are curious and want to learn and understand, that your goal is to honor yourself and others.
4. Describe the situation (as separate from your feelings or patterns) objectively.
5. Express your feelings using “I” statements, not “I feel that you ...”.
6. Say what it is you need, want, or value for yourself; not what you need or want the other person to do.
7. Be open to listening with curiosity and openness to what the other person feels, needs, wants, or values.
8. If you and the other person are ready, make a request that affirms what you want, which states the positive outcome that you desire.
9. Explore ways you can collaborate for mutual benefit with curiosity and creativity; open yourself to a solution that you have never thought of before.