

METHODS FOR FORGIVENESS

1. WHEN YOU'RE NOT READY

MAKE A PRAYER OR INTENTION, SOMETHING LIKE:

I'm not ready now. But I'm opening to being able to soon forgive XXX. I know forgiving XXX will release both of us from the burden of suffering. But above all, I am getting ready to collapse this story. I don't want to need it anymore.

2. WHEN YOU DON'T KNOW WHAT TO FORGIVE

MAKE A PRAYER OR INTENTION:

To anyone I have harmed with my actions, words, or thoughts, I am sorry. I seek pardon.

And to anyone who has harmed me through their actions, words, or thoughts, I forgive you.

3. WHEN YOU FEEL THE SUFFERING OF THE WORLD

BREATHE IN THE WORLD'S PAIN, FORGIVE IT.
SEE YOUR HEART AS A FACTORY FOR FORGIVENESS.
BREATHE OUT LOVE AND COMPASSION.

4. HO'OPONOPONO

I'M SORRY. PLEASE FORGIVE ME. I LOVE YOU. THANK YOU.

5. TRUE FORGIVENESS

1. RECOGNIZE REALITY FOR THE ILLUSION THAT IT IS,
2. GIVE IT TO YOUR HIGHER SELF/ JOIN IT WITH GOD / YOUR CREATOR.
3. FORGIVE ANYTHING THAT DISTURBS YOU.

6. PERFECTION

SEE EVERYTHING AS ALREADY PERFECT. THERE IS NOTHING TO FORGIVE WHEN EVERYTHING IS AS IT SHOULD BE.

IN THIS WAY, YOU GROW IN LOVE FOR ALL THINGS.