

Forgiving someone

Note: you need to be ready for forgiveness. If you are still angry or hurt or sensing pain, then this may not be effective or you may not be ready. First try the Resentment or Letting Go or Pain or Grieving processes - then come back for the cherry on top - forgiveness.

How to use:

Please see the [How to Guide](#) if you have not attempted one of these processes before.

Let's begin:

- 1) Imagine this person sitting in front. Describe what you see.
- 2) Repeat this statement 3x times... *I am ready to forgive you.*
- 3) What do you want to forgive them for? Describe this in detail and start with this... **"I forgive you for..."** and list as many elements as you can. **"(Name of person), I forgive you for..."**
- 4) Now you can use this statement, and see what it brings up... really sit and feel and think on this... **"Please forgive me for..."** Examples of this might be: *"please forgive me for trying to be right", "please forgive me for not understanding", "please forgive me for resenting you", "please forgive me for not trusting you", "please forgive me for how I treated you", "please forgive me for not having the tools to deal with this situation".* Begin with your own list with this leading statement now... **"_____(Persons name)_____ please forgive me for..."**
- 5) Describe what you have learnt from this person.
- 6) Now use the following statement, and make your list... **"I thank you for..."**
- 7) Complete this statement... **"I'm sorry for..."**
- 8) Say this sentence now out loud or in your mind: *This person came into my life for a purpose, and now that purpose has been served, I have grown for the betterment of those around me. I appreciate this person and this lesson".*
- 9) List the qualities that you appreciate in this person...
- 10) Imagine this person receiving the biggest gift in the world. Something they will want dearly - that will bring them happiness. Imagine it just appearing, and imagine the happiness in their eyes. Their smile. See them engaging with their gift. Thank them and wish them well. They deserve happiness as do you.
- 11) Now say the person's name with this sentence. **Dear _____(name)_____, I love you. Thank you for everything. Repeat 5x times.**
- 12) Release this person. Imagine them waving at you, and smiling, and walking into the sunset. As you seen them disappearing into the sun, you give the final wave and you repeat these words: **"I let you go now. Thank you for everything you have given me. I love you."**
- 13) Hug yourself and repeat these words: **"I love myself. Thank you God for everything. If there is anything not healed, please heal me now by Your power."**

Well done!

May your physical, emotional and spiritual parts of you be healed.

Healing is a continued process. So revisit this process as many times as you like and make your own questions and visualizations that help you to heal.

Be blessed.

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