

## **The Path To True Forgiveness**

The only path to complete and permanent harmony is through forgiveness. This is the only way powerful enough to let go of your dis-ease on every level, psychological and physical, as it addresses not only the expression of your love but also the very heart and blood of your physical body.

As you become re-acquainted with this profound love, your blood stream is recharged and revitalized, bringing new life on a sub-molecular level. As it soothes the soul, so it acts as a salve on the physical body. Forgiveness of others, as well as, forgiveness of self, has the power to transform your energy field, re-harmonizing your body's cells as they move through you. If you find this difficult to believe on an intellectual level, consider what you have to lose and give it a try.

### **THE STEPS OF FORGIVENESS.**

Here are the steps of forgiveness that have been tried by thousands of people with extraordinary results. You might want to do this exercise firstly in writing. It makes it easier than trying to do it in your mind:-

1. **Identify your emotions** (there is often more than one). Become fully conscious of the accusations carried by you or against you and allow any emotions surrounding them to come to the surface. How does this feel?
2. **Take responsibility.** Taking responsibility simply means acknowledging that you are choosing to react the way you are. Determine what it is you are afraid of and understand that you may also be concerned that you will be accused of the same thing. Accept that something inside of you is attracting this person or situation into your life to help you get over the hurt that is there and which might even have been present since childhood.
3. **Accept the other person and let go.** You will only be able to let go and get on with your life once you've accepted the other person. To do so, all you have to do is put yourself in their shoes; begin to see things from their perspective so you can better understand their intentions. Understand that they probably accuse you, and themselves, of the same thing you are accusing them of. For them to accuse you of the same thing, what could you have done?

4. **Forgive yourself.** This is the most important step to forgiveness. It helps you make peace with yourself. Forgive yourself for having judged, criticized or accused the other person. Know that only a part of you did these things .... The part that was so hurt.

Forgive yourself for having done whatever you did to the other person. To do so, you must give yourself the right to have fears, beliefs and limits that cause you to suffer and react. Accept yourself just as you are, and stop being so hard on yourself. Know you are simply a 'work in progress'.

5. **Have the desire to express forgiveness.** In preparation for step 6, imagine yourself face to face with the person concerned, telling them that because you were hurting, you have judged, criticized or condemned them. If you can visualize sharing this with them and it arouses feelings of peace and liberation, you are ready to go on to step 6. (NB - It is important to remember that your objective is not to tell them you forgive them or to have them ask for forgiveness.)
6. **Meet with the person involved.** Express your thoughts and feelings (identified in step 1) to that person, saying you regret your accusation, judgment or resentment. (Only if they ask for your forgiveness do you say that you forgive them.)
7. **Make the connection with the past.** Look back at the events of your life and find a similar circumstance that relates to an authority figure: a father, mother, grandparent, teacher, etc. this person is usually of the same sex as the person you were accusing. Then, to liberate yourself, go over these six steps with this person from the past. If that person is no longer alive you can do this through visualization and still derive the same benefit.

*Follow only steps 1, 2, 4 and 7 when the accusation is towards yourself and no one else is involved.*

*Adapted from; 'Your Body's Telling you; Love Yourself', Lisa Bourbeau*