



Your Simple Forgiveness Technique

If you are in agreement that forgiveness has to start with you so that you can continue to move on with your life, and be able to forgive others too, then the simple technique below will support you in doing that.

To help you to release and let go of and or be at peace with any situation in your past that is creating regrets, anxiety and negative emotions, you need to start with forgiveness of self.

This journey isn't without its challenges. Based on what has happened to you, you may feel that others should be begging for your forgiveness. And that you have nothing to forgive yourself for. But you do because of how you feel. You can't receive nor give forgiveness if you don't know what it feels like.

Your journey to explore forgiveness is practiced each day. It can be morning, noon or evening. Select a time during your day that works perfectly for you, also ensuring that you will not be disturbed.

Your Simple Forgiveness Technique

1. Stand in front of a mirror
2. Take 3 deep relaxing breaths inhaling and exhaling through your nose.
3. Relax your shoulders, allowing them to move down and away from your ears
4. Look yourself in the eye
5. Repeat the following affirmation three times

Note: Some people find mirror work to intense. So, if looking in the mirror is uncomfortable or causes you any anxiety or doesn't allow you to focus on your technique 100% you can do the following:

6. Simply sit comfortably where your back will be supported
7. Take 3 deep relaxing breaths inhaling and exhaling through your nose,
8. Relax your shoulders, allowing them to move down and away from your ears
9. Keeping your eyes open or closed
10. Repeat the following affirmation three times

Affirmation

I _____ (fill in your name) forgive myself for all things that I have done to myself, knowingly or unknowingly, willingly or unwillingly, consciously or unconsciously. I forgive myself and I love myself. I am free!

Creating Your Own Affirmation: This affirmation may not be for you it might not resonate or vibe with you at your core level. If that is the case, create your own forgiveness affirmation, ensuring that it is spoken in present tense...*I AM or I Have*. Affirming with adjectives like I will, I can or I'm going to puts that in future tense which isn't helpful. You are in the NOW this moment. So, your affirmation, as does your prayer for that matter, must reflect that in the words you choose to speak into existence.

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