

Forgiveness Method

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Person being Forgiven _____ Date _____

Close Your Eyes

Picture the Person before you calm with white light around him/her.

Speak with Love:

“I now understand that we came together to teach one another.

I thank you for teaching me _____

I am glad I was able to teach you _____

When we completed our purpose for coming together, our energies no longer resonated near the same vibrational levels.

And through the Universal Law of Attraction, we could no longer remain in the same space.

It's no one's fault.

It just IS.

And it's OK.

I give back to you any burdens that are yours to carry.

In thus doing, I affirm the power within you to make your life work.

I release you, bless you, and wish you well.

I release any guilt or blame I have placed on myself.

If I would have Known Better, I would have Done Better.

I Know Better Now.

I bless myself and know I deserve the best this world has to offer.

Life is Good.”

Result: _____