

YOU'LL NEED

- Paper + Pen
- A Fire-Safe Vessel
- Candle
- (optional) Water

BEGIN

- Place one hand on your heart, one hand on your belly
- Inhale deeply, extending the exhale as long as possible

ASK

Who do I need to forgive?

Don't overthink it.
Don't rehearse the wrongs.
Let the names come naturally.

FORGIVENESS

WHEN SOMETHING FEELS TOO HEAVY

WRITE

Write the names of the people who come up on one side of the paper. Stop when the name(s) no longer flow naturally.

Write your name on the other side.

SPEAK

*"I forgive [list each name].
I release the hold this has had on me. I choose peace over carrying this forward.*

*I forgive myself for what I didn't know,
and for the ways I didn't show up for myself.
I return to myself with compassion."*

RELEASE

Burn the paper safely in a fire-safe vessel or space. Don't leave fire unattended.

Bury or put the ashes in water and dispose of them.

As you dispose of the ashes, say, "I release this. I make space for peace."

WHAT IS FORGIVENESS?



Forgiveness is not about excusing what happened. It's about releasing what it's still doing to you. This emotional process gives you back a sense of peace and improved mental and physical well-being.