**Forgiveness techniques for healing**

The three preconditions for forgiveness: 1. Know how you feel. 2 know what was wrong. 3 Tell several trusted people what happened. If you have completed these steps you are ready to learn to forgive.

You have read this, so you have expressed an interest in healing and are on the road. Start with these simple steps and begin to lay your burdens down! Remember, the longest journey begins with the first step!

Make a resentment list. Write down 3people, places, or things toward which you have resentments.

Rank them in the order of intensity from 1 to 10 (10 is the most intense). Begin your practicing on the least intense of the 3 resentments.

In this way you will build confidence in your ability and the technique’s effectiveness to create healing through the practice of forgiveness.

**Changing the channel:**

imagine that what you see in your mind is instead being viewed on the TV screen. You have a remote to change the channels, just like at home. You can tune into a grievance story, a love story, or nature channel. The choice is yours. Too often we are tempted to tune in to our Grievance channel. We need to practice tuning in to the gratitude, beauty, love, and forgiveness channels!

When driving, thank the drivers were following the rules. Be thankful of the health you have rather than the challenges you may have. If you’re stuck in traffic notice the beauty of the sky. Observe the beauty and wonders of flowers, especially their colors. Think about a special spot in nature that you can bring to mind and appreciate. Practice forgiving the smallest offenses against you. Think of times you have hurt others and needed forgiveness. Notice how often you naturally forgive those you love. Look for people in love and smile at their happiness. Remember the times in your life when you were loving and those times when you were loved.

**PERT: POSITIVE EMOTION REFOCUSING TECHNIQUE.**

We need to learn how to maintain our peace in any situation, no matter how upsetting. We gain confidence when we are suddenly faced with a painful situation or memory and are able to sustain our positive focus. Practicing **PERT** will help us stay calm and lock in to our Higher Power.

**PERT** takes about 45 seconds to practice and can be done anytime and anywhere. No one can even tell you are practicing! You can practice during an argument, when you feel anger, hurt, depression, or bitterness. When you practice **PERT** and remain calm you will notice your grievance starts to weaken its hold over you. This is one of the most powerful techniques to help you remain in control of your emotions. As you learn by practicing, the people who hurt you become less threatening. You take away their power to hurt you and replace it with increased self-confidence and calm.

**Practicing PERT:**

Before starting, touch your thumb and forefinger tightly together.

1. bring your attention fully to your stomach as you slowly draw in and out to deep breaths. As you exhale consciously relax your belly so that it feels soft.
2. On the third deep inhalation imagine someone you love or a beautiful scene in nature that gives you a sense of peace in the area around your heart
3. while practicing, continue with *soft* belly breathing.
4. Ask the relaxed and peaceful part of you what you can do to resolve your difficulty. I use this time to ask that His will, not mine, be done.

The reason you are holding your thumb and forefinger together is so that you achieve what research psychologists term, “pairing”. The sense of the physical touch is paired with the emotional sense of peace and calm. Once paired, thereafter when you touch your thumb and forefinger together, you will automatically experience the inner state of peace and calm. Not magic, basic science! And, once you have practiced and “paired” these two inner experiences, you only have to touch your thumb and forefinger together to get the full effect.

I have used this technique for the past 20 years and can attest to its effectiveness. I have used it during sales calls, before presentations, and before difficult meetings. Or even during a meeting! It works. Every time. Just pause, press your thumb and forefinger together. Turn it over.

**Breath of thanks:**

1. two or three times every day when you are not fully occupied, slow down and bring your attention to your breathing.
2. Notice that your breath flows in and out without your having to do anything. Put your attention on your stomach, and as you slowly inhale, allow the air to gently push your belly out. As you exhale, consciously relax your belly so that it feels soft.
3. Continue breathing this way for about 3 to 5 slow, deep breaths.
4. Then, for each of the next 5 to 8 inhalations, say the words***thank you*** silently to remind yourself of the gift of your breath and how lucky you are to be alive. Often people have a stronger response when they imagined their experience of gratitude centered in their hearts.
5. After those 5 to 8 breaths of thanks, returned to the soft belly breathing for another one to two breaths.
6. Then, gently resume your regular activity.

**Heart focus:**

Practice the Heart Focus exercise at least 3 times per week.

1. Assume a comfortable position that you can maintain for 10 to 15 minutes.
2. Gently bring your attention to your breathing as it flows in and out. As you inhale, allow the air to gently push your belly out. As you exhale consciously relax your belly so that it feels soft. Practice focusing your attention for about five minutes.
3. Then bring to your mind either a memory of an experience with another person when you had a powerful feeling of love, or, a scene in nature that fills you with beauty and tranquility. Do not choose someone for this exercise that you are trying to forgive.
4. when the image of that experience is clear in your mind, try to reexperience in the present moment the associated peaceful and loving feelings. Many people like to imagine the good feelings are centered in their hearts.
5. Hold those peaceful feelings for as long as you can. If you find that your attention wanders, return to step one and the unforced rise and fall of your stomach.
6. after 10 to 15 minutes, slowly open your eyes and resume your regular activities.[[1]](#footnote-1)

1. Adapted from Forgive for Good, Dr. Fred Luskin [↑](#footnote-ref-1)