



Exercise for *forgiveness*



*One of the keys to happiness and Joy is
forgiveness and been able to release and let go so
that you can experience joy in your life. Below is
an activity to help you facilitate peace and joy.*



Step 1: Forgiveness of Self

Any activity that deals with forgiveness must start with you. Forgiving ourselves is the most important part of forgiveness. We punish ourselves when we have made a mistake. Unconsciously we punish others too. For example, if you have made a mistake in your relationship (or even in a previous one) you may be unconsciously sabotaging yourself and your relationship as a way of punishing yourself. You may feel that you are unworthy of happiness and fulfillment.

Take a moment



to reflect on your actions in the past that you may regret



Are there any mistakes you made that you continue to beat yourself up for? If so, what?

How are you punishing yourself for it?

Are you directly or indirectly punishing others for it?

Your guilt is not going to undo what has happened. Even more importantly, holding onto this pain is causing further pain in your life. It is okay to let it go now. Release yourself from the burden of carrying it with you.

I forgive myself for:

“True justice is paying once for each mistake. True injustice is paying more than once. Animals pay once, humans pay thousands of times. Every time we remember we judge ourselves and feel guilt over and over again.” - Edgar Cayce

Step 2: Forgiving Others

The second step to forgiveness is to give others the same gift you just gave yourself. Harboring resentment toward others creates walls between you. It makes true intimacy impossible. It keeps the love that you desire from flowing to you and from you. Most importantly, holding onto resentment for a past injustice will not undo the experience and does nothing today but cause you pain and deteriorate your relationship. It is okay to let it go now.

I would like to release myself from the hurt and forgive others for:





*Harboring resentment
is like taking poison and
expecting someone else to
die.*