

Forgiveness Exercise

Here is a wonderful exercise that you should practice every day for a few weeks. Use this for your clients as well!

Take a piece of paper and a pen and write down the following...

- Sit in silence and go back to your early childhood memories. Make a note of all the good and bad things you remember from your earliest memories. Experiences from your parents, your other family members, your friends, at home and any other memories.
- Write down these experiences on a piece of paper. All the good and bad ones.
- Now make a note of all the people that have come into your life, all your relationships. Your parents, brothers and sisters, other family members, your partners, employers and colleagues.
- Write down the names of all these people.

Now it's important for you to find a few minutes in your day, maybe at night, before you sleep or any other time and do the following forgiveness ritual. Find a quiet place where you can be alone for a few minutes.

Start off by repeating the following sentence

"MY HEALTH & HAPPINESS TOTALLY DEPENDS ON FORGIVING EVERY ONE" (repeat at least 5 times)

now take your piece of paper and say **"I FORGIVE"** and read all the names you have written down.

The last thing I want you to say is **"I FORGIVE MYSELF!"**

Now sit in silence for a few minutes and know that the universe has accepted your message of forgiveness!

Take this exercise seriously and do it every day and soon you will feel the difference!