



FORGIVENESS WORKSHEET

In my very first kinesiology session I was given the following homework to do. To date, it's been one of the most cathartic experiences.

Write a Letter of Forgiveness + Burn it!

When you understand the power of intention (check out your Intention Setting Worksheet) **you understand the true power of this process.**

Whether it be yourself, a friend, family member, or an ex partner - holding onto resentment, grudges, shame, jealousy, is, as they say, like drinking poison and waiting for the other person to die. Which is just silly!

In my case, I desperately needed to forgive myself. I had behaved in less than desirable ways and for a really long time blamed other people for these behaviours. As a result life became heavy, I felt horribly disconnected from the people around me and I was riddled with anxiety! To read my story of forgiveness get your copy of Self Love + Nourishment (ebook).

Even when we feel someone has wronged us, we still need to acknowledge OUR role. Whenever we have a finger pointed at someone, we always have three pointed back at us! Remember this.

And so, this letter writing activity was a huge part of what allowed me to Forgive myself and move on.

Get Forgiving.

Pop the kettle on, brew a pot of tea.
Pour yourself a glass of wine, have a scotch on the rocks.
Do whatever you need, just get yourself comfy.

Light a candle. It's a nice thing to do.

And then let yourself go. Put all your thoughts and pent-up emotions onto paper. See it as a ritual and honour this process.

*Write without judgement.
Swear and use obscenities if you need.
Get down and dirty with it.
Get light and shallow and superficial.
Tune into your feelings.
Let your Ego rant.
Let your Higher Self be heard.*

And write for writing sake. Keep the words spilling out until they no longer spill. And when you're done sign off with love, declaring forgiveness to all involved, especially yourself.

Remember, intention is everything.

And then burn it. Watching the embers drift off into the ether taking with it all the redundant, heavy, poisonous energy.

