

# FORGIVING YOURSELF



## OVERVIEW

<p><i>How This contributes to healing :</i></p>	<p>We often invite and attract experiences that align with what our conscious and subconscious mind feel we are deserving of.</p> <p>In some cases it is manifested with poor relationships with friends, partners, food, places, activities, and learning.</p> <p>Sometimes we must face the music and stare at our actions, our feelings, our circumstances- aside from truly being a victim of circumstance - a lot of the times our behaviors, mannerisms, and traps are a form of self sabotage stemming from our inability to move past a trauma - or repeated traumas. We become comfortable in our own dysfunction.</p>
<p><i>We are greater than our deepest wrong.</i></p>	<p>WE may not have the superpower to have everyone like us, or forgive us, or agree. But if we are in tune with our highest vision , there should be no doubt of integrity or chink in our spiritual armor.</p> <p>The issue is, most of us rely on it. We would rather allow fear based mindsets - to protect ourselves from achieving our highest most bright visions. I one doesn't feel worthy, if we keep holding onto " that one thing" and then I'll be where I want to be - while this can propel forward movement, it can sometimes become our own trap. We never allow ourselves to sink into the present moment, and invite ourselves to receive the love we deserve</p> <p>We as a collective are all greater than our deepest regret. If we ever fail to see that then I will help absolve it.</p>
<p><i>Tools</i></p>	<ul style="list-style-type: none"> <li>● A piece of paper, a dedicated journal or even a section on your notes app</li> <li>● Pen</li> <li>● A candle,</li> </ul>
<p><i>Forgiveness Ceremony</i></p>	<p>Walk into your space that you've created with your intention.</p> <p>A lighting of your candle, dusting off your chair- anything to signal to yourself that you have prepared this space for a new activity to allow yourself to sink into a meditative and safe space.</p> <p>Write out a letter to yourself</p> <p>Dear self, I forgive you, and I let you go</p> <p>Dear self I forgive, and I let you sink into peace.</p> <p>Dear Self I forgive you, and may we move forward in a space of love.</p>

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*Coming back into self*

Once that is finished, take those next few moments to come back into your body here in this time and space.

Remind yourself of your innate worthiness and take a new breath in to recharge your forward movement.

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