



How to Use Forgiveness to Expand Your Creativity, Courage & Commitment

FORGIVENESS IN YOUR ROMANTIC RELATIONSHIPS, PAST & PRESENT

1. Are you holding on to past pain and resentments from romantic partners, past or present? What is keeping you from opening fully to love and intimacy today?

2. Now, choose to forgive yourself and your romantic partner(s), past and present, because doing so will set YOU free.

To help you really embrace this, and bring forgiveness to your romantic partnerships I suggest that you do the following:

Heart to Heart Meditation For Past Romantic Relationships

Sit comfortably in a chair, be sure that both feet are touching the floor and the spine is straight. Movement during the meditation is acceptable for comfort.

Close your eyes.

Center your attention on your own heart.

Imagine a white light surrounding your body and shielding it from any external noise or distraction.

Once you feel grounded within yourself, visualize the person you'd like to forgive or ask forgiveness of. Once you have that person in your consciousness, imagine the flow of unconditional love from your heart to his or hers.

The emphasis here is on giving and there is no concern about feeling anything from the other.

FORGIVENESS IN YOUR FAMILY UNIT

1. Make a list of people in your nuclear, extended or childhood family that you want to give forgiveness to or receive forgiveness from. The person (or people) can be alive now or in spirit.



2. Now choose to forgive, and set yourself, and them, free.

To help you in this process, try this exercise.

“Ho'oponopono”

This is a traditional Hawaiian practice to bring forgiveness to the family unit. It can work quickly and easily, from a distance, or even with people who have crossed over. So how do you do this? You simply think of the thing/person you want to forgive, or make right, and say

"I love you, I'm sorry, please forgive me, thank you."