

The Forgiveness Diet

All you will need for this exercise is a commitment of 20 minutes in the morning and 20 minutes at night, and a brand new notebook!

Select a time in the morning when you will not be disturbed. On a clean page in your notebook, number 1 through 35, skipping every other line. Write the following sentence 35 times:

"I, [your name], forgive [a person you blame] totally and unconditionally."

Do not pick and choose who you will or will not forgive. Do not think before you write. Write whatever name comes to mind. Try to write 35 different experiences, however, if one name or experience continues to come forward in your mind, it is fine to write it as many times as you think about it. When you have completed the exercise, take five to seven long, deep breaths, and close the book.

Repeat the exercise just before you go to bed. This time, write the following sentence:

" I, [your name] forgive myself totally and unconditionally. I am free to move on to wholeness and completeness."

You may not know why you need forgiveness, but it does not matter, Spirit knows the reason.

You must repeat this exercise every morning and every evening for SEVEN days, forgiving others in the a.m. before noon, and yourself in the p.m. before midnight. If you miss a day, you must begin again. True forgiveness requires work. Missing a day reflects the resistance of your unconscious mind to releasing the pain. Be gentle with yourself and keep trying. Spirit will show you whether you have truly completed your task, so don't be alarmed if you see or hear from the very person that you are forgiving. Pay attention to how you respond to the situation. When you have totally forgiven others and yourself, you will experience a completely new sense of freedom.

"I, [your name], forgive [a person you blame] totally and unconditionally."

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" I, [your name] forgive myself totally and unconditionally.

I am free to move on to wholeness and completeness."

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