

FORGIVENESS EXERCISE

When we forgive someone, is it not to benefit them, it is to benefit ourselves. When we are storing anger or resentment in our bodies, those emotions become stressors and we cannot relax. We can get lines around our mouth, or ulcers, or other health issues like cancer if we store too much anger for too long. It “eats” away at us.

So, to assist you in clearing your own space, do the work below to release your anger and resentment.

First, examine the relationship. What was your part? Do you need to make any sort of restitution? In other words, make sure you have done all you can to clear “your side of the street.”

Connect to Archangel Raphael, by saying the following:

Open sacred space, and connect me with Archangel Raphael.

Raphael, I am angry and resentful with ...[name of person], because he/she...[reason]..

I am tired of this blame game I have been playing and would like the trauma released for both of us, and the entire creation forgiven for both us. I ask that you clear and release this creation for us. I have done what I can do fix the situation, and will take further action now by going into my heart of hearts and feeling that I truly want to forgive the person and to forgive myself by stating out loud the following two paragraphs:

[name of person], I forgive you for not being who I wanted you to be.

[name of person], I forgive you for not having what I wanted you to have.

[name of person], I forgive you for not doing what I wanted you to do.

[name of person], I forgive you, totally and completely.

[name of person], I forgive you.

I forgive myself for doing the things I did and/or for not doing what I needed to do.

I forgive myself for not being the person I wanted to be.

I forgive myself for not having what I wanted myself to have.

I forgive myself totally and completely.

I forgive myself.

Thank you Raphael.

When you are finished you should be in a neutral space with the anger and resentment gone. What happened is just a fact, and it is not something that you will forget but the emotions are gone, over and the creation is done.