

A ritual for



self-forgiveness



You will need

- A safe and quiet space where you will be undisturbed

Practice

- Cast a circle if you wish and then sit with your hands on your knees, breathing deeply
- Bring your hands to wherever feels most like you - perhaps to your Heart or your Solar Plexus, for example
- Close your eyes and pay attention to what you feel there as you take a few more deep breaths
- Without moving your hands, repeat the words:
I forgive you, I love you, you are safe
- Repeat seven times followed by seven deep breaths, focussing as you do on inhaling love and exhaling release
- See what comes up as your doing this; allow yourself to feel what needs to be felt, and to honour what may be causing you pain, guilt or shame
- If needed, repeat the words and breathing for anything and everything else that comes up to be witnessed and worked with.
- When you feel as though you're done, take another deep breath and see what else comes up for you either in terms of memories or of anywhere your attention is drawn.
- Then repeat the exercise as needed.
- When ready, put your hands on your Heart and repeat:
You are safe, you are held, you are loved, you are free. All is well. So it is.
- Take one more deep breath in and out and come back to the moment
- Close your circle and if you can, take a bath or a shower as you imagine all you have let go of being released down the drain and back into Earth
- If this ritual feels particularly potent to you, look into the sacred Hawai'ian ritual of the Ho'oponopono.