

Adapted from the work of Mary Hayes-Grieco, a psychic from Minneapolis, who adapted this from Dr. Edith Stauffer's book, *Unconditional Love and Forgiveness*

How to Forgive Another Person (Or yourself)

Think of someone you'd like to forgive. When you think of this person, where do you feel uncomfortable in your body?

Do a relaxation guided meditation, so you can enter this work feeling very relaxed.

1. Say to yourself: "I'm ready to stop suffering about what has done or not done. "
2. Imagine that the person you are forgiving is in front of you (an empty chair may help). Talk to them aloud about your hurt, anger, disappointment, etc. "I need to forgive you because ... " "When you did that I felt so bad ... " Allow yourself to cry, sweat, shake or vehemently express your anger. Say everything on your mind.\
3. Summarize your preferences about what "should" have occurred. Make these positive statements, such as "I would have preferred that you had always been honest with me, or "I would prefer that you would agree to go to counseling with me." (Not, "I wish you weren't such a jerk!" (If you are unable to make positive statements go back to step 2 and vent some more.)
4. Now, acknowledge: "But you're not like that, and I will no longer suffer about it." Or: "But you didn't do those things; I now will release those 'expectations. I choose to let it go and be free of it." It is important to state this as an act of will on your part,"
5. Now cancel those preferences/expectations one by one. "Therefore, I cancel my expectation that you would always have been honest with me ... " Feel the power in the 'Nord 'cancel' each time you say it.
6. Tell them: "I take total responsibility for my actions and I give you total responsibility for your actions."
7. Raise your consciousness to the Higher Self. Do this by imagining a sphere of light about a foot above your head. See this as the part of you that has always protected, loved, guided and nurtured you all the days of your life. Contemplate the qualities of the Higher Self until you feel these qualities flowing into you as healing love and light (peace, unconditional love, joy, acceptance, wisdom, compassion, understanding.)
8. When you feel clear and full of love, picture sending it to the person you are forgiving. Say to them, "I send you my love from my Higher Self - just as you are and as you have been; and I release you to your own highest good. "
9. Think of a few things you like about them or a few things that are positive about your relationship.
10. Take an inventory of your body and emotions. What is different? Can you feel love for them? Do you feel a release? If you don't, see if you are still holding onto any demands or expectations. If you are holding one, run it through the canceling process again. Or, examine your willingness to be free and move on. Or, there may be another related incident now surfacing of which you were unaware. Process that.