

Forgiveness Letter

One of the most fundamental tools we have to quickly change our life is forgiveness. I've been teaching forgiveness workshops and classes since 2000. Over and over again, I've witnessed people quickly and easily create miracles in their life using forgiveness. One of the things I love to share is what I call the Forgiveness Letter. You can benefit greatly by using this tool to clear away unresolved emotion and upset from the past that is draining your precious energy right now. It's simple and it works! Your spiritual expansion and mastery work focuses on two major components:

1. Clearing that which obstructs your pristine awareness of your divinity
2. Consciously connecting with your divinity

I strongly encourage you to consider doing this FORGIVENESS LETTER as a release SOON! It's very powerful. Many have had extraordinary and miraculous results, including me!

Begin by creating an environment – Set the tone for yourself and allow for time without interruptions. Plan for 45 minutes or so. Here's what you write – write it longhand – don't do this at the computer.

Next, write out your intention clearly – example:

"My intention in writing this letter is to ..."

- ♥ release any resentment or regret and be free of the past
- ♥ release any anger or hurt so that I may move forward in peace and freedom

You can write the letter to yourself or anyone else that you're holding something against. Most people benefit greatly if they start with self-forgiveness.

Then write at least a paragraph on each of the 12 following:

1. I feel angry that ...
2. I feel afraid that ...
3. I feel hurt that ...
4. I feel sad that ...
5. I accept ... (what happened)
6. I accept ... (what is now)
7. The deep desire of my heart now is ...
8. What I'm doing to support myself now is ...
9. What I am asking you/myself for now is ...
10. What I'm asking for help with from you/myself/the Universe now is...
11. I'm grateful that ...
12. My loving and powerful intention going forward is ...

I recommend writing separate letters to forgive yourself and to forgive others. Do not try to rush through this or do it all at once. If you truly want to free yourself make a plan to write these letters often and clear the unresolved feelings from the past so that you can be free now!

This is one of the most energizing, and LIBERATING things I know of to do. It's amazing how miraculously it works. Remember, that your mind is one with the Divine Mind and you doing your healing work brings benefit to everyone because you're one with them!

This tool is profoundly healing. Using it creates a breakthrough that usually brings spontaneous physical, mental, emotional and financial healing. It really works! If you're tired of suffering and feeling blocked, try it and see! If you like, there are many prayers and other things to support you at my website. If you're looking for where you can get this letter at my site – here's the link: <http://jenniferhadley.com/2012/05/forgiveness-letter-3>