

“7 Step Conscious Forgiveness Exercise”

by Rev. Nancy J. Oristaglio

Preparation:

In a quiet space and time, gently and consciously breathe several times. Give yourself permission to relax. Realize that as you forgive, you are doing so from your Conscious Self; your Wholeness or Christ Mind. From this perspective, you are so much larger than any experience that has wounded you. Visualize yourself centered in God; a center for God.

Step 1: Bring to mind the individual you are consciously forgiving and within yourself speak to this person. Even if the person has died, this exercise is very effective.

I speak to your Essence, and not to your unconsciousness (ego). While you were under the influence of your conditioning – of all that had happened to you in your life – in this state of unconsciousness, you did things that hurt me very much.

Step 2: *I now know that the real you – the Divine presence that is the essence of you – was lost to your awareness because you, too, were also deeply hurt by the unconscious acts of others.*

Step 3: *From my essence to your essence, I now forgive you. Whatever karmic debt we had between us is now paid. All has been fulfilled.*

Step 4: **(You cannot be part of my life), but I honor your Divine essence and know that it is the same as mine. We are both parts of the One Wholeness that is God. We are therefore part of one other.*

**The words, “you cannot be part of my life” are optional. If you feel that it is possible for you to have a healthy relationship with this individual, you may omit these words.*

Step 5: *I wish you well.*

Step 6: *I set you free, and in freeing you, I free myself.*

Step 7: *It is done. Amen.*

Afterward:

If the individual comes to mind – or if painful memories resurface – practice letting them go. Remind yourself that you have freed them from your mind and heart. You have chosen to free yourself from the burden of your past and are now open and receptive to the new opportunities and new life God has planned for you. Then return your awareness to the present moment in gratitude.