



## How to apply the practice of Forgiveness and free yourself:

**Self-forgiveness is key for unblocking old energy residue.**

We are so worried about looking "nice," or being "easy going", willing to give others pass, yet, we beat ourselves up for things that we should have known better about.

What is the sense of that?

Unfortunately, this is the sad truth.

Why is it ok for others to make mistakes, but, we don't allow ourselves the same compassion?

How are we supposed to learn, if we do not fail and make mistakes?

I invite you to let go of being "nice," or needing to look "nice" (gaining others approval) for a moment, learn to be true and kind yourself and those around you, by being honest about your needs. We all want to be loved unconditionally, but we are looking for it outside of ourselves, hoping some day we will be worthy of receiving it.

**The question is,** if we cannot be kind to ourselves, how can we really love anyone? I believe, true compassion comes only when we can give it to ourselves first. This way, it comes from a place of abundance, rather than lack (either/ or thinking). Coming from "either/or thinking" usually leads to harboring resentment. So, whether we are aware of it or not, this is what blocks and drains our energy.

Another reason we need to love ourselves first, is so we can experience what it is like to receive. If we put ourselves last, others will undoubtedly do the same. We set the precedence, whether we are aware of it or not. We truly teach others how to treat us, whether we do it consciously or unconsciously. We teach others how to treat us, not only by setting clear boundaries, but predominantly by how we treat ourselves, when no one is looking. Life is just a mirror of our inner beliefs, giving us the opportunity to adjust a few things.

*"If you want something to come **to** you (such as love and acceptance), then it has to be able to first allow it to come **through** you." Kimarie Machinga-*

Did you know, there is a little boy or girl in each one of us, with similar fears, wounds and insecurities? In the end, we all just want to feel accepted, understood and appreciated. I

believe we are just a bunch of little children running around trying to manage these big (sometimes heavy) grown-up costumes.

From this new understanding, is it then possible, that the person or situation that you feel has wronged you, may be lost, just acting out of fear and their own woundedness? Is it also possible, that their actions had nothing to do with **YOU** personally?

Let me remind you, I'm not saying you must be friends with these people. I am just asking you to **allow this idea to be a possibility**. If this is too much to grasp or embrace right now, you can still let go, I will show you how.

Close your eyes, visualize yourself surrounded in white light.

Picture a situation, when you were a child where you made a mistake, and maybe you felt embarrassed or ashamed, for not knowing any better.

Just let yourself fully experience that, for a moment.

Look into the child's eyes (you), with compassion, and give them a hug, like you would any 3-year-old child crying over a mistake they made. Let them know, that from now on, you are there to forgive them, rather than punish them for not knowing. Also, ask for forgiveness for not realizing the effects of your destructive self-talk. Make a decision to be aware of how you speak to yourself and the child inside, and choose to be more kind and forgiving moving forward.

Feel the love and compassion permeate through your whole body. Give thanks for being able to go back and redo that situation.

**To discover more about:**

- How to heal the past through your inner child.
- Let go of resentment toward others.
- Really throw out the trash once and for all.

## **How to apply the practice of Forgiveness and free yourself:**

This work will help you release anger and resentment, step back and see the bigger picture, providing peace and restoring freedom in your life.

1. Concentrate on whom or what has gotten you upset. Example: "I invited 12 people to my birthday party and only 5 showed up. They said they would come and then backed out last minute. I feel like a fool! I spent all this money to be sure I had enough food, and now it will all go to waste. I always go to things they invite me to and buy them a gift."

2. Write down the situation that has you feeling this way and/or share with a partner. Do not hold back or sugar coat it. Allow that little boy or girl inside to really let loose, without judgement. Let yourself feel the experience, otherwise you will just end holding onto unresolved feelings of resentment. If you are doing this with a trusted partner or professional, act like you are confronting the other person or people, then say what you would say, if there were no consequences, just like a child might. The reason for this, is to allow you to be heard (maybe for the first time) and explore what feelings arise.

Example: "I am so angry at you, because I shared my deepest secrets with you and you told everyone my business..."

4. Then write down those feelings.

Example: angry, frustrated, like a fool, betrayed, and violated.

Remember: a story is not a feeling. Example: "I feel like everyone must think I'm a fool," is a story.

This step is very powerful and cannot be rushed through and passed over like "spiritual bypass." Allowing you to be heard and giving that inner child, a voice is the first real step toward healing. Your feelings are never wrong, so give yourself the opportunity to feel validated. However, staying a victim is not where we want to stay.

5. How have you interpreted these feelings? And what stories have you told yourself, based on these feeling?

Example: "I am not important or valuable, nobody loves me, people always leave me or take advantage of me, others are more important."

6. Check the set of beliefs you resonate with most:

\_\_\_ I will never be enough \_\_\_ It is not safe to be me \_\_\_ I am always last or left out \_\_\_  
 People always abandon me \_\_\_ It is not safe to speak out \_\_\_ I should have been a boy or  
 a girl \_\_\_ No matter how hard I try it will never be enough \_\_\_ Life is not fair \_\_\_ I am  
 unworthy \_\_\_ I don't deserve \_\_\_ I must obey or suffer \_\_\_ Others are more important  
 than me \_\_\_ I am alone \_\_\_ Nobody understands me \_\_\_ I am unlovable \_\_\_ No one is  
 there for me.

7. Be honest; is what you are telling yourself absolute truth? Or is this your faulty programming?

8. Reflect on other times in your life, before this moment, where you felt these feelings and came to the same conclusion, write about those times.

Example: "It's not just my birthday, this happened to me at school and in summer camp as well."

9. Do you see a pattern?
  
10. Are you willing to recognize the mirror that has shown up to reflect faulty programming? What if the whole reason for the discord with that other person, was to make you aware of the glitch in thinking that continually shows up for you subconsciously?
  
11. From a higher perspective, are you willing to see, that this situation allows you the opportunity to heal faulty beliefs, by reflecting them back to you?
  
12. From this space, are you willing to send love to your inner child and release the story in #4, also allowing you to forgive and release the others involved?
  
13. Write the feelings and old beliefs you are ready to release, and the other party or parties involved.

Example: "I release the belief that I am not lovable, I am not important or valuable, nobody loves me, people always take advantage or leave me, others are more important."

"I forgive myself for judging myself, as not good enough, unlovable and having no value."

"I forgive \_\_\_\_\_ (name or situation) for reflecting these feelings back to me, and release \_\_\_\_\_ (name or situation) and myself, from any further feelings of discord."

This is a great tool to let go of some harbored resentment. This work is very deep, simple and yet POWERFUL. If you need help uncovering the blind spots please feel free to set up at FREE clarity call: [www.bravebreakthroughs.com](http://www.bravebreakthroughs.com).

With much love and gratitude,  
Dr. Kimarie Machinga