



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.

With much love and gratitude,
Dr. Kimarie Machinga