

Forgiveness Walk Through

Candi Wishman
Intuitive

Identify someone who has made you feel low vibration feelings of hurt, sadness, anger, frustration, etc. You could even be angry at someone for something they did to someone else. From family, friends, childhood bullies to work bullies. Whomever pops in your mind. You could even forgive yourself if you feel it necessary.

Know that you are going to observe your experience, not relive it. You are safe and supported.

Say this if you feel called:

"I call in any and all light beings from the Omniverse, Angels, Guides, Ascended Masters, God, here for my greatest and highest good to walk with me through this."

They will provide you with protection and the gift of awareness.

Make sure you're comfortable, and have a pen you'd like to write down your findings.

Step 1

The person you picked to work with, feel into the situation or situations you experienced with them. If you still feel it on some level, it matters.

The important thing to remember here is that you're not dwelling on these things, you're acknowledging them so you can let them go. And I know family and friends is a touchy subject because we know deep down that is never their intention to hurt. But hurt they sometimes do.

Go back to one of those moments. As I list the questions, you can write down the answer or go over it in your mind, whatever works.

1. What was the situation or trigger that keeps coming up? Often times, its a pattern, or will have happened several times in your life.

2. How did it make you feel in the moment?

Its important to go into observer mode right now, often when we are asked how we are feel about something we go right into explaining why we feel what we do....so

3. What emotions came to the surface?

4. Why did you feel that way?

5. Where do those feelings stem from? Where was the first time you ever experienced this feeling? Or these feelings?

6. What did you actually need in that moment?

7. Can you in anyway give that to yourself now? (Can you validate how you felt? Can you honour those feelings with out needing understanding from anyone else?)

8. Make a point of doing that now if you can and love yourself through it.

9. Can you understand and forgive yourself for any parts in this situation? Could be energy around guilt for harboring resentment, or anger, or sadness, not necessarily that you did anything wrong or are responsible for the situation.

11. Are you ready to forgive all the other people in this situation?

Really acknowledge what you needed and didn't get. Own and honour the feelings you have so you can let go of the need to hold someone else accountable. Needing someone else to bring you peace will only bring you disappointment and disempowerment because it puts your healing and wellness in their hands. But if you can honour yourself and your own feelings you will feel so much better about it.

Now that we've moved through the hardest part of this session, close your eyes and envision this person and say:

*Thank you for bringing this part of me into my awareness so that I can take responsibility for it and release it.
I am sorry for harbouring thoughts that created separation for us.
You and I are one with each other and the universe. I love you.
I release you to your wholeness. I forgive you, I forgive me.
I give you permission to forgive you I give you permission to forgive me.*

Step 2

Write down the same person and list 3 good things about them. They don't have to be in relation to you, they could be things you've witnessed.

Then say their name and the good things you see in them out loud.

Once you've done that, envision this person and say:

*Thank you for bringing this part of me into my awareness so that I can take responsibility for it and release it.
I am sorry for harbouring thoughts that created separation for us.
You and I are one with each other and the universe. I love you.
I release you to your wholeness. I forgive you, I forgive me.
I give you permission to forgive you I give you permission to forgive me.*

Step 3

Write the same name and beside their name write one good memory or experience you had with them

Say their name and speak to the memory and how the memory made you feel. The release of the low vibration emotions and judgement and the replacement of the joy and happiness you feel is amazing.

Once you've done that, envision this person and say:

*Thank you for bringing this part of me into my awareness so that I can take responsibility for it and release it.
I am sorry for harbouring thoughts that created separation for us.
You and I are one with each other and the universe. I love you.
I release you to your wholeness. I forgive you, I forgive me.
I give you permission to forgive you I give you permission to forgive me.*

Step 4

Write the same name, and beside their name write two things you have in common with them

I find it helps me see the human part of them and how we truly are one with each other and the Universe.

Once you've done that say:

I am choosing in this moment to love and accept you for who you are and choose to be.

Just as I am choosing to love and accept who I am and choose to be.

I am choosing to release and let go of all the past and current hurt and negativity.

I am choosing A New Path and choosing to give up all of the baggage and worries to the universe to be transmuted.

I am choosing to accept the lessons and find joy in them.

I am choosing to see the hurt feelings as a shape of my character instead of a minimizer of my potential.

Thank you for bringing this part of me into my awareness so that I can take responsibility for it and release it.

I am sorry for harbouring thoughts that created separation for us.

You and I are one with each other and the universe. I love you.

I release you to your wholeness. I forgive you, I forgive me.

I give you permission to forgive you I give you permission to forgive me.

And repeat these steps until you no longer harbour resentment, anger, guilt, etc.