



Write to Heal – Chapter Ten Exercise

1. Turn on the first track of the CD you downloaded from my website and follow the instructions through the relaxation exercise.
2. Once the CD begins to roll onto the second track, on a piece of line-less paper, one at a time, write down the name of the first person or the description of the first situation that needs to be forgiven. Whether you feel that he/she/it deserves to be forgiven does not matter. This is not a subjective decision you are making; it is a definitive action that you are taking. Write down that name and then next to it write down the words, “name or situation I forgive you for.” Then write down whatever it is that you forgive this person or situation for.
3. Especially in the initial stages of this exercise it may not come easy and you may feel a significant amount of anger and resistance. If that happens, that is good, for it will verify that your energy is moving, that your internal resistance and pain are being shaken and calling to be released. If this happens, let it out. Allow yourself to have a primal scream, cry, yell, cuss, beat a pillow, write it all out, whatever you have to do to facilitate it leaving you. For behind that resistance and pain is the ability to forgive and then behind the forgiveness is the enlightenment and peace we all seek; which comprises our most natural of all states.
4. Stay with the first name you chose to forgive. Flush out your pain and resistance for as long as you need, even if it takes several sessions over days or weeks. Stay with this process on the first name you chose until you can write down the words from #2 above, forgive this person or situation and feel nothing. Then, and only then, will it be the forgiveness you seek.
5. As you can imagine, this exercise may take a significant amount of time to move through name-by-name-by-name. You will see that as you move down your list, moving through each name will become progressively easier and faster. That is because in some unique way all of these pains and unresolved issues, which are dying to be forgiven and released, are all tied together. So to remove one is somehow part of removing all. Stay with it, nonetheless, and don't move onto the next chapter until you have fully completed this exercise. For to move ahead without doing so would be like going on a major shopping spree only to arrive home and find your closets are already completely stocked with clothes—ones you no longer want, and thus there is no room for those you just bought and which you really want.