

Write to Heal - Chapter Eleven Exercise



It is not enough to forgive others. The enlightenment we seek, which is available through our writing, and which will lead us to the peace we all innately desire, is only totally available through complete forgiveness including of ourselves. How could that be? Each person and situation that you worked with and through in the previous chapter was an angel in disguise reflecting back, or responsible for, manifesting a certain lesson you need to resolve and dissolve in your **karma** (unresolved “stuff ”) allowing you to step into your **dharma** (life purpose).

Remember Christ’s forty days and forty nights in the desert? What we have been doing together over the last few chapters comprises that for you as well. Like Christ, you are tearing off the band-aid quickly as opposed to allowing life to do it for you. Christ did not come into His full enlightenment, nor Buddha nor Muhammad, until they went through their tests of time. This is your test of time, your chance to step fully into your enlightenment and fully live for yourself and all those you love around you.

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1. Turn on the audio and move through the first track.
 2. Once the second track begins, start writing on a large lineless piece of paper all the things you feel you need to forgive yourself for, many of which will be tied directly to what you had to forgive others for and everything else you had to forgive from the previous chapter.
 3. This is not a place to allow yourself to run dry. Take on the responsibility of completing this exercise, for if you don’t, all that follows will not work for you to its maximum potential. As a result, you will not have the peace and joy that you deserve and want.
 4. After you have written down all that you can forgive yourself for, position yourself in front of a mirror, with your large pad of lineless paper at your side along with a pen. Then, taking one statement at a time, look at yourself in the mirror directly in the eyes and say your name. Then say, “I forgive you for...” and fill in the rest of the sentence with whatever it is that you are forgiving yourself for.
 5. In response to the reading of any of the above statements, if any feelings surface, either say them out loud, shout them, or even better, write them down on your large pad of paper.
 6. Let them all out. Remember that any resistance, anger, or anything else you could be feeling, is residue from past beliefs trying to leave you through being pushed out by The Divine White Light trying to create greater space for itself in your life. Just let the feeling out, scream, talk, mouth, write them out, whatever. Just let them out. For behind them lies the forgiveness we all seek and behind that lies the peace we all deserve.
 7. Once you are done with your first forgiving statement, move to the next one, then the next one, then the next one after that, and so on, working your way through each one until you are at the end of your list, no matter how many sessions it takes over however many days.