



**Eliminating Karma & Turning Sorrow
into Freedom Is
done through**



Forgiveness



Why forgive?
Keeping our hearts
open to receiving
LOVE is very impor-
tant
in life, and
can best be done
through using the
art of forgiveness.



Without LOVE,
there will be no
growth, hope, joy,
or ability to have
faith ... and lacking
these qualities will
lead to many
failures
in life.

FORGIVENESS

Have you ever noticed how forgiving little babies are? We can do things, or not do things, that will cause them to cry and feel pain, however, they do not hold grudges about it. From my particular experience, they do not even know how to hold a grudge if you wanted them to! They will be openly ready to be held in your arms as soon as you are ready to do so.

Perhaps that is a part of what was meant by the scriptural direction to become as the little children... that pure, sweet heart of a child.

When we were in our pure state of consciousness as newly born souls, and then as toddlers, we had an automatic response to forgive and let the past be the past. As we grew, and learned how to respond to stimuli we received, by watching others, and when our own karmic personality traits became more prevalent, we also learned how to begrudge someone when they did something that we had learn to perceive as being wrong, hurtful or offensive. I think resentfulness is mostly a purely learned response and not an inherent instinct. I am not an expert authority, but I do know that not being able to forgive eats away at our own happiness and joy in/of life. And without these qualities we are traveling on/with a lower vibration.

When we somehow learn to hold grudges against another, we are actually closing down our heart center, more and more until it eats away to the core of our being, extinguishing the pure light of the Creator that is inherent in all of us. It leads to arguments, wars and other unnecessary struggles, especially regarding physical, mental, and emotional health.

A FORGIVENESS EXERCISE is shown within these pages. I hope you take the time to read this booklet and actually take the time to apply the procedures outlined here. This is such an important aspect of healing that has been often overlooked. All it takes is to make the decision to do it,

from a sincere place of concern and readiness to take your next leap forward in life.

Depending on how urgent you think this is for your particular life, you will either take it little by little; day to day when something comes up, or get your pad out and get to making a list.

If you want to confront this with urgent attention:

First one should mentally perform a life review of all past incidents that have caused you pain and that you have caused pain to another. Write them down by naming the incident with a title. Now decide, right now, how many of (your 10 or 100 page list!) issues from the past, will you take per day, to mentally revise and forgive. Correct these mentally. In our earthly experience we all are faced with a series of great opportunities which we often misinterpret as being something to cry "why is this always happening to me?" about. These experiences are actually opportunities disguised as problems, which we have chosen by the way, ~ whether consciously or unconsciously, in this life or the beyond. (Okay, now don't get stuck here... keep reading!)

**Life on earth is basically a series of problems or difficulties that we must
make decisions
and choices about...**

“Life is our school. All that we encounter in life are learning assignments. For bitter or sweet, wisdom or woe; the critical moments are our tests, and how we react to them determines whether we pass or fail.”

In many cases:

“We all must learn to attend to the underlying reason why we felt hurt or anger
~ not to those who hurt or angered us.”

Sometimes, once we figure out the underlying reason for the anger, then we can work with *ourselves* and learn how to identify that emotion, as soon as it shows up, so that we can learn how to process that energy in a more positive way. A simplified example is as follows:

you get angered over someone disconnecting communications with you—and you don't even know why they did so. You get angered and feel misused. You start harboring resentments toward that person, and start calling them a 'jerk' and even maybe all others that match the same gender. Upon silent introspection you start to realize that one of the main underlying reasons for your frustration is the very

uncomfortable feeling of *rejection*. *No one likes this feeling and will protect themselves at all cost usually to avoid the feeling.*

But, I feel once we start to *truly and strongly* connect with our true higher selves, this rejection will be less and less traumatic for us, because we will be in love with ourselves and know that not all relationships were meant to be forever, and we will get the positive lesson behind our meeting them in the first place. What was it that you learned from the experience that will help you to be a better person?

However, with some circumstances; the offense was just unacceptable and unfathomable, like in the case of molestations, etc... so it is understandable that "sometimes it is necessary to place a moratorium on forgiveness until healing has taken place." (or begun to) .. and then other times healing CAN NOT, WILL NOT happen until the forgiveness takes

place first. The one seeking healing should be able to determine which one of these holds true for them... Sometimes the best thing to do is express our outrage openly and verbally first, as this can be an act of healing oneself as well. And then from there move into a space where you can look at the person who did the objectionable act and see that they are in need of serious help ("Father, forgive them for they know not what they do") and forgive them for that reason alone. We are not excusing or condoning; we are lifting the hurt off of our shoulders, and simultaneously learning a lesson on awareness, that in some cases amounts to knowing better how to prevent similar things in the future from happening.

We can become very empowered now, to help others become more informed.

Some steps toward learning how to Forgive:

EMOTIONAL FREEDOM TECHNIQUE

If there are some really serious and deep issues revolving around forgiveness - Emotional Freedom Technique (EFT) can be of utmost value, especially by working with the "Personal Peace Procedure". If one is interested in clearing some serious emotional wounds, the suggestion is to seek experienced EFT assistance which is known to clear traumas in a matter of minutes, days or months compared to other mainstream practices which usually take many years, if at all. And these other methods may continually have you rehearsing all of the painful events, thus creating a stronger current of energy to support their place in your life.

You know, we really need not *always* pick up the trash and start picking it to pieces in order to inspect it's every detail, to throw it out. We can just identify the trash, pick it up and throw it away. Or we can ask that this trash be taken away by the particular savior, angel, saint or saintress that we have faith in and that we call upon in our times of need.

There is another alternative which can be done without help or professional guidance, and is of great assistance when done regularly every night for 21 days. In essence, this *Procedure directed towards Inner Peace* is similar to the ancient teachings given to students on the spiritual path to rehearse the previous days' events and make any needed corrections daily. The Inner Peace Procedure, similar to the Personal Peace Procedure of EFT, in that it *involves making a list of every bothersome event in one's life, however, it differs in that we systematically forgive those involved and forgive self as well.*

Forgiveness does NOT mean that we "excuse" offensive behavior; it doesn't mean forgetting or even trusting the person who offended, harmed or wronged us. Nor does it require us to "let go" of our safety. Rather, forgiveness means to let go of resentment and find peace. This is more easily done once it is realized that the pain being held onto is highly injurious and that usually the only one hurting from it is the one who is holding onto the experience and its associated pains ~ yourself. By sincerely feeling and doing this, one can actually eliminate major causes of our emotional and physical ailments. It doesn't matter at all if one feels as though it is not possible for them to have these "real" pains and discomforts due to blocked energy such as emotions in their metaphysical and physical anatomy... because actually, it is possible.

Whether you ~ ran over a deer, hit your child out of anger, cursed your husband, wife, or parent, lost your job, spoke harshly out of impatience, got spoken to harshly out of impatient arrogance, got hit by your husband, hung the phone up on him, did not go see your aged parent before they passed on, ... whatever reason... forgiving yourself and forgiving others is a key freedom & helping our world to evolve.

So even if this does not seem to directly relate to one's discomforts, the eventual benefits in whichever direction it manifests change in, will be greatly appreciated once done in sincerity. Ideally, those requiring healing of emotional pains should find safe methods and environments in which to discharge their often repressed feelings. Going to a professional can really help, or a close friend or relative that you can trust.

However, sometimes this must be done in solitude. In whichever manner, discharging anger, rage or fear frees the individual to acknowledge and accept that they have this pain and their resultant losses. The pain being held onto is detrimental and hurts the one who is holding onto the experience and pains in a negative way as compared to learning valuable lessons from the experience and then letting it go.

“AN INNER PEACE” PROCEDURE: (adapted from G.Craig's EFT; personal peace procedure)

*Make a list as explained above. Divide the events equally if possible between the amount of days you choose to work on forgiveness. Say you decide to work on forgiveness for 21 days, and you have 50 issues. Do two to three issues per day.

*Regress in time day by day and year by year, to when these issues were formed.

*We stop at events that had a major impact on our lives in order to make mental corrections or revisions to the situations and re-assess our understandings of these events with our present experience and knowledge. We accept the responsibility (response-ability) for our own actions. We apologize mentally in the scenes for anything we thought, said or did which caused hurt to another, ask to be forgiven and forgive those who have hurt ourselves.

You also want to mentally confront anyone who has transgressed you and say whatever it is you would want to say to them, in a loving manner; but still speaking whatever your truth is, face to face with this person. Once you have spoken from your sacred heart to theirs, then you will want to cut the energetic cord that connects you to this person and end all attachments to them and the situation the two of you were involved in for once and for all. Some people see a huge pair of scissors cut the cord or see a horizontal lying figure eight above your heads, that comes down and the mid section of the figure eight gently cuts the cord of attachment. After this step, then see the other person turn and walk away while you turn and walk away towards your own direction as well.

The alternative to this meditation is for incidents when you feel the need to apologize to another for what YOU have done. You do the same procedures except that you don't cut the cord and walk away from each other if it is not called for. Then you proceed with the last part; re-writing and re-directing the scene that previously shows you causing hurt, pain or suffering to that person, and instead shows you and that person ending the scene happily and beneficially for you both. Again, this alternative route can also be used for someone that has betrayed or harmed you in any way, and you choose not to cut the ties that bind you to them totally; just cut the cord that attaches you to that negative event. In other words, when you express forgiveness to them mentally, then have the intent to cut the cord that is related to that negatively charged event that created the need for the forgiveness in the first place.

This procedure is ideal in that it minimizes the fear of forgiving or apologizing face to face with someone, especially when doing so might increase the chances of being hurt again. Or in instances that you may not have the courage to say what you feel about their actions, to them face to face. However, it is still effective in clearing your own conscience when performed in the light of Love and sincere intent to clear yourself of the burdens. Your "I AM" presence (your higher self) is communicating with theirs on another level of awareness, and although they are likely to not have a clue that you have performed this operation, their higher self DOES know. And most of all, your own mind does not know the difference between what you imagine and what is happening in the "real" or objective world. That is why the next step is of utmost importance:

The same event that had a major negative impact on you—that led up to the previous mental meeting and detachment procedure—you are now to re-write the script for that. Give it a happy ending, or at least a more favorable ending for most involved. Let your mind see this scene end better for you now, instead of the way you previously would rehearse the scene over and over in your head. Do this entire visualization at least three times.

Sometimes as we mature, we can see a broader view and recognize how those who hurt us actually helped us in some great way. So, we can also add gratitude at the end of this exercise for those who we thought were hurting us but actually helped, for all of life's lessons and for everything else that we can be grateful for. An example is when your companion decided to throw you out after a big argument. After that traumatic experience though, you wound up meeting and being with someone else who was the ideal

partner for you, and if you had not been thrown out you would not have met this new person.

For these purposes, the following message should be read and considered about each issue and then said aloud or to oneself if aloud is not possible; *You will want to repeat the following words in the plural tense; as it is addressing all aspects of your being. Saying it out loud helps to download the information into your computer/brain/ and cell membranes*

(*"mem-brains/memory brains."*) The words of the forgiveness exercise should be contemplated and repeated in the evenings right after your life reviews and before going to sleep for at least 7 days. It will ***be most helpful*** to repeat this mantra every night before falling asleep for ***21 days***.

Read the affirmation/mantra/prayer shown below after each rehearsal or visualization. (optional)

“INNER PEACE ~ MANTRA/PRAYER/AFFIRMATION”

(preparation)

First take three deep breaths through the nose with full exhalations out the mouth and relax.

(openess)

*We ask all parts of our Being, in all dimensions, in all times and in all our auric levels, to be open to good suggestions, and that our belief systems do not block our progress.

(invitation)

*I (name) do humbly and sincerely ask Divine intervention and assistance to heal, clear and remove from my total being all emotional triggers linked to my cellular, auric and other forms of memory of all hurts, problems and traumas and to keep my being thus free of non-beneficial emotional activations in all heres and all nows, and at all times.

(forgiveness & releasing)

*To all who have offended me - i forgive.

to all who have hurt me - i forgive.

To all who have wronged me - i forgive...

All things past, present and future i forgive...

To all whom I have offended - please forgive.

To all whom I have hurt - please forgive.

To all whom I have wronged - please forgive...

All things past, present and future, please forgive...

(*But most of all i forgive myself for having first set these things into motion.)
Thank you.

(gratitude & closing)

So be it. It is done.

(*This last line of the prayer / affirmation is optional—it is for those who already know and understand the aspect of karmic links to various situations we are involved with. If it doesn't feel right for you, or make sense, just omit it from the prayer and continue working on your forgiveness issues without it. Thanks.)

Life is full of choices, and we have chosen to experience what we have experienced, more than we are aware of and on many different levels, and we can choose to change these experiences now as well. One way is by learning our lessons and passing those tests, so we can advance and move on to the next lesson, level and degree. "Change your thinking and you change your world" ... "If you don't evolve - you revolve, exactly where you are" ...

Ho'oponopono

"Ho'oponopono means to "make right" and is the Hawaiian for forgiveness. Ho'oponopono restores your light or energy body and your e-motion, or energy in motion. Through your light body you are connected with all of life. Through your e-motion you are always affecting everyone around you by your thoughts, words, feelings and actions.

Anytime is a good time to do Ho'oponopono. But...The natural forces of the full moon will act to assist you in the process of letting go. Through performing this forgiveness meditation you will be loving and accepting the shadow, lost parts of your self, and powerfully activating the law of grace to operate more fully in your life.

Through the power of grace you can know the blessing of absolute and unconditional self love and acceptance, and awaken your compassionate heart. In truth when you love yourself completely you love everything and everyone through all dimensions of time and space. This simple act of transmutation, bringing your darkness into the light, provides wonderful nourishment for your soul, and assists every living creature on planet earth at this time, and your awareness of your actions assisting everyone multiplies the effects of your meditation. Ho'oponopono Forgiveness Meditation empowers you to shine with brilliance and renewed Self love.

Ho'oponopono in essence means to make things right with your ancestors, or to make right and create peace and harmony with the people you have relationships with; those with whom you are entangled, or connected, and most especially with yourself.

In the Eastern cultures there is a tradition of honoring your ancestors. Being aligned with and cleansing ancestral relations is considered absolutely essential for prosperity at all levels of your life. Without reverence and gratitude for one's ancestors prosperous circumstances will always be severely limited. In Japan, China, and the Hawaiian tradition it's important to cleanse any past problems you may have had in relationships, especially with one's relatives.

There may also be family patterns you do not want to continue. Generational themes are passed along through the family lineage, like depression, poverty consciousness, addiction, or other unfortunate character traits. Ho'oponopono allows you to cleanse your ancestral lineage. This cleansing and healing of relationships within your family lineage brings you the highest and greatest good fortune!

For the Ho'oponopono meditation you will need:

A white candle

Calm your mind and sit quietly. Allow yourself to be quietly present with your Self. Within you is a sacred inner space where the creative spark of life dwells and animates your being. This is your own personal pilot light that you can turn to as needed for guidance. Now is the time to go within your sacred inner space and be still.

Light your white candle and focus on the flame. The candle's light is a reflection of the Divine spark of light within you.

The Process of Ho'oponopono Forgiveness Meditation:

Here's my own simplified version of Ho'oponopono for healing yourself of any uncomfortable feelings within yourself, and between yourself and others. Remember that what you

see in another is a reflection, a mirror of something within you, so all healing is self-healing. The *Course in Miracles* says, "What you perceive in another you are strengthening in yourself."

No one else has to do this meditation for you to experience the desired results. Do Ho'oponopono with every person in your life with whom you feel misaligned, including conflicting parts within yourself. You may repeat the Ho'oponopono Meditation as needed to cleanse all negative emotional blockages.

See the person with whom you feel discomfort within a healing circle of light. See yourself within this same healing circle of light. See a beautiful cord of golden light above your head connecting you with your greater self, or guardian angel. See a golden cord above the other person's head to their greater self, or guardian angel. Then see a golden cord of light between your greater self and the other person's greater self. Now see a golden cord of light from your heart to the other person's heart. Feel the free flow of love moving through the golden cord of light connecting you with the other person.

To heal any split or feeling of separation within yourself, or between you and another person, first say with genuine feeling, "I apologize," and then, "Please forgive me."

You say this to focus your awareness on any thought, feeling, attitude, or behavior that has gotten into your bodymind system, like a virus, and is disrupting your peace of mind and heart based love energies. You don't need to know why or understand why you think, feel or have certain behaviors.

By saying "I apologize," you are asking for forgiveness inside yourself in order to release and let go of the bad feelings of discomfort like guilt, and shame inside of you. Forgiveness does not mean you are condoning anyone's behavior. Forgiveness simply means you no longer wish to suffer from a past issue.

End by saying with genuine feeling, "I love you," followed by, "Thank you." Continue repeating, "I love you," and, "Thank you," for as long as needed until you feel completely free. You may return as needed until you feel complete resolution at the core of your being. Remember to breathe deeply and exhale as you let go of any toxic emotions and stagnant energy.

The sound of the words, "I love you," acts to transmute the vibration of life force energy from stuck to flowing. "I love you," reconnects you to your wholeness (Holi-ness). Since the 'Zero Point' field or Akasha is absolute pure love, and has 'zero' limits, when you express genuine feeling of love you automatically begin to resonate and harmonize with a state of ever flowing grace.

Conclude your Ho'oponopono meditation with, "Thank you," to express your gratitude that harmony has been restored.

End your Ho'oponopono meditation by looking into the flame of your white candle and saying aloud:

*God/Goddess and all that is,
Angels, guides, ancestors, teachers, and friends,
I call upon all who love me to witness for me now,
In deep appreciation for my soul's journey
I acknowledge my unfoldment,
Bless my path as I release struggles,
and burdens from my life.
And so it is.*

After completing your Full Moon Ho'oponopono Forgiveness Meditation imagine yourself joined with others in a circle of compassion sharing this awesome experience of conscious evolution. **You may feel inspired to take some action** if so, listen to your wise heart and take action immediately, no matter how tiny the action step, take it! **Ultimately Forgiveness is a mystical revelation and experience;** by performing Ho'oponopono the Law of Grace is activated to free you from your karmic (cause and effect) entanglements."

Ho'oponopono Article by KG Stiles

Forgiveness, of course, is designed to direct each one of us toward inner peace, and when we practice forgiveness, we are adding our positive energy and efforts in the direction of ascension, into that unified field; the akasha ~ which, in turn,

contributes greatly toward not
only inner peace but towards world peace as well.

Wouldn't you agree if more of us on earth were freed up from being the "walking wounded" planet earth would be a more positive experience for us all? Forgiveness is a way to free ourselves from negative karma. We can put an end to the vicious cycle of revenge or getting even on a personal level... let the universe or the Creator take care of that. It begins with each and every one of us, here and now...

Peace be with you and All, in All
Your Sister of the Heart,
Sister Shakeenah
Better Health Naturally Services
Breathe, In Peace, Truth, Light and Love

(After writing this article which is a collaboration of my own insights, ho'oponopono, writings of others such as John Living, Course in Miracles references, etc. I did a search on the web for "scientific studies on forgiveness", and while there are not many studies strongly validating these views; there are *some* studies that have been made, apparently since 1999, and will be made, that are essentially saying the same thing. I found there is a growing interest and movement on this topic, and even a site named forgiving.org. I give thanks.)