

Forgive For Good

Session#3

If your Spirit gave you this experience of not having what you are wanted to help you learn something, to help you grow or empower you in some way, to help you heal something, what do you think there is here for you to learn or heal?

What beliefs want to be changed out of this experience?

What aspects about you need to be loved and accepted in yourself?

What do you want? What have you learned about what you want? What do you value? What do you want to create moving forward? (Make a list of what you want from your "Not Wants", unfulfilled expectations, unenforceable rules, and unhappy feelings.)

What feeling experience do you desire underneath your "form" wants? What do you hope to feel from what you want? (Example: "I want you to be with me" might equal "I want to feel good" or "I want us to be close" or "I want to feel loved.")

What is your part in this relationship break down? What did you do or say or how were you being that resulted in this experience showing up the way it did? (Take responsibility for everything! Explore in a mood of wonder what about you had this experience show up.)

What do you need or want to apologize to yourself for?

What do you need or want to apologize to the offender for?

Walk through the Six Steps of an Apology (See Apology sheet)

Practice Ho'oponopono: "I'm sorry. Please forgive me. I love you. Thank-you."