



Day 30: Forgiving Ourselves & Others

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Practice

Forgiving Your Former Partner Forgiving Yourself

To forgive your former partner, we are going to use the practice offered us for the late Rev. Roberta Herzog who'd created the practice based on the passage in the Lord's Prayer, "forgive our trespasses as we forgive those who trespass against us." It was Reverend Herzog's belief that when we forgive and ask for forgiveness in return, we neutralize and defuse the negative momentum of the situation we're in. In this way, we return our destiny into our own hands.

1. **Sit Still and Close Your Eyes.** Imagine the person you need to forgive happy and smiling.
2. **Repeat the Following** (out loud if you can):
(Your former partner's name), I forgive you for everything you've ever said or done to me in thought, word or deed that has caused me pain. You are free and I am free!

And (your former partner's name), I ask that you forgive me for anything that I have ever said or done to you in thought, word or deed that has caused you pain. You are free and I am free!

Thank you, God (Universe, Spirit or Life), for this opportunity to forgive (your former partner's name) and to forgive myself.

Ho'oponopono to Forgive Yourself

Another potent practice you can do when you find yourself feeling deeply resentful toward yourself, is the ancient Hawaiian prayer Ho'oponopono which means "to make right."

- 1. Close Your Eyes and Breathe Deeply Into Your Heart.** Place your hand over your heart and breathe deeply into your heart.
- 2. Identify What's Disturbing You About Your Own Choices & Behaviors.** Bring into awareness a memory that is disturbing to you and causing you to resent yourself.
- 3. Suspend Your Certainty About What Happened.** Become willing to suspend your certainty about what actually happened, seeing your current understanding of what happened as valid, yet possibly incomplete. Recognize that other ways to see this story and expand your awareness to include all perspectives as worthy of consideration.
- 4. Repeat the Ho'oponopono Prayer:** With deep love towards yourself, repeat the following prayer as many times as you like, while holding your hand over your heart and breathing deeply between prayers:

I love you.

I'm sorry.

Please forgive me.

Thank you.

Self-forgiveness usually requires an amends of some kind to help right a wrong. What promise can you make to yourself moving forward to ensure you do not make these same mistakes again?

Healing Power Statement of the Day

I am willing to let go of my righteous narrative of wrongdoing and blame and I make room for other perspectives. In doing so, I give myself and others permission to experience peace, freedom, well-being and release.

Self-Care Action of the Day

Create your bedroom to be a nourishing place of rest, replenishment, safety and relaxation. Remove any objects that remind you of your former partner from this intimate space. If you are still in the same bedroom you used to share with your former partner, make sure to purchase new linens and/or rearrange the furniture.