YOUR OWNER’S MANUAL FOR LIFE~ Source Code of Your Soul

*Creating You and Facilitating Your Life*

**CHAPTER 7 EXERCISE: EMBRACING COMPASSION, FORGIVENESS AND FREEDOM**

*“Forgiveness is the fragrance that the violet sheds on the heel that crushed it.” ~Mark Twain*

In this exercise, you’ll consider an experience in your life wherein you’ve been unable to embrace forgiveness for yourself as well as one wherein you’ve been unable to realize it for another. For each, the first thing that comes to mind is the best choice. They could be things you consider significant or somewhat miniscule ~ It’s the energy surrounding them that you’re addressing. There are two considerations to be mindful of:

* Forgiveness is for *You*. It is a conscious choice – one that only you can make for yourself.
* Should the situation(s) involve someone who no longer plays an active role in your life or perhaps has crossed over, keep in mind that we’re all connected energetically, and they can hear you from the other side.

Consider an experience in your life for which you feel that you’re unwilling or unable to forgive yourself or feel that you have not been forgiven for ~ A decision you made, path you took, something you said or did which hurt or violated another in some way. Something for which, regardless of any circumstances surrounding it, you continue to feel remorse. Note this in the first column.

It’s important to examine your perceptions and beliefs around the situation. Ask yourself: *What is the meaning that I’ve given to this?* For example: *Because of X, I am ashamed, embarrassed, unworthy, unloved/unlovable.* List these in the second column. Reflect on the ways in which these perceptions and beliefs affect you - emotionally, physically, financially, socially, etc. ~ all of the aspects that exist in your life stemming from these experiences – the baggage you carry in relation to them. List these in the third column. In the last column, identify the power you allow them to hold over you. What do you love/hate about them, and how do they serve you – positively or negatively?

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| **I’m unable/unwilling****to forgive myself for:** | **My beliefs****around this are:** | **My life is affected by this in these ways:** | **What I love/hate and how each serves me:** |
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Consider how you would *be* now if the issue(s) had never occurred or if acknowledgement and reconciliation had been willingly consented. Allow yourself to sit with this and ask:

* Truth: Who am I hurting by holding on to this?
* What are the risks / rewards involved in holding on to vs. releasing myself from this?
* Who does this belong to?
* What will my life be like in 5 minutes, hours, days weeks or years

 if I choose/do not choose forgiveness and release around this?

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| **Risks** | **Rewards** | **Insights** |
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*Everything this is and brings up, whether known or unknown consciously or unconsciously where this is concerned, and anything that may be standing in the way of my ability to embrace forgiveness around this* *I choose to release and transmute its energy to a higher vibrational frequency across all timelines and energetic fields under grace with ease. And so it is.*

Consider an experience in your life for which you feel unwilling or unable to forgive another. Something for which you feel that *“I’m sorry”* wasn’t or isn’t enough and/or that restitution should have been or should be forthcoming. Note this in column one.

Examine your perceptions and beliefs around the situation. Ask yourself: *What is the meaning that I’ve given to this?* For example: *Because of X, I am hurt, broken, disrespected, unloved/unlovable.*  List these in column two. Reflect on the ways in which these perceptions and beliefs affect you - emotionally, physically, financially, socially, etc. List all of the aspects that exist in your life stemming from these experiences – the baggage you carry in relation to them. List these in the third column. In the last column, identify the power you allow them to hold over you. What do you love/hate about them, and how do they serve you – positively or negatively?

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| **I’m unable/unwilling to forgive \_\_\_\_\_for:** | **My beliefs** **around this are:** | **My life is affected by this in these ways:** | **What I love/hate and****how each serves me:** |
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*Everything this is and brings up, whether known or unknown consciously or unconsciously where this is concerned, and anything that may be standing in the way of my ability to embrace forgiveness around this* *I choose to release and transmute its energy to a higher vibrational frequency across all timelines and energetic fields under grace with ease. And so it is.*

*Remember…*

There is wisdom to be mined from every experience, whether windfall or wound. With this in mind, asking: *If X happened / is happening for the highest and best, what might that be?* puts you into a space of question vs. conclusion and leads to gratitude and growth through its wisdom.

It’s not our experiences which shape us; it is what we choose to derive from them that does.

Forgiveness is the get well bouquet you gift to yourself.

*~ There is grace in compassion, freedom in forgiveness and love in all things ~*