

## Forgiveness

Forgiveness is a process of self-compassion and empowerment. It is not an act of forgetting or minimising the pain we have experienced. Neither is it necessarily speaking to or being in relation again with the person who caused us harm. Forgiveness is about freeing up energy from resistance to what is and what has happened and reinvesting it in ourselves and the cultivation of self-love, care, and joy.



### Cultivating forgiveness through ritual.

Each day set aside 10 minutes to spend at the safe space you have created in your home repeating the following ritual for one month. Sit in this space, take 3 deep breaths to ground yourself, light a candle and invite in safety. Look at the photo of you from the time you were hurt. Allow emotions to arise – anger, sadness, regret and greet them willingly. Support your heart to soften and heal by listening to, witnessing and loving you from that time. Grieving supports forgiveness.

### Assessment

Once the emotional charge of remembrance starts to soften write down a list of reasons for not forgiving and then a list of why you might forgive. Consider the short and long consequences for yourself of both lists. This is to support you to evaluate the action of forgiveness for you.

### You will need

A photo of yourself at the age of the time you were hurt

Pen  
Paper  
Blanket

Candle  
Sage or Palo Santo  
Matches

### Things to try

Create a safe space for the hurt you. Choose a shelf or windowsill in your home which you will reclaim as 'safe space'. Remove all clutter from that area. Clean it thoroughly and then 'smudge' the space burning Sage or Palo Santo, stating your intention to be safe. On the table or windowsill place a candle and photo of you at the time you were hurt.



### Letter Writing & Burning

To support the release of deeply held pain and unexpressed words and emotions write a letter to those who hurt you. Read it out loud to yourself. Then verbally validate and reassure yourself that what happened was wrong and that you see the pain it caused you and you are sorry this happened. Tell yourself that you are now here to help yourself. When you feel complete and ready consider taking the first step to forgiveness by burning it and making an allegiance to self-care.

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## Daily Forgiveness

At the end of each day reflect on whether you are carrying any hurt, resentment or discomfort. Commit to act on this the next day – expressing your authentic and honest

emotions, feelings, thoughts and needs to the person who needs to receive it.

Develop awareness of how your body feels when you do forgive or let go. Notice the impact on your health and body when you hold on to resentment or anger. Forgiveness is good for our health – our immune system, blood pressure and stress levels especially. Forgiveness is an act of self-care.

## Health Benefits

Forgiveness is not easy, and sometimes doesn't follow a straight path.

Being patient and taking time for ourselves to heal is important.

Reminding ourselves that forgiveness is not condoning the action that hurt us or identifying with the suffering.

Forgiveness is something we do for ourselves, for our own healing and self love.

Useful links to find out more.

<https://www.psychologytoday.com/gb>

This was produced in collaboration with Kay Turner, you can find her experiences and courses at the Happy House. If you have found this useful you may find her life audit a valuable experience.



Taking Time

