

Steps to Forgiveness

Forgiveness has more than one face. Beyond giving others the clear for their mistakes, forgiveness takes us deep inside along the trails of our own missteps and regrets so that we may pick them back up, look at them face to face, purify them, and release them from our load of burdens. Each time we journey along the cycle of forgiveness, we become lighter as our load of burdens becomes smaller and smaller.

Consider the following during times of despair, confusion, anger, and when you are seeking guidance on how to let it go:

1. What is in the way of my happiness?
2. What is the thing or situation that I want to get rid of or change?
3. What is the situation trying to get me to look at so that I can begin to let it go?
4. What can I change about the situation? What do I have control over?
5. Who in the situation presents an opportunity for forgiveness? Who do I need to forgive?
What do I need to forgive them for? What do they want me to forgive them for?
6. Why do I feel like I can't forgive them?

The journey of forgiveness can be very debilitating for our energetic health if we refuse to forgive others for causing or playing a role in the pain we experience. This is the part of the journey that can be the most difficult because as you work on forgiving others, you begin to discover within yourself why it is so hard to do so. You discover the parts of yourself that you have been holding onto that keep you from forgiving others, and that keep you in a cycle of discontent.

7. What do I need to forgive in myself and let go of, that will allow me to forgive the situation, the other person, or myself?

Continue your journey of forgiveness...

[Ho'oponopono mantra](#)

"I am sorry, please forgive me, thank you, I love you."

Ho'oponopono prayer, given to us to use freely by [Morrnah Simeona](#):

"Divine creator, father, mother, son as one... If I, my family, relatives, and ancestors have offended you, your family, relatives, and ancestors in thoughts, words, deeds, and actions from the beginning of our creation to the present, we ask your forgiveness... Let this cleanse, purify, release, and cut all the negative memories, blocks, energies, and vibrations, and transmute these unwanted energies to pure light... And it is done.

(<https://positivewordsresearch.com/the-two-most-powerful-hooponopono-prayers-to-heal-yourself/>)