

# Steps to Forgiveness

USE THE FOLLOWING JOURNAL PROMPTS TO REVIEW THE TRAITS OF YOUR LIFE AS A WHOLE OR TO HONE IN ON A PARTICULAR SITUATION THAT YOU SEEK COMFORT AND FORGIVENESS FOR.

- I. Look closely at your situation. What about your it mirrors a trait of your own that you need to forgive yourself for? Is there another person involved? What about them, their traits, or their reactions mirror a trait of your own that you need to forgive yourself for?
- II. What is the root of this issue?
  - A. Is it an ideal, a belief that was taught to you in youth, a misconception?
  - B. Have you been closed to possibilities, or too open to solutions that only treat symptoms?
  - C. What negative emotions can you forgive yourself for holding onto in order to release them?
- III. Journal: Take responsibility for your suffering. Total responsibility for your life means responsibility for everything—including your emotions, your reactions, the people in your life, all of their traits, and all of their decisions, along with your own; for these all exist in your life to teach you something, even if it is one small, specific thing. You are a co-creator and an architect of this incarnation.
  - A. Thinking of your current situation, what from it have you learned so far? What do you still need to learn from it? What is it trying to teach you for your highest good? Can you take an unbiased step out of your situation and look inside without judgment to reflect?
  - B. Affirm your responsibility out loud to yourself or in writing with an 'I statement.' Make it real as if it is a contract you are finally getting around to signing.
    1. I take responsibility for my life today.
    2. I take responsibility for my reaction to...
    3. I take responsibility for my decision to...
    4. I take responsibility for the presence of \_\_\_\_\_ in my life.
- IV. Forgive yourself in writing: "I forgive you, I forgive me, All is forgiven, I love you."
- V. Chant with the Ho'oponopono mantra below. Mala beads are an easy way to stay focused during your chant.
- VI. Say the Ho'oponopono prayer out loud or to yourself. Fitting into your daily routine can create waves of change.
- VII. Give thanks for the release, and repeat the process daily or as many times as needed.

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## 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, 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/>)