



Family Connection Mentoring *Cleaning House - A Forgiveness Exercise*

Have you ever wanted to say something but then bit your tongue and held onto it? Have you ever stood your ground and let it all out only to see that the situation didn't feel better and wasn't resolved? This could also include conversations with yourself about how you have felt about something or how you have acted in a situation. This clearing exercise is used to finish that conversation in a way that brings peace and clears out negative emotion from inside your body.

When you want to communicate but don't, the feelings associated with the conversation do not leave the body. They are pushed down and stored in the body as negative energy. Here they stay, causing other problems, until they are released. There are other times when you do have the conversation but there is no resolution and you feel that it was unsuccessful and you ruminate over it again and again until you finally stuff it down and again, there it is held until you release it. There are also times when you have the conversation, with others or yourself, and you are left feeling like a bad person for having said anything.

This exercise is used to release the energy associated with these unfinished and unsatisfactory conversations. By doing this exercise you can create "open space" inside yourself that can then be filled with positive feelings (energy) such as love, patience, charity, understanding, gratefulness, thankfulness, forgiveness and more. The reward that you receive for doing this important work is greater inner peace.

The more conversations that are finished and released, the more peace a person can experience. There is a sensation of lightness or freedom. Some have experienced a relief of the feeling of heaviness felt in different parts of the body, e.g. shoulders, back, chest, etc.

Results vary depending on a person's willingness to "let go" of the emotions and energy held in connection with the unfinished conversation. It is unhealthy and damaging to the body and spirit to store negative emotions and energy. Our bodies were not built to store unhealthy emotions and energy from regret, anger, shame, embarrassment, grief, etc.

When you hold negative energy for another person or even regret for not saying something kind or being kind to another person, you are hurting them. Energy is always radiating from you and can affect others no matter how far away they are from you. Cleaning up your own emotions is very responsible and loving work!

This exercise is not done with the person face to face! It is, instead, done with the other person's higher self, or in other words, an image in your mind of them in spirit form. It is unhealthy, as well as unkind, to dump your negative emotion and energy on another person or living thing. It causes damage. If it is toxic in you it will be toxic in them. Using this exercise in the correct way works effectively without harming the other person and still freeing you.

What to do:

1. Find a private place to do the exercise. Some good places are in your car, a park, an empty field or even your home when you are there alone. If you are a person who prays, ask for support during this process.

Home-school-coach.com

majcoach@gmail.com



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2. Speak out loud to the person you are visualizing. Tell them “(name of person if you know it) I want to finish a conversation with you. I want to speak to your higher self. Would that be OK?” Hear the “yes”. Tell them how you honestly and completely feel about them and what is happening in your relationship with them. (You may write it all down before hand or you can just say what comes to you) At first this may feel uncomfortable. Stick with it! There is no right way to say it. Just say how it feels to you. Sometimes it may not make sense. This is normal. Be expressive! Say all the words you have to say. Keep talking to the person until the whole conversation is out. **DON'T HOLD BACK!**

3. If emotion comes up while you are speaking, let it out. **DO NOT STUFF IT BACK INSIDE!! LET IT OUT!!** Even if it feels awkward or embarrassing, let it out. All of it! Be free to cry if you need to.

4. When the conversation is complete, you will ask for forgiveness by saying...“(name of person if you know it), Will you forgive me for holding this ‘name of emotion or emotions’ against you?” Then imagine this person nodding their head “yes” and saying to you, “Yes I forgive you.” Now, tell them thank you.

This particular part of the exercise can be difficult if you feel that they have wronged you and that they should be asking for your forgiveness. I can assure you that if you will do this it will be magnificent in your life. I have even done this with my abuser from childhood and it has made a **HUGE** difference in my life. This exercise is, after all, about you, not them. You are freeing yourself!

5. The second person that you need to talk with is your Higher Power. Using the same format, have a conversation with them and then ask forgiveness for holding on to these emotions and hurting the other person and yourself by doing so. Imagine your Higher Power saying, “Yes, I forgive you.”

6. Next have a conversation with yourself. Again, use the same format. Ask yourself for forgiveness for holding on to these emotions and feelings and holding back your personal progress and growth. I imagine my higher self saying “yes, I forgive you” and then I say “thank you!”

7. Take a moment to be still. Let the rest of the emotion leave your body and imagine that the conversation between you and them is now fully expressed. If you are sitting there and feel that there is more coming up that you need and want to say begin again and continue talking to the other persons higher self. Again ask for forgiveness. Then repeat with your Higher Power and your higher self.



Important keys to this exercise:

The experiences you share may be recent or in your past. The age of the experience is not an important piece. The person you are speaking with may be living or deceased. This is also not an important piece. What is important is that you are fully expressing it, the emotion is leaving your body and you are letting it go. Sometimes the conversation you need to have is



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with yourself, caused by actions you have taken that have caused you to feel angry or ashamed of yourself. The process is the same when you are conversing with yourself as it is when you are doing this work with another person.

Drink a lot of water. This will flush the toxins that have been broken up out of your body. Emotional experiences and stories have toxins attached to them. When you hold on to these emotions and stories the toxins affect your health. This is a great reason to finish the conversation!

You may feel physically exhausted. This is normal. To clean your own inner house takes energy. Give your body a moment to recharge.

Use this tool each time you feel a negative emotion between you and another person. The more you do this the less negative stories you will have and the better you will feel. You may experience a higher level of confidence and a new level of clarity. Don't be surprised if you find yourself bolder as you move forward. You may experience a renewed level of inner strength.



Message from Mary Ann:

I have been using this exercise for quite a while now and I can tell you from my own experience it has been life changing. I need my pound of flesh less often; that desire to make sure the other person knows how they have wronged me and that they need to make a change. I am far more charitable, kind and loving. I choose happiness over struggle more often.

If you fear that doing this exercise will allow others to walk all over you or that you will just have to put up with others poor behaviors, I want you to know, I worried about that too. What I have found is that others are kinder to me, they are more charitable, they are also making subconscious changes.

I have been able to do this exercise with a number of people that have hurt me significantly (my childhood abuser, for example) and caused me to feel significant grief and loss in some way. I have also done it with those I live with daily, that just cause me irritation at times. In either scenario I have been freed and have felt peace. I do this exercise for me and for them.

I believe that because what I am sending out into the universe, energetically, is better, what is coming back to me is better. Despite your worries and misgivings, just put it on for a few weeks and see how it feels.