

## ♥ Snippets of Encouragement #69

Hello darlings

It is day 69 of Snippets of Encouragement, and today I want to encourage you to forgive yourself.

Yes, you heard that right. Forgive yourself.

However, firstly we need to look at what forgiveness is. Forgiveness is generally defined as a conscious, deliberate decision to release feelings of resentment or vengeance toward a person or group who has harmed you, regardless of whether they actually deserve your forgiveness.

You may think that this definition is related to us forgiving others but the fact is everything in your life starts and ends with you. You spend 24/7 with yourself and the person that is going to need the most forgiveness from you is you.

Throughout the day we disappoint ourselves constantly, we don't take action how we intended to. We miss opportunities and exercise poor judgement. We fall into unconscious, non-life affirming behaviour. Our thoughts related to ourselves are amongst the most vicious, destructive, hateful thoughts you think.

We carry layers and layers of shame and blame within our bodies and seldom stop to look closely at it. Instead the anger and disappointment compounds, many times landing in depression.

One of the most effective forgiveness techniques I know of is Ho'oponopono which is a technique developed by a Hawaiian psychotherapist Dr Len. He had a ward full of criminally insane mental patients and he healed first himself and all these patients using this method.

I've used this technique both on myself and my clients and it's life changing.

It consists of a simple 4 step process of repentance, asking for forgiveness, gratitude and love. As everything starts and ends with you, it can also work perfectly when working on forgiveness with others, because you are essentially freeing yourself energetically and this brings about the miracle of forgiveness.

You can use Ho'oponopono with yourself very easily.

Think of the things you have created in your life that you would like to release and forgive yourself for. Perhaps it's being overweight, unhealthy, having addictions, anger issues it can be anything. Take the time to sit quietly with yourself, think of the issue that you are remorseful about and say I AM SORRY. Sit with that for a while.

The next step is PLEASE FORGIVE ME. Who are you asking to forgive you? Well yourself. Accept your forgiveness in gratitude by saying THANK YOU. Then bring love into the process by saying I LOVE YOU. Say it to your body, mind, soul and spirit.



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With this practice, you stay in a quiet space repeating these for steps until you feel the energy shifting around the issue you want to forgive yourself for.

It is highly affective and impactful so give it a try.

Of course, there are many ways in which to practice self-forgiveness and this is just one strategy to use. However I do understand how incredibly difficult it can be to forgive ourselves.

If you don't know where to start and would like some help, contact me, I'd love to help you.

Forgiveness is the greatest gift you can give yourself, don't resist giving it to yourself today.



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