

Day 16: Forgiving yourself is one of the most loving things you can do

When you forgive yourself you are giving yourself a gift...it really is one of the most loving things you can do for yourself.

Forgiving is giving up the hope of what you thought the past should be and forgiving yourself is letting go of self judgement so you can find peace within.

Self-forgiveness enables you to separate who you are, from the mistakes you have made. You can look at it as a way to love yourself while accepting your imperfections. We are human and everyone makes mistakes.

Your past mistakes are meant to guide you, not define you and when you allow yourself to be flawed and live by the belief you are here to learn through your perceived mistakes, you can love yourself more. When you can allow yourself the grace of accepting all of who you are, you heal.

I forgive myself and I set myself free - Louise Hay

Freedom is what we are all looking for....and we do have freedom unless we are holding ourselves from it. There are many ways we keep ourselves from feeling free and keeping ourselves in a state where we feel chained to our pain which only perpetuates suffering.

Here are some things you may want to forgive yourself for...and please give this some thought so you are aware of what you need to release. It's so very beneficial to realize anything that keeps you from feeling free.

You could possibly forgive yourself for giving your power away. For all your past mistakes. Forgive yourself for not doing better at the time. Forgive yourself for all the behaviors you displayed from being in survival mode, for making decisions that may not have been the highest road. Forgive yourself for not knowing better at the time. As Oprah always says, when you know better, you do better. Now is the chance to do better.

What else do you need to forgive yourself for?

If you are blaming yourself for mistakes, it won't let you move forward. This makes you feel guilty and keeps you thinking you are inadequate which will only keep you in shame and feeling stuck.

When you can forgive yourself you give yourself permission to be lovable just the way you are.

Here's how you actually forgive yourself:

First, you want to take responsibility for what has happened, whatever it was....but you also want to show yourself compassion and give yourself permission to let it go. This is a choice and a conscious decision to not hold onto it. Meaning it's important to not dwell on what happened, but to forgive yourself as soon as possible.

Reflect on what has happened, be honest about it. How could you do it better next time? Become really aware of what your responses are. Are they kind and loving or are you lashing out because you feel hurt? Are you feeling shame or guilt? Are you blaming yourself? Let yourself process your feelings. Then be compassionate with yourself and allow yourself grace. Judging yourself in the process will only keep you feeling not good enough. We are all here learning so give yourself a break.

Taking responsibility for yourself and your actions is saying I choose this, I'm doing the best I can, and I still get to make different choices now. This is all about your intent. Is your perceived mistake one that you intended harm for someone else or did you have the best of intentions? Remember, whatever energy in which you are creating is reflected back to you in some way.

So let's talk about forgiving others as well.

Not only forgiving yourself is loving, forgiving others is also very self loving, and here's why... You are the only one walking around knowing how you feel and when you are holding onto something someone else did to you, it only makes you feel bad. There's a saying that goes, being angry or feeling resentful is like taking poison and expecting the other to die. You are only hurting yourself if you are holding onto grudges. This only keeps you feeling bitter and eventually can cause disease. Now I know that it can be really difficult, especially if there

was some sort of abuse involved. There's no excuse and the fact of the matter is, you still aren't hurting the other person by feeling angry at them. If you continue to carry this around with you, this keeps you in victim consciousness and doesn't allow you to move forward creating a happy life. Forgiveness is you freeing yourself from suffering.

It's not blaming our parents for our current issues, it's not blaming someone one who has wronged you or has hurt you. This is about looking for ways to heal our wounds. This doesn't mean that your feelings aren't valid, they are, however it really doesn't serve you to continue to hold onto feelings that are only affecting you. You could go your whole life and not get an apology from that certain someone that has hurt you, who possibly did something that was truly unspeakable. But you get to heal, you get to move forward, you get to forgive, knowing that if you can let go of what happened you get to move forward in peace.

So I'm going to actually explain the exercise for today, because there's a lot of information about it and I've got a personal story about it...

There's an ancient Hawaiian prayer called, Ho'oponopono and it's a healing prayer to mends relationships with yourself and with others. This is a tool for regaining balance and self love and it is a powerful one.

I'm going to explain why this prayer is so magical but I don't think you can really understand it unless you experience the absolute miracle of this.

So before I explain this I'm going to tell you a story about this.

One time, my sister and I got into a really big fight. We speak almost daily and we fight very often. In this particular case, I didn't believe that I was in the wrong for what had happened but I knew she was mad and so I started reciting this prayer, not to her, but out loud, over and over holding my sister in my thoughts. The next day I spoke to her and the first things that came out of her mouth was, you did the Ho'oponopono prayer, didn't you? I started laughing because, I had absolutely been saying this prayer. She said I knew it, I knew it. She said yesterday I was so mad at you and then all of a sudden I wasn't mad

anymore, I could hardly even remember what we were fighting about. It's so powerful.... It really is that powerful.

This works if you can get out of your own way and out of your ego to say it. It really can create peace within and with others.

The phrase Ho'oponopono means to "set right" by acknowledging your complete responsibility in creating situations, seeking forgiveness and love, and then expressing gratitude.

The prayer consists of 4 sentences.

I'm sorry

Please forgive me

Thank you

I love you

You can say this to yourself, you can say this out loud to others without them being there, you can say this to the universe.

When you realize that you play a part in every situation or there is something to learn from every situation, you can then see the power you have to create. You have power over how you feel, what actions you take, what choices and decisions you make, how you choose to react in situations. You have control over what you expose yourself to, what you allow into your life, how you take care of yourself, who you spend time with, what job you have, how you spend your time. When you can see the power you hold and take full responsibility for all things, you can see how you are creating your life.

When you say I'm sorry, all this means is that you are taking responsibility. It doesn't necessarily mean you've done something wrong, it means you are accepting responsibility for your actions and saying that you are accountable and responsible for creating your own existence.

The please forgive me part is asking the universe for forgiveness. It is a form of asking an apology from the universe, it doesn't matter that you have wronged or

not, it is a cleansing method that removes negativity. Asking for forgiveness is a healing method that helps you move on in life.

Think of a past situation, past hurt or forgiveness for yourself and say the following four phrases, I'm sorry, please forgive me, thank you, I love you, as many times as you feel guided to do.