



FORGIVENESS

Feeling Forgiveness, Embodying Forgiveness, and Experiencing the Frequency of Forgiveness

This Guided Self-Inquiry will support you in discovering that Forgiveness is a core element of your being.

Bring curiosity, patience, and kindness to yourself and notice what happens. And remember that whatever you are feeling, it's all ok.

There are no right or wrong answers to these questions. This is an opportunity for you to explore yourself with deep honesty.

And most importantly, relax and have fun doing this!

It's helpful to set a timer. Have fun with the numbers, set your timer for - 4:44 ~ 8:28 ~ 11:11 ~ 18:18 ~ 22:22 or whatever you like. You can always stop, save, and come back to deepen your self-discovery. Make sure to save this document.

Take three deep breaths. Relax into the present moment. And feel your body.

Start by saying to yourself, "I want to feel forgiveness right now."

Let the words "I want to feel forgiveness right now" drop into your heart space.

Listen and feel what your heart reveals. Write down what you notice.

Be curious about embodying forgiveness.

Resist the habit of analyzing. Simply feel your body and emotions. Just notice what's happening. If resistance shows up, let it be here too. With curiosity and kindness to yourself, notice what it's like to feel and embody forgiveness.



Give yourself a few minutes and write down what you're feeling.

Bring your awareness to the energetic vibrations in your body as you feel and embody forgiveness. This is the frequency of forgiveness vibrating in your body.

Give yourself a few minutes to keep breathing and feeling.
And write down what you're experiencing.

Now bring your awareness to the feeling of longing for forgiveness. Feel into your longing. Notice how your longing for forgiveness brings you into a state of feeling, embodying, and experiencing forgiveness. Your longing vibrates at the frequency of what you long for.

Leave aside explaining or justifying anything, and write down your experience of longing for forgiveness.



Notice any sensations you are feeling in your physical, emotional, and energetic bodies right now as you soften into feeling, embodying, and experiencing forgiveness:

Physically, I am feeling...

Emotionally, I am feeling...

Energetically, I am feeling...

What do you notice now that you have deepened into forgiveness?



Have you always wanted to feel this way, and what does this mean to you?

Throughout your day, you can further enhance the vibration of this Inner Resource by continuing to focus on feeling, embodying, and experiencing forgiveness. And use your breathing to help you focus.

Write down any ideas that come up right now to support you in feeling, embodying, and experiencing more forgiveness throughout the day and the days to come.

Enjoy discovering what your Inner Resource of Forgiveness can bring to your daily experience. It can change your life.

Take a moment to consider all the different ways in which experiencing more forgiveness in your life will support your happiness, your well-being, and your relationships.

Write down your inspired ideas:

How this will support my happiness:



How this will support my well-being:

How this will support my relationships:

We invite you to continue your journey of awakening, self-discovery, transformation, and evolution. It is not a once-and-done experience. As you deepen into this exploration, you will discover how it continues to enhance the quality of your life.

Write down your experience of engaging in this guided self-inquiry exploration:
