



FORGIVENESS PROCESS



Forgiveness releases the energy—so the soul can move freely again



OPENING:

I bring into awareness all people, situations, and experiences where forgiveness is now ready to unfold.



ACKNOWLEDGMENT:

I acknowledge any pain, hurt, or imbalance that I have experienced.



WILLINGNESS:

I am now willing to release this in alignment with my highest good.



FORGIVENESS:

I now forgive you
I ask for your forgiveness.
I forgive myself
(*Breathe and allow integration*)



RELEASE:

I now release all emotional charge, cords, hooks, and attachments connected to this person / situation. All parties are returned to their own sovereignty.



COMPLETION:

The lesson is complete. The energy is free.



INTEGRATION:

Peace, clarity, and balance are restored within me now.



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