

# THE 5 WAYS OF FORGIVENESS + REFRAME

THESE ARE THE INDIVIDUAL ASPECTS WE NEED TO CONSIDER IN THE FORGIVENESS PROCESS

## THE OTHER

I forgive you.  
I hold no un-forgiveness back anymore and chose now to reclaim my power and my joy, peace, love and my freedom.

For nothing is more important than that I feel good. My forgiveness for you is complete. I forgive you and I am free and you are free.

## THE INNER CHILD

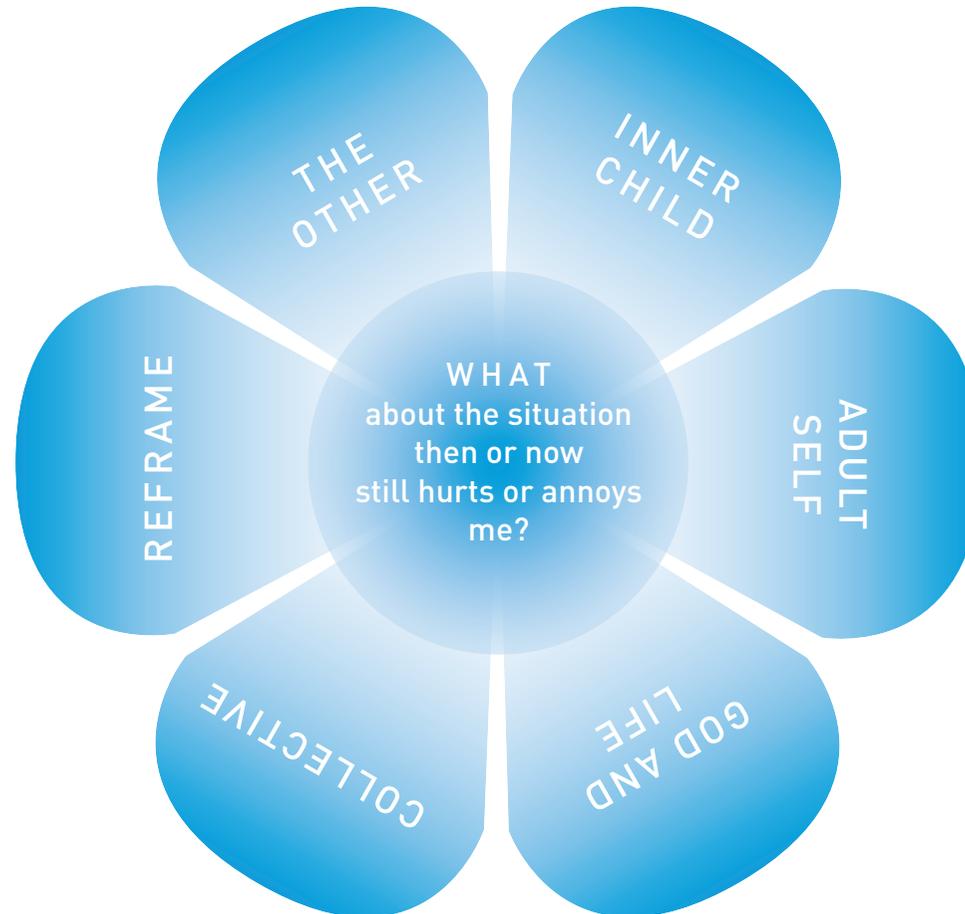
I am sorry – that I turned my back on you and stopped loving you, believing in you and supporting you the way you always needed and deserved.

I did my best then and I know better now. I am now back to love you and believe in you the way you always deserved.

I now release myself from this story, forgive myself in all directions of time and love and accept myself now wholeheartedly

## ADULT SELF

I let go of this now and forgive myself.  
If I could have done it better, I would have done it better.  
I forgive myself completely, let go of the past in all directions of time and now create the space to do better from now on. I am free.



## GOD AND LIFE

I realize that life/God is not punishing me, but challenging me to understand myself more, to grow and to live what I am capable of.

## THE COLLECTIVE

I NOW release all programs, behaviors, traits and beliefs that do not belong to me, do not serve me anymore, or do not match my true divine self, completely from my entire BEING, my physical body as well as from my cellular memory in the gentlest way possible.

I forgive (you) all involved in all directions of time.

With that I give everyone their own package back into their own responsibility.

I also ask that I am forgiven should I have been involved in the creation of this in any way.

I now reclaim my power from this and create the space for love, peace and the freedom to express myself fully.

→ Cutting cords

→ Understanding the situation