

Forgiveness Technique

Close your eyes, relax as you expand your awareness of Holy Spirit in you, and take a nice deep breath (in)...as you exhale, let out all your thoughts (out)...that's right...release all the tension, all the fears, all the doubts.

And take another nice, deep breath (in) and this time, as you exhale, let out all your worries and cares (out)...that's good...today is passed, tomorrow is a thousand miles away, all there is right here, right now...is relaxing peace and love, in Jesus.

And now one more deep breath (in) and this time, as you exhale, let out all the stress in your body and just relax (out)...just keeping your eyes gently closed. (breathe)

Now, imagine yourself in a large theater and you're about in the middle of the theater in the center of the rows, fully embodied in your Spirit Identity under the guidance of Holy Spirit. The spotlights are brightly lighting the front of the stage. The darkness of the rest of the stage goes as far back as you can see. Behind the illumination of the spotlights, you notice shapes and silhouettes of all the people you've met over your lifetime. You notice those closest to you, people you see frequently, and even people you've only briefly exchanged time with. Being out of the spotlight, you only notice they're there, unable to see any recognizable features. You feel the Presence of God's Oneness in the theater with all of you. You sense a wave of humility and gratitude move through your spirit, warming you with comfort and peace.

You see, you are connected to all of them through a spirit-to-spirit bond. A bond that goes from your spirit to each of their spirit, connecting your thoughts and emotions to them. And they each have their thought and emotional connection to you through this spirit-to-spirit bond. You can sense these bonds have become compromised.

You hear Holy Spirit lovingly say to you, "Perfect creation of God, it's time to make right and transform these bonds." Holy Spirit guides you to bring a specific person into the spotlight. Just notice who that person is, as Holy Spirit whispers their name and image into your mind. Holy Spirit always brings forward only the one you have a compromised bond with, that He sees you are ready to make right your bond with. The most impactful bond transformation you are ready for to advance the Spiritual Ambition you are growing into.

That person has heard their name and has surrendered to this transformation, fully honoring the wisdom of Holy Spirit. As the light begins to show their features, you recognize their Human Identity. The image of them you have seen them as, and all the features you see them as. Hear their sounds as you have always known them to sound. And you feel the emotions from the thoughts you have about them that you feel when you think about them.

As they stand there in the lights, just notice them. Think about who they really are, as a creation of God. Notice them beyond just the things they've done to you or with you, human to human. Allow yourself to now notice them as a BEING in the image of God...as they were created. Recognize them as a fellow Spirit. Think about the life they've lived here on Earth in the body you've come to know them as before now. What personal trials they have had, what difficulties they have overcome or may even still be in. Now, consider how, as a person,

they may have experienced some tough times. Like you, they have had to fluctuate between their Spirit Identity and Human Identity, so they've had some hard lessons. Maybe that jaded them or conditioned them to be fearfully selfish or even narcissistic at times. Possibly they were just trying to protect themselves from being hurt more or again. They lost trust in themselves to discern because they lost rapport with Holy Spirit in those moments or in life.

See them as the WHOLE BEING of Human and Spirit they are, not just the person you interacted with. See them as image of God. Imagine everything about their human life - all the way back to the womb and to perfection as God sees them. Notice that glow in them that God put into their soul, just like the one God put in your soul, so that we all love one another as God loves us. They have had some joyful moments and some very intensely difficult tribulations that influenced how they interacted with you. They have subconsciously formed a belief system of how to best avoid pain, and you have a belief system for that, too. And it's because of their intensely difficult tribulations, you realize they were making choices the best they could with the belief system they have and the influence of the pain of their unhealed emotional wounds.

Allowing Holy Spirit to show you them now through God's eyes and feeling them now through Jesus' heart - first, say to this person, "I love you". If you are tempted to resist to love them right now as the person you've thought of them as in the past, see their brilliant glow that was put there by God, instead. See that glow, their Spirit Identity, as pure as God intended them to be. It was only through the intensely difficult tribulations they experienced in this human life, and being in situations that even their best coping strategy couldn't prevent them from being hurt through, that perhaps they behaved as you experienced them, fearful of being vulnerable, without even being aware of how deeply or not so deeply hurtful it was to you.

Just tell them now, "I love you" and send God's unconditional love through the bond. The kind of love that they always wanted, the love from God, that if they'd have accepted it in their life, they'd have become a joyful person, and they'd have made choices that were uplifting to them and those they interacted with. Send God's unconditional love through the bond from the center of their being, know that it's filling them up from the souls of their feet, flowing to the tips of every finger and flooding out through the crown of their head.

Now, receive as they call to you, "I love you". Feel God's unconditional love through the bond from them into you. The kind of love that you always desired, the love that God gives you. That love coming through the bond and filling you up with the purest love, perfect love. Receive God's unconditional love through the bond from them and feel as it fills you up from the center of your being, to the souls of your feet, flowing to the tips of every finger and flooding out through the crown of your head.

Take a deep breath in...and let it go.

And next, tell them, "I forgive you". Realizing you forgive because God forgave you, as Jesus taught. He taught forgiveness so that you would be free of the thoughts and emotions you've been holding on to that block you from total joy in Oneness with God through God's creation...the way Jesus modeled. Forgiveness releases you from thoughts that hinder your sensitivity to Holy Spirit's guidance, which is always pointing you to God. Tell them, "I forgive you, unconditionally, for everything I'm aware of and even those things I'm not aware of." Send complete and total forgiveness, sharing God's love, through the bond from the center of their being, know that it's filling them up from the souls of their feet, flowing to the tips of every finger and flooding out through the crown of their head. Send that message of unconditional forgiveness.

Now hear them say to you, "I forgive you for everything I'm aware of and everything I'm not aware of. I totally and completely forgive and release you." Feel unconditional love and forgiveness coming through the bond, releasing you from everything that you've ever done to that person and even those things that you're not aware of. Feel that forgiveness now, coming through the bond from them and feel as it fills you up from the center of your being, to the souls of your feet, flowing to the tips of every finger and flooding out through the crown of your head.

Next, say, "Thank you for everything, whether good or not so good." Realizing that everything that happens will be used by God for good. That Holy Spirit will teach you that it is a steppingstone for your spiritual ambition to be more like Jesus and plays an important part in your testimony of God's love extended through you. Send gratitude and thankfulness through the bond, knowing it is a powerful witness to the deepening of your Oneness with God. Send thankfulness, through the bond from the center of their being, know that it's filling them up from the souls of their feet, flowing to the tips of every finger and flooding out through the crown of their head. Send that message of thankfulness now.

And now hear them say to you, "Thank you for everything, whether good or not so good." And feel the thankfulness coming through the bond, for everything that was good and for anything that wasn't. Feel it now, coming through the bond from them and feel as it fills you up from the center of your being, to the souls of your feet, flowing to the tips of every finger and flooding out through the crown of your head.

And finally, the last step in this act of forgiveness is this...say to that person, "I release you." And as you do, feel the warmth from the glow God put in them and you, just feel that glow flowing fully through the bond and expanding with such force that it is lifting you up like a helium balloon, out of the vortex of all the negative thoughts and emotions that you used to attach to that person. See yourself ascending to a transformed existence where those old thoughts and emotions no longer exist because you've left them below. And hear them say, "I release you", as the thoughts and emotions disintegrate into nothingness and disappear through the theater floor, out of the theater, totally and completely out of your awareness breaking off any roots it may have had in your mind. Take a nice deep breath and say, "Thank you, Jesus, for teaching me to forgive" and "Thank you, God, for your unconditional love."

And notice how that feels to do what Jesus taught you. Notice how it feels to be free from the heaviness of the negative thoughts and emotions you used to have about that person for anything that they've ever done to you. Notice how it feels to be free, and the thoughts of that person no longer drain you. You may still have a memory of that person, which is now healed and without the negative emotions. The memory has no meaning so you can choose to let those memories go now.

Those negative thoughts are no longer compromising the bond in this moment. If any new negative thoughts or emotions start to form, simply renew the bond again. Now, the old negative thoughts and emotions you once had about that person are just gone now. If you choose to have disempowering communication and prolonged thoughts of those hurtful memories, you are choosing to create a new vortex of negative thoughts and emotions. Just stop it and transform and renew bond now.