

## Forgiveness Techniques

### The Work

“The Work” by Byron Katie (available online, through her seminars and in her book *Loving What Is*) is a powerful language pattern technique that walks people through a paradigm shift step by step. Below is an example of a portion of The Work.

Ask yourself the following questions about the person, place, thing or situation that you are angry or resentful towards:

1. Is it true? (Yes or no. If no, move to 3.)
2. Can you absolutely know that it's true? (Yes or no.)
3. How do you react, what happens, when you believe that thought?
4. Who would you be without the thought?

The Work loosens the mental boundaries or commitment we have to our un-forgiveness. It helps people to move from a victim mindset to empowerment and to become willing to let go of the beliefs. This short exercise and her Judge Your Neighbor worksheet are the two recommended parts of The Work's techniques to coach your clients through (*for more detailed information, visit [thework.com](http://thework.com)*).

### Forgiveness Prayer

This is conscious thought in the form of a request, with intention behind it. When consistently a person adds praying for those they are in need of forgiving to the practices of moving towards forgiveness, the results can be astonishing. A simple prayer in the area of forgiveness looks like: “I accept that \_\_\_\_\_ is human and fallible. I send love and healing to them. I ask that all forms of blessings; happiness, healing and abundance be given to them.”

### Ho'oponopono (see also Huna)

Huna teachings are powerful for all aspects of healing and include the Ho'oponopono forgiveness technique. Below is the description and steps directly from Dr. Matthew B James, a twelfth generation lineage Huna teacher and the Huna web site:

*“Ho'oponopono means to make right. Essentially, it means to make it right with the ancestors, or to make right with the people with whom you have relationships. We believe that the original purpose of Ho'oponopono was to correct the wrongs that had occurred in someone's life including Hala (to miss the thing aimed for, or to err, to disobey) and Hewa (to go overboard or to do something to excess) which were illusions, and even 'Ino (to do harm, implying to do harm to someone with hate in mind), even if accidental.” - [www.huna.com](http://www.huna.com)*

## THE PROCESS OF HO'OPONOPONO:

1. Bring to mind anyone with whom you do not feel total alignment or support, etc.
2. In your mind's eye, construct a small stage below you.
3. Imagine an infinite source of love and healing flowing from a source above the top of your head (from your Higher Self), and open up the top of your head, and let the source of love and healing flow down inside your body, fill up the body, and overflow out your heart to heal up the person on the stage. Be sure it is all right for you to heal the person and that they accept the healing.
4. When the healing is complete, have a discussion with the person and forgive them, and have them forgive you.
5. Next, let go of the person, and see them floating away. As they do, cut the cord that connects the two of you (if appropriate). If you are healing in a current primary relationship, then assimilate the person inside you.
6. Do this with every person in your life with whom you are incomplete, or not aligned.

The final test: can you see the person or think of them without feeling any negative emotions? If you still feel negative emotions, then do the process again.