

FORGIVENESS WORKSHEET
From the work of Rev. Cynthia James

When you find yourself making judgments, feeling self-righteous or wanting to change something about a situation, use this process to bring your consciousness into the present, to let go of the illusion and to align with spiritual truth.

Look at What I Created (subconsciously)

This first step reminds us that we are the creators of our lives and that we have in fact set up all the circumstances in the situation we find ourselves upset about to help us learn and grow spiritually or heal a wound or core belief that keeps us out of our joy and bliss.

1. Resentment:

(Name of person, event, condition, experience)

2. The situation causing my discomfort, as I perceive it now, is:

3. Confronting you (name of person), I am upset with you because:

3b. Because of what you did (are doing), I feel (core wounds) abused, neglected, abandoned, rejected, betrayed, not enough, unworthy, undeserving, small, powerless, shame, etc.

4. I lovingly recognize and accept my feelings and judge them no more. These are my feelings.

Willing Open Skeptical Unwilling

5. I own my feelings. No one can make me feel anything. My feelings are reflection of my unhealed wounds.

Willing Open Skeptical Unwilling

6. Even though I don't know why or how, I now see that my soul has created this situation in order that I learn and grow.

Willing Open Skeptical Unwilling

7. I am noticing some clues about my life, such as repeating patterns and other features of my life that indicate that I have had many such healing opportunities in the past but I didn't recognize them as such at the time. For example (list three examples of pattern):

- a.
- b.
- c.

8. I am willing to see that my mission or soul contract included having experiences like this for my healing – Everything is working together for my healing, unfoldment and growth.

Willing Open Skeptical Unwilling

9. My discomfort is my signal that I am withholding love from myself and (name of person) by judging, holding expectations, wanting (name of person and myself) to change and seeing (name of person and myself) as less than perfect (less than perfect expressions of God)

Willing Open Skeptical Unwilling

10. (name of person) is reflecting a misperception of mine. In healing my core wounds, I forgive (X) and recreate my experience by seeing Reality.

Willing Open Skeptical Unwilling

11. I now realize that nothing (name of person) or anyone else (including myself) has done is either right or wrong. I drop all judgement. (take a moment to feel what it feels like to drop all judgement)

Willing Open Skeptical Unwilling

Based on my new understanding, that each person or situation that I believed was the cause of my pain, was actually my Angel in disguise, mirroring back to me what I needed to heal, I say this:

I release the need to blame you and to be right. I am WILLING to see the perfection (God) in this situation just the way it is.

I thank you for doing this healing dance with me and for allowing me to do this healing dance with you.

I forgive you. You have played the part you were assigned to play for my healing.

I forgive myself for judging myself as unworthy, undeserving, not enough, unlovable, undesirable, damaged and ashamed.

I release all erroneous beliefs that are not in alignment with my MAGNIFICENCE AND WHOLENESS as an expression of GOD.

I release you to your highest good.

I release myself to my highest good.

I now surrender to the Holy Spirit within, and trust in the knowledge that this situation is now unfolding perfectly, lovingly, easily, effortlessly and prosperously, in accordance with Divine Order and Spiritual Law.

Forgiveness
Five Step Prayer Treatment

Begin with an intention to connect and commune with the Universal Presence by saying something like this: I now set my intention to connect and commune with the Universal Presence. To know IT as absolute Reality and as the TRUTH of my Identity.

1. Recognition – The reality and nature of God – Universal Presence – Higher Power (i.e., infinite, unlimited, all good, love, all power, peace, joy, order, harmony, perfection, wholeness)
2. Unification – Oneness with God (i.e., I and my father are one; nearer than my hands and feet, closer than my breathing; God is the Reality of my being; It is my true identity; It is right where I am, AS I am)
3. Realization – declare/claim/affirm your desire as ALREADY DONE (i.e., as an expression of God, that is all power, all good and absolute wholeness, I speak my word for myself (your name). I know that from this place of Oneness that I am whole, perfect and complete. There is nothing missing or damaged. I came into this incarnation fully loved, wanted, needed, embraced, magnificent, significant, precious, special, worthy and deserving of the Kingdom. So right now I release all the lies I have been told about myself, I release all the lies I've told to myself about myself, I release all the lies I've accepted about myself. They have no power other than the power I have given them in the past. The only Truth about me is that I am a divine, wonderful, worthy, magnificent expression of the Divine Mother Father God Presence. My saying this does not make it true, I am affirming this because IT IS TRUE. I now allow this Truth of who I REALLY AM to simply wash over me. I allow it to saturate my consciousness and become the activity of my every thought, word and activity.
4. Thanksgiving (when you receive a gift and you know that it's in the mail, it just hasn't shown up on your door step yet, but you KNOW that it is on it's way, you're already grateful before you can actually see it – the same applies here. Even though you may not see the truth of this word manifesting in this instant, you KNOW that it is done. Give thanks in gratitude, confidence and joyous expectancy) i.e., I give thanks for my freedom, joy and confidence, health and well-being. I am so grateful for the awareness of my TRUE identity as an expression of God.
5. Release (you've recognized the nature of God; you've unified with it as the TRUTH of who you are; from this place of Oneness, you've spoken your word and declared your Wholeness, Perfection and Completeness; you've given thanks for this new found freedom, peace and confidence, NOW IT'S TIME TO RELEASE AND LET GO. i.e., I release this word into the perfect law knowing that it returns to me fulfilled. It is done. And so it is. AMEN

Realization for guidance/direction regarding Purpose:

From this place of oneness with the one Power and Presence, I speak my word for myself _____. I declare from this place of oneness that my divine purpose is already established – it is why Life has come forth in physical form as me. Right now I know that I am clear about my purpose – it is revealed to me now in a language that I understand and can act upon. I am guided and directed to perfect divine right action. My purpose, my work and my play are of the same vibrational frequency. I rejoice and am absolutely fulfilled in my purpose.

(then continue with Thanksgiving and Release)