



The Forgiveness Exercise Nothing occurs in the physical body unless it is tolerated by, or created by, mind/memory function. Every event of life is recorded in memory somewhere. Being told to “forget” anything will only worsen a condition.

UPDATE MEMORY: 1. Identify the situation, action or person involved. A person held in high esteem or great affection is usually the major cause.

2. The fact that the incident did, in fact, occur must be acknowledged.

3. Awareness must precede change.

4. Trying to forget an event places it in the subconscious where it FESTERS FINALLY CAUSING ILL HEALTH.

5. The 3 steps of neutralizing a negative subconscious memory or emotion are simple in concept. As these steps in forgiveness begin, remember you do not have to agree with what the other person did to forgive him/her.

You must forgive the other person for your sake not theirs, because unless and until you do the other person is controlling your life. This is true even if the other person is dead.

a. Self-forgiveness- You must forgive yourself for allowing the event to affect you negatively. Put this thought into the quadrant of the brain which, when the event is acknowledged, allows a strong arm to go weak. The thought is put in by you saying, **“I forgive myself for allowing (person’s name) to affect my health.”**

b. Forgiveness of the other person. **“I forgive (person’s name) for any harm they may have caused me.”**

c. The other person must have permission to forgive you. **“I give you absolute permission to forgive me for any harm I may have caused you.”** It is not necessary or even recommended that the ‘other person’ even know about this step. Often time is it is even a deceased person.

6. These 3 steps of forgiveness must be said or thought with feeling/emotion. If you are not sincere, the process is a waste of time and energy.

7. Nothing ever happens TO us but always happens FOR us to learn a lesson. If the lesson is learned correctly and well, it will better enable the effective giving and receiving of unconditional love.

8. **Be thankful for the lesson** of the moment. Rather than trying to forget an unhappy or stressful event, make it a loving, learning, living experience. As the lesson is learned and covered with unconditional love, the interference between the subconscious memory and hypothalamus will decrease. The result is that the intelligence that created the body can re-create the perfection of expression or function that was present at the moment of conception and healing must proceed at the fastest possible speed.