

FORGIVENESS DECLARATIONS

1. Are you willing to forgive (to cease harboring resentment against) _____?

Know that your emotions, feelings, thoughts, are not what forgives and are not capable of forgiving. Forgiveness comes from the will. Ask yourself the question, "Am I willing to forgive _____?" The answer is either yes or no.

2. Are you willing to forgive (to cease harboring resentment against) _____ totally?

Forgiveness is not about forgetting, but about being able to remember without resentment or regret. This question acknowledges that there were circumstances or incidents associated with what it is you are forgiving. You don't have to and probably won't recall everything, but it is useful to remember as clearly as possible those things which caused you pain. The process of forgiveness takes place on your terms, not anyone else's. When you can answer yes to the question, "Am I willing to forgive _____ totally?" – you are ready to move on.

3. Are you willing to forgive (to cease harboring resentment against) _____ absolutely?

Whoever or whatever you have not forgiven is frozen for you in a particular state or way of being. You are holding whatever you want to forgive in a certain way. There is a concreteness to it, a way that it is. It is in a solid and rigid form. Only when you can answer this question yes, will you begin loosening, untying, unfettering, and absolving whatever you have not forgiven. Only then is there any possibility of it making a contribution to you.

4. Are you willing to forgive (to cease harboring resentment against) _____ unconditionally?

There is no reason to forgive, no because, no condition on your act of forgiveness. You forgive unconditionally as an act of your will. When you can answer this question yes, a healing of your hurt and pain begins. Then you will be able to use whatever you have forgiven as a benefit. You can still talk about the horror of it, but it won't *BE* the horror of it. That is where the miracle of forgiveness is; that's where the possibility is. Forgiveness takes away all the excuses.

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