

# 40 Days of Self-Love

“Self Love, is the **FOUNDATION** of All Evolution.”

**WEEK FIVE**

## FORGIVENESS

“I forgive Myself for judging Myself as...”

*Forgiveness is a choice.*

Forgiveness is a state of mind, an emotion of release and a courageous act of love. Especially towards ourselves, forgiveness can set us free, grant us wings and give us flight. And the amazing part is most people don't realize the judgment they are placing on themselves, the shame, the blame and the anger they feel towards themselves. We try hard to place the blame on others, and when we do that; (blame others) it seems for a moment to take the pressure of off ourselves.

**The truth is; if you are blaming someone else you are also blaming yourself.** In authenticity there is no one to blame. It's all perspective.

***Without forgiveness  
life is governed by...  
an endless cycle of  
resentment and retaliation.***

*Roberto Assagioli*



*Eva Maurice*  
SPIRITUAL COUNSELOR

## Forgiveness cont.

I realize this may be hard to digest, and I had a hard time with it at first as well. You are ready. Think of what you have completed up to this point in this 40-day program. You have created daily rituals, discovered your 3 SoulCore words, spoken only truth and listened with your heart, served the highest good, and now you are ready for the next big step; Self Forgiveness.

**Forgiveness is the answer  
to the child's dream of a miracle  
by which what is broken  
is made whole again,  
what is soiled is again  
made clean.**

*Dag Hammarskjöld*

*Self Forgiveness is a most powerful healing process. It involves the inner action of experiencing love and compassion for oneself as well as for all of Creation. It is an antidote to the pain and separation that results from passing judgment. More than words, Compassionate Self-Forgiveness is a process of releasing judgments and opening to the experience of Loving. It recognizes that we are humans really doing the best we know how to do in any given moment, and, at times our performance falls short of our aspirations. Compassionate Self-Forgiveness provides a way of distinguishing, affirming, and experiencing the loving essence of who we are regardless of our thoughts, feelings and behavior.*

*Ron and Mary Hulnick - Professors at USM*

This week will require you to set aside at least one hour. The time is important so you can anchor in the process and truly begin to feel the effects of fully forgiving yourself and others. (Yes, you get to forgive them too).



*Eva Maurice*  
SPIRITUAL COUNSELOR

# Forgiveness cont.

## **It's powerful stuff. And it works. So, do it.**

*Follow the steps closely, you can do this with your partner, but it works well alone also. The main focus is to be honest, clear and intentional about each step.*

- Open your heart. This can be done quickly and easily by thinking of a child you love, or a pet or any person that brings you to that place of complete loving. Feel the space in your heart opening up, softening and receiving the beauty that it is meant to receive.
- Validate that you are a child of God, that you are present for yourself (or for your partner if you are working with someone). Know this is an important part of your growth and a forward movement on your path. Acknowledge yourself for taking the time to do this work.
- Ask yourself (or your partner) to explore the situation that comes up for you, the situation that has triggered you or upset you. Let yourself feel the upset. Write it down if needed (or tell it to your partner) – it's ok – you're in a safe space. Express your feelings.
- Now, ask yourself to explore the judgments that come up towards yourself or others in this situation. Remember you are not your thoughts, feelings or behaviors...these are all part of the human experience. Express your feelings.
- Dis-identify with the thoughts, actions even the feelings. Come into the realization you are a loving, and brave person with or without these emotions. Your authentic self will emerge as the ego begins to soften.
- Invite yourself (or your partner) to move into compassionate self-forgiveness of judgments
- "I forgive myself for judging myself as...wrong, a liar, unkind, stupid, bad, or anything less than a child of God. (You can replace a person's name for yourself – "I forgive myself for judging Jim as lazy" – this is fine – the deeper forgiveness comes when you see the self-judgment – but if you need to start with the outer layer that's ok – just be sure to move into the SELF forgiveness.)



*Eva Maurice*  
SPIRITUAL COUNSELOR

## Forgiveness cont.

- Compassionate forgiveness of judgements: "I forgive myself for judging myself FOR...all the times I engaged in lying to cover up my habits." (Again, you can substitute another person for yourself; I forgive myself for judging Jim for his lack interest in things I think are important." – then move into self-forgiveness.)
- The forgiveness phrase is to be said out loud. Speaking it anchors it in and allows us to hear our forgiveness and accept it, acknowledge it and release it on all levels. Say it many times with your hand on your heart until you FEEL it deeply. Until you believe it.
- Allow the flow of forgiveness to take you over. Release into the rhythm that appears for you. Things may come up and out of your mouth that you had no idea needed forgiving. Situations may show up from many years ago, from something that seemed small, for something you felt righteous in the moment about. Let them be released. Keep at this until you are empty. Ask yourself for more. Hold the space for anything and everything to come out.
- You will notice yourself (or your partner) shift. The energy being experienced will begin to lighten, deep sighs, shoulders lowering, slow breathing are all signs that forgiveness has been granted. Use your intuition to know when it is complete.
- Congratulate yourself! You have expressed ultimate self love! Express your gratitude to yourself (or your partner). Write it in your gratitude journal. Share it with a trusting friend. Thank the Divine within you for being present, thank Spirit for holding you during this time and thank your Ego for stepping aside to allow this to happen.
- Self Forgiveness isn't a get out of jail free card. It is a tool to keep you in your authentic self. The past is the past. We always do our best, and if you don't believe that about someone else, check in and see if it's true for you. Doing your best at any given moment also means you can change your actions mid-stream. I've been in a Ego centered argument with my Beloved and caught myself in a moment of not so great behavior. Recognizing the less than desirable



## Forgiveness cont.

behavior is awesome! It means you are in observation of your Ego and that in and of itself is movement forward. The Divine thing to do once the behavior is recognized is to shift it. It can be hard to do this but it is possible. Don't feel like "well I've started down this path of being hurtful so I better finish it off". You can simply ask for a moment to re-group, to focus and breathe, to change your mind. We are light beings having a human experience; that is why we chose to come here, so be gentle with your Self.

**Forgiveness  
is the fragrance  
a violet sheds  
on the heel that  
has crushed it**  
Mark Twain

*Do your best and forgive the rest.*



*Eva Maurice*  
SPIRITUAL COUNSELOR