

Forgiveness Rituals

Forgiveness is a powerful way to release any negative energy you may be holding onto. Negative energy may be anger, resentment or any other kind of emotional pain you are feeling towards yourself or another. Below are rituals you can use as part of forgiving and letting go of this negative energy.

Write a letter of forgiveness

If you don't have someone who can be a compassionate witness, write a letter to yourself and outline *everything* that causes you pain. Perform a ritual where you burn the letter. As it burns, put your right hand over your heart and make a strong declaration:

I now forgive myself.

I no longer need to suffer.

I let go and let The Universe take this.

You can also use the Ho'oponopono prayer as part of your forgiveness letter.

Ho'oponopono means "to make right" the wrongs done in our relations. This incredible process not only offers a simple and effective means of forgiveness but, when understood at a deeply spiritual level, also teaches us how to take total responsibility for whatever we perceive.

The words in this process of asking for forgiveness are very simple and only involve repeating a few short sentences, which can be done silently to oneself when addressed to someone who is ailing or not present.

Or, they can be spoken aloud when making amends to someone present —provided the person agrees to listen to you do so.

The words of Ho'oponopono are as follows: I'm sorry. Please forgive me. I love you. Thank you!

Write out your money memories and before burning your letter, read each one out loud before repeating the following:

I am sorry. I forgive you. I love you. Thank you.

Once you've read through each memory, burn your letter to signal your release.

Longer Forgiveness Process (use if you are struggling to locate the source of your negative energy)

Having a forgiveness healing ritual will allow you to release these negative energy blocks; this will take about 30-60 minutes.

First, settle comfortably into a quiet room, dimly lit with a pen and notepad. You can have soft music playing and light a candle.

Ask your angels/guides/The Universe to be with you to help with this process. You need to surrender the process to The Universe and your higher-self, following the guidance of your intuition completely.

You are going to be writing names on a list; the first name will be yours.

Next, ask your angels and guides to help you discover any other names or situations that need to be on the list and DO NOT censor yourself (you may be surprised who ends up on your list).

Once you feel you have the names needed on your list at this time, you will do a forgiveness healing ritual for each one.

For each name or situation that is on your list, you will individually say the following intention to your angels:

I am willing to release any and all negative feelings and toxic emotions related to this person/situation; including myself for the role I played in it. I ask that my angels take this negativity to the light for transmutation and leave me with the lessons and love. I ask that Archangel Michael please cut any unhealthy Etheric cords that resulted from this and take them to the light.

It is important to do each one separately. If there is a person or situation that you do not want to forgive, you should move onto the next one and come back to that one with a different method.

The Anger Release Letter (Use when you are finding it difficult to forgive someone)

For anybody/situation that you are finding difficult to forgive, you must write an anger release letter to them. This letter is for your eyes only and is used for the purpose of release. Simply write every single negative feeling and toxic emotion that is taking up space in your soul; this is the time to literally let it rip and say everything angry, vile thing that you have been feeling on that paper. Once the letter is complete, refer to the intention stated above.

Once all your list and letter(s) are done, you will destroy them (burn, them).

A process to complete your forgiveness rituals

When you have written your forgiveness letters with one of the above processes, you will end your ritual with a detox bath or shower to further release toxins using epsom salts.

While in the bath or shower, ask your angels to surround you with pink light so that you can give and receive the love of others and yourself. The purpose of this entire ritual is to leave us with the love, the highest energy of all. Love is aligned with abundance and without loving yourself first; you cannot attract it into your life (that is why your name is first on the list to forgive).

Make Forgiveness a habit

Forgiveness now needs to be a habit; if we are alive we need to forgive. The full moon presents an amazing opportunity to release every month because the energy of the full moon is related to releasing.

You can use the forgiveness healing ritual every month (it will flow more quickly after the initial one) to release negative emotions from even the most minor irritations that occur throughout the month.

Try to forgive in the moment when daily frustrations occur, but also put those names on your full moon forgiveness list to completely release. You can keep a forgiveness page in your gratitude journal to keep track, than use it for the forgiveness ritual during the full moon.

The gratitude journal keeps your energy aligned with love and the forgiveness page will ensure you release negativity with every full moon.