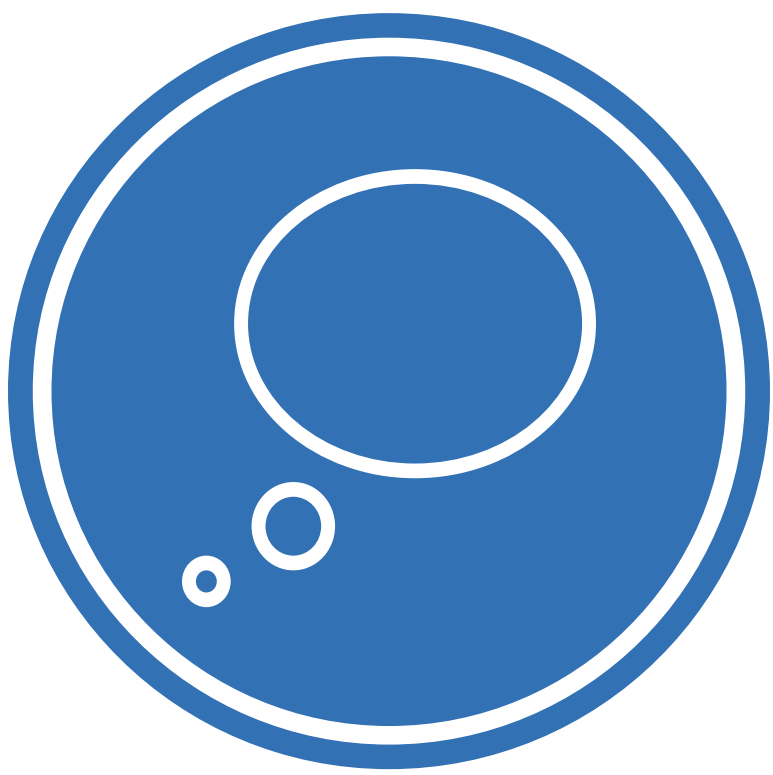




1) IN A JOURNAL (OR ON PAPER) MAKE FOUR COLUMNS. ON ONE WRITE **NEGATIVE FEELINGS THAT YOU ARE FEELING NOW**, IN THE SECOND WRITE **WHEN YOU FELT THAT AS A CHILD** (GO BACK AS FAR AS YOU CAN). LEAVE THE THIRD AND FOURTH BLANK ... FOR NOW.



2) CLOSE YOUR EYES AND BREATHE DEEPLY. TAKE A MOMENT TO SEE **YOURSELF** AS FREE AND INNOCENT. IF THERE IS SOMEONE ON THE OTHER SIDE, SEE THEM AS INNOCENT. REMEMBER THEY ACT HOW THEY WERE TAUGHT, AND IT IS TRULY ALL THEY KNOW. IT CAN HELP TO IMAGINE THE INNOCENT CHILD IN EACH OF US.



3) WHILE LOOKING AT WHAT YOU WROTE, PLACE YOUR HAND ON YOUR HEART, AND AFFIRM WITH VISUALIZATION OF INNOCENCE OR PURE KNOWING. I SUGGEST USING THE PHRASE BELOW (I LOVE YOU, I'M SORRY, PLEASE FORGIVE ME, THANK YOU), OR I AM PEACE, OR I LOVE YOU, OR I ACCEPT. REPEAT OVER AND OVER. ALLOW SOUND TO HEAL WHILE YOU DO THIS WITH **ONE** OF THE FOLLOWING (TRY THEM ALL ON DIFFERENT DAYS) ...

- THE HO'OPONOPONO (I LOVE YOU, I'M SORRY, PLEASE FORGIVE ME, THANK YOU).*
- CHANT OM-NAMAH-SHIVAYA.*

*I sing these personally, and will happily share with you.

- LISTEN TO THE SWEET FORGIVENESS SONG BY MATTHEW WEST
- LISTEN TO FORGIVENESS BINAURAL BEATS. PLEASE DO NOT CHOOSE THIS OPTION IF YOU ARE PRONE TO SEIZURES.

* CONTINUE TO SEE SELF AND OTHERS AS INNOCENT LITTLE BEINGS.



4) IN THE THIRD COLUMN, WRITE THE NEW FEELING, EMOTION, OR CIRCUMSTANCE **YOU ARE CHOOSING** INSTEAD. AS YOU WRITE IT, REALLY FEEL IT IN EVERY CELL AND VISION YOU DOING EMBODYING THAT IF POSSIBLE.



5) IN THE COLUMN FOUR, WRITE EVERYTHING GOOD THAT HAS COME TO YOU IN THE PAST 24 HOURS, AND BREATHE APPRECIATION INTO THAT LIST AS YOU WRITE IT. APPRECIATE THIS EXPERIENCE AS DUALITY, REMEMBERING YOU CAN'T KNOW ONE SIDE WITHOUT KNOWING THE OTHER.



6) DECLUTTER A LITTLE SOMETHING EVERY DAY TO MAKE ROOM FOR MORE TO APPRECIATE TOMORROW. IT CAN BE SMALL LIKE A DRAWER OR THE GLOVE BOX IN YOUR CAR, OR A LARGER TASK LIKE YOUR CLOSET. IF YOU ARE A MINIMALIST, DECLUTTER YOUR EMAIL OR PHONE CONTACTS.