

Forgiveness Practice with Billie Lue- Fung

[This process takes about 10 minutes each day]

Write a list of people with whom you feel any irritation, frustration, anger, hurt, revenge...

Close your eyes, and imagine you are standing in the centre of a circle, and all the people on your list, are standing in a circle around you.

You may not remember them all, and 1 or 2 may stand out more for you.

Say to the person in front of you, "I am sorry. Please forgive me." Then imagine giving them a hug, and say, "I am ready to take back my power."

Continue to move around the circle, repeating the process, with whomever comes up for you in your vision.

At the end, imagine yourself in front of you, saying, "I forgive me. I am sorry. I free me."

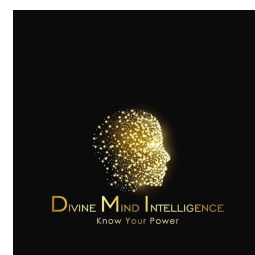
Over the next few days, you will begin to release some of these people from the circle, and peace, happiness, and freedom will ensue, lightening you up in the process. On some days, people who have left may re-appear. Keep going every day, until there is no one left, and the heavy energy has vanished and set you free.

Repeat this practice whenever you feel yourself holding on to low energy due to a past event/person.



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