

# FREEDOM = FORGIVENESS.

*15 minutes to freedom through forgiveness.*

## PRESENCING

### Set your timer for 5 minutes:

Sit quietly, preferably on the ground, but in a chair if need be. Set your timer for 5 minutes. Bring your palms to your lap - face up. This is the hand position that opens you up to receive. Feel your inhales and exhales. Count 10 inhales and 10 exhales. Try to make your breath a little deeper than normal, but breathe without strain. As you do so, relax your face and jaw.

## FORGIVENESS IN ACTION

### Forgive through your breath:

Continue to breathe deeply. With each inhale, see the words: I AM; with each exhale, see the word: FORGIVENESS. Continue this practice until you hear your timer end at your 5 minute mark.

## JOURNAL

### Create a new pattern:

Write the following mantra in your journal 10 times: I am strong. I am capable. I forgive. Once you write out the mantra, set your timer for your second 5 minutes, and recite the mantra aloud until your hear your timer end.

## CHOOSE TO SEE

### Look into your own eyes:

Set your timer for your final 5 minutes. This powerful practice is called mirror gazing. As you gaze into your own eyes, say the following words aloud: I give myself permission to truly forgive. I love myself. fully and completely.

## COMPLETION

### A new intention, a new neural pathway:

In your journal write out the following statement: I commit to forgive. When I slip, I will return to this practice. I am grateful for my ability to forgive, and for my ability to create new patterns.