

Life Is Truly Circular

[Forgiving myself was the only way I could get out of the ditch on the side of the road and take myself home.](#)[I forgave myself for every judgment I had held about Lucy and my granddaughter's father.](#)[I forgave myself for not forgiving myself for being a teenage mother.](#)[In the flash of a moment, I realized that there is no separation.](#)[Life is truly circular.](#)[What goes around really does come around.](#)[Our work, the really hard work, is to recognize when something huge lands at our front door.](#)[Forgiveness opens our mind and heart so that we can recognize the healing opportunity when it shows up.](#)[The four years of fighting with my granddaughter's father had nothing to do with him.](#)[He was just being himself, living his life in a way that felt right for him.](#)[Perhaps one day, his lesson will show up, and he will experience a shift.](#)[My work was to recognize and be willing to tell myself the truth about my own behavior so that I could forgive my past and my current thoughts, beliefs, judgments, and behaviors.](#)[Once I was able to do that, I drove home and went to bed.](#)[There was nothing else I could say or do.](#)[There are some aspects of personal healing and spiritual development that are simply exhausting.](#)[Forgiving yourself is one of them.](#)[You can do this work in the morning or just before going to bed.](#)[I prefer going through the process at night so I can sleep off any memories that rise to the surface.](#)[Begin by stilling your mind for at least 5 minutes.](#)[Offered with the day's practice twice, once silently and once aloud.](#)[Remember to scan the Emotional Triggers List, which will prepare you to dig deep into your consciousness.](#)[Give yourself permission to be radically honest with yourself about yourself.](#)[Using your journal, write and complete each of the 12 Forgiveness Statements.](#)[Each time you write a Forgiveness Statement, fill in the blank with your most heartfelt thought or memory to access your innermost thoughts and beliefs.](#)[Process your thoughts and feelings consciously.](#)[As you move through the Tapping into Forgiveness practice, give yourself permission and time to experience any emotions or thoughts that may rise to the surface.](#)[Record your additional insights and breakthroughs in your Forgiveness Journal.](#)[If at any time you feel overwhelmed, listen to the Stillness Meditation again before attempting to complete your practice.](#)[Complete the day's practice by spending 5 to 10 minutes in quiet reflection or listen to gentle, meditative music.](#)[Be sure to do something good for yourself today!](#)[In addition, not until you have forgiven yourself will you have the courage and compassion to forgive anyone else.](#)[You cannot unsee what you have seen.](#)[You cannot unhear what you have heard.](#)[What you can do, however, is stop wishing that what has happened had not happened.](#)[Regardless of how bad, wrong, or unforgivable you or your behavior has been, you deserve to be and can be forgiven.](#)[That's just the way the universe works.](#)[Today, I ask for and open myself to receive the strength, courage, and compassion required to forgive myself.](#)[I forgive myself for all perceived sins, faults, mistakes, and failings.](#)[I forgive myself for every hurt, judgment, condemnation, unkind or unloving thought, belief, and perception I have held about or against myself.](#)[I forgive myself for any behaviors, habits, or actions motivated by unforgiveness, the unwillingness to forgive myself.](#)[I forgive myself with compassion and love.](#)[Today, believing and knowing that because I have asked, I have received.](#)[Remember, your forgiveness issues won't necessarily be an identical match with the dialogue presented in the scripts.](#)[But the bonus scripts offer examples you can follow for creating your own personalized scripts, drawing from the material in the Forgiveness Statements you created while doing your daily](#)

journal work. Customizing the scripts so they reflect your language and clarify your intentions can offer an amazing shortcut to profound personal healing. Remember, the more specific your tapping scripts are, the better your results will be. Give the issue a name. Whether you are new to tapping or an old hand, be sure you review Tapping into Forgiveness, to refresh your understanding of how the process works. It acknowledges your resistance and moves you forward anyway. Even though there is a part of me that is resistant to forgiving myself, even though I say I want to, and then I don't, I deeply and profoundly love and accept myself. Even though I need to forgive myself, I want to forgive myself, and I have a divine opportunity to forgive myself, I still don't believe I deserve to be forgiven. Yet, I deeply and profoundly love and accept myself. Shake your hands out and have a few sips of water. Take a deep breath in through your nose. Release the breath slowly and softly through your mouth, making the sound Ahhhhh as you do so. Using your own personal Forgiveness Statements will keep you laser focused on your tapping intention as different dimensions of your healing process unfold. I feel guilty and ashamed about some of the things that I've thought, said, and done. And the way that I have hurt myself and other people. I feel so guilty about some things I have done and not done. I feel so ashamed about certain things I have said and done. I feel embarrassed about things I have said and done or not said and not done. Somewhere inside of me, it feels as if I am not a very nice person or a good person. I feel as if I'm not even worth forgiving. I am learning how to forgive other people, but I can't seem to forgive myself. I am carrying around so much unforgiveness. I feel so bad about myself, so unforgiving. Do your friends and family members see you differently than you see yourself? Are you constantly criticizing and judging your physical body and weight?