

A Forgiveness Ritual

What is it?

Forgiveness is powerful stuff. We all have been hurt and we have all hurt others. Our lives are littered with should haves, could haves and if onlys. This emotional garbage plugs our hearts and minds and makes us very uncomfortable. Anxiety and guilt plague us.

By practicing a simple ritual, we can get the juices of our spirit flowing again. We can unblock potent energy. As a regular spiritual practice, forgiveness helps us to be more loving, flexible, and understanding.

You'll need:

- ④ Your imagination
- ④ A body of water. A calm ocean, a lake, or a wilderness pond is ideal. However, a swimming pool or bathtub works fine.

When to do it:

- ④ When you are harboring resentment toward a friend or lover even after you have talked it out.
- ④ If you often find yourself saying things like "I wish I'd done that" or "If only I would have..."
- ④ If you can't forgive yourself for a mistake, mishap, or painful event.

What to do:

Forgiveness Baptism

Decide on a time on or near the full moon when you can privately visit a body of water or a swimming pool (or even a bath tub). You can also do this as visualization, without water.

Begin by focusing on your breath. Feel how easily it glides in and out of your body. Imagine your breath moving throughout your body, easing every area of tension it encounters. Breathing deeply, walk slowly toward the calm energy of the moonlight finding its way deep into your soul. The moonlight and your slow, deep breaths mingle and relax you body completely.

You reach the water. The moonlight gives the water magical powers tonight. Disrobe and slip in. Cup your hands together, fill them with water, and pour the water on yourself. With each touch of the water, say, "I forgive myself." "I forgive myself for (fill in what you need to forgive yourself for: hurting someone you love, a mistake, regrets). I am now releasing my remorse and sorrow. I forgive myself."

After you have forgiven yourself for everything you can remember, visualize someone that has hurt you. Splash water at this image, saying, "I forgive you." Imagine others who have hurt you. Release them by anointing their images with water too.

When you are finished, glide underwater. As the water closes over your head, say to yourself, "I am now cleansed. I am free."

Walk out of the water and dress. Take a moment to gaze at the moon and to be thankful for your new peace. Breathing deeply, return the way you came.

Taken from: The Woman's Comfort Book (pg. 182-183) by Jennifer Loudon