

THE SCRIPT

Use this script for mirror work to forgive and release on an ENERGETIC and a PHYSICAL level. By speaking these words directly into your own eyes in the mirror, you are piercing through the veils that protect our unconscious mind from receiving random programming, and planting a powerful program of your conscious choice, for healing and regeneration. The emotional and physical bodies can then let go of the old energies of resentment and unforgiveness, and the accompanying programming that came in with fear or pain.

1. Fill in the blanks with the person's name that you need to forgive, and a general description of what happened or why you need to forgive them.
2. Read the script aloud, speaking directly into your own eyes in the mirror. Take your time; make certain that you are connecting. Watch for eye movements or other signs of resistance, and repeat the script until you feel that there is energetic agreement from your emotional self.
3. Once you feel that the new programming was successfully received, move on to the next person/place/thing that you need to forgive. Do a script for every unforgiveness that you are still holding. Remember--the only thing we really must learn to forgive in this life is the UNFORGIVABLE.
4. Know that there is a difference between forgiving someone, and releasing them from accountability. When we forgive, we are saying that what they did was unacceptable, but we still love and accept them as a person on a learning path. Forgiveness does not mean that we let them back into our life if it is inappropriate, nor does it mean we give them another chance to hurt us in the same way they did before. We must learn from our circumstances and take care of our primary responsibility--the self. Sometimes we must forgive, love and accept, and continue to hold a firm physical boundary for our own protection.

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"_____, I forgive you for _____
_____. I forgive you wholly and completely.

I love and accept you for who you are. I release you to your Higher Self. You are free,
and I am free."