



The Forgiveness Diet

An exercise from *A Course in Miracles* (referenced from *Tapping the Power Within* by Iyanla Vanzant) for releasing past hurts, those you remember and those you do not. It requires a commitment of 20 minutes in the morning, 20 minutes at night, and **don't forget your notebook or journal!**

Select a time in the morning when you will not be disturbed. On a clean page of your notebook/journal, number every other line 1 through 35.

Write the following sentence 35 times:

“I [insert your name] forgive [insert a person you blame] totally and unconditionally.”

Do not pick and choose whom you will or will not forgive. Do not think before you write. Write whatever name comes to mind.

Try to write 35 different names; however, if one name is repeated, that is fine. When you have completed the exercise, take five to seven long, deep breaths and close the book.

Repeat the exercise just before you go to bed. This time write the following sentence:

“I [insert your name] forgive myself totally and unconditionally. I am free to move on to wholeness and completeness.”

You may not know why you need forgiveness. It does not matter. Your spirit knows the reason.

You must repeat this exercise every day, **twice a day for seven days**, forgiving others in the a.m. before noon, yourself in the p.m. before midnight. If you miss a day, you must begin again.

True forgiveness requires work. Missing a day reflects the resistance of your unconscious mind to releasing the pain. Be gentle with yourself and keep trying. Do not be alarmed if you see or hear from the very person you are forgiving and releasing. Spirit will show you whether you have truly completed your task. Pay attention to how you respond to the situation. When you have totally forgiven others and yourself, you will experience a new sense of freedom.