

A SIMPLE & POWERFUL *Forgiveness Practice*

I learned and adapted this simple and powerful exercise from my training with author and psychologist, [Robert Holden](#), AKA “Britain's foremost expert on happiness.”

Before you begin, remember that all it takes is willingness.

Forgiveness does not mean you condone harmful behavior.

Forgiveness means you release yourself from the weight of your anger or sadness and remove the blocks to your most amazing life.

Are you ready?

Grab a piece of paper or journal and a writing utensil and then take yourself through these steps:

- Choose someone that you are experiencing a block with / who you'd like to forgive - could be yourself - and write their name at the top of the page.
- Take a moment to tune in, focus on your breath and center yourself.
- Then ask yourself: From 0-100 how much have I forgiven this person? Take note of the number and notice how it feels to be at this number. What does it look and feel like in your daily life. Just notice and then write it down.
- Then, imagine if the Angels - or beings of unconditional love - came and met you at that number. They love and accept you at that number. And without you having to do ANYTHING, that number increases by 1. You are now able to forgive this person 1%

more. Imagine what that would feel like in your body and in your daily life. Does it feel different? Notice and then write it down in your journal.

- Next, imagine again that you don't have to do anything, but the Angels help you increase that number by 10! If you were able to forgive this person 10% more, what would that feel like? How would that change your life?
- Continue increasing your number by 10 until you reach 100, taking time with each increase to notice what is happening in your body and really imagine how increasing your capacity to forgive would affect the rest of your life.

That's it!!!

I did this practice around family members, friends and even for myself and every single time I was blown away by how much emotional baggage I had been carrying. When I chose forgiveness, imagined what that felt like and allowed the 'work' to be done by the Angels, all of a sudden I was lighter than air.

Now, I paired this technique with all the other healing tools and support in my arsenal to ensure that I continued to release not just mentally and spiritually, but also physically. Essential oils, sage, healing movement and more helped me affirm and truly feel what Robert shares in this amazing forgiveness practice.

If you desire extra support, I will be leading all of the participants of my ***Abundant Living*** online course through this practice as well as sharing the other healing tools I've used to release the past and rewire to receive greater love, abundance and ease. [Check out all the details here.](#)

Or, if you prefer, I offer private sessions for personalized support. [Go here](#) to schedule a free no obligation chat or email your inquiry to love@kelseyfoxbennettboyd.com.

No matter what you choose, just know that if you desire more love, it's here.

Continue to use this practice as you desire and remember:

You are worthy, you are enough and you are loved.

Big love and many blessings,
Kelsey Fox Bennett Boyd