

**Healing Heart Protocol Online Course**  
**Module III – Earth Element: Open to Love**  
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**Worksheet #1**  
**Forgiveness Process**

We know that practicing forgiveness is a process. This is why we are offering you this worksheet in addition to the guided meditation you did with us in this module.

As we shared before, we feel that forgiveness is the key to releasing your karmic entanglement with your Ex or anyone you feel bound by.

It is forgiveness that opens our heart and liberates our soul.

Forgiveness takes tremendous courage because it is our inner Protectors that stop us from forgiving. The Protectors believe that forgiving will make us vulnerable and will bring grave danger upon us. They also believe that forgiving in some way “condones” the hurt that was done to us.

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Our inner defense system, aka our Protectors, is operating based on paradigms of the past which at some point had value. Unfortunately these very paradigms are outdated and actually cause us suffering today.

One of our teachers compared the act of holding onto our resentments and hate as if we are shooting ourselves in our own foot, believing that we defend and protect ourselves by doing so.

Another image that might help you is to imagine that you have a steel cord wrapped around your past. And it is this steel cord that binds you to your past. This automatically sets the repetition compulsion of the unconscious in motion and more of the same will likely occur.

For some of you the following assignment will be easy and for some of you it will be a stretch. Remember the exercise will help you to loosen the steel cord to the past and to your Ex.

Know that you are doing this work to lay a foundation for a life filled with love, connection, and a passion for living.

Your decision to do this work with us is already an indication that there is a wisdom in you that somehow knows that forgiving yourself *and* your Ex is a necessary step in the process of separating with consciousness, healing your heart, and opening up to love again.

We honor your willingness to take responsibility and ownership of your feelings, particularly your resentments and anger. Be patient, because you cannot *will* yourself into forgiveness or *think* yourself into forgiving.

In our guided meditation you did the necessary prerequisite: opening up to the hurt, pain, and all the other feelings that were stored inside of you. Usually sensing your hurt and pain will diffuse the anger, which arose in reaction to the hurt in order to protect you. If more hurt arises during this assignment please dare to face the remaining layers within you by sensing them as sensations in your body.

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Again, nothing will last. Feelings of hurt will arise, exist for a while, and then come to an end - just like the waves of the ocean, that finally reach the shore and dissolve on their own.

### **Instructions:**

We ask you to create two lists:

#### **List One**

Write down all behaviors and situations for which *you want to be forgiven* by your Ex.

Don't censor; don't cover up; be ruthlessly honest with yourself.

If there is regret, guilt or shame – stop - sense into your body and presence the sensations of these emotions, which live in the body. Be curious about how regret, shame or guilt feel or sense in the body. Watch the sensations arise, exist, and then disappear.

#### **List Two**

Write down all behaviors and situations for which *you want to forgive* your Ex. Again give yourself permission and note it all down. Doing this you might experience waves of hurt or anger. At that point - stop turn within, sense the emotion in the physical body and allow it to exist. If the feelings are strong, you could also return to our guided meditation and allow us to support you.

#### **Upon Completion**

Put the lists in an envelope and place it in a sacred place. By that we mean something like a mini altar or a special place, perhaps in front of flowers or a picture of people you honor. This could be your parents, ancestors, teachers, or any deity or person that you deeply respect for having lived a life of dignity, compassion and respect. Get a long lasting candle and place it close by. Light the candle for a period of time on each of the next 10 days. Each time after you light the candle sit quietly for a few minutes and turn to source, whatever source is for you. Ask either out loud or internally to be forgiven and to forgive.

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If you struggle to let go of resentments and anger in order to forgive and to be forgiven, call on something higher than your personality and ask for help. As we said, choose something that works for you. There is always Life itself, or Existence to turn to. This very act of asking and sticking with this process for 10 days will assist you on this quest for forgiveness. Be grateful for whatever unfolds in this ten day process.

Your very act of taking this forgiveness journey on is already creating results by helping you to develop discipline and love for your Self.

Lastly, practicing Forgiveness is a profound way to live one's life.

We hurt others and we get hurt every day.

This practice can be applied way beyond working with your Ex. It will help you to heal your separation from any human being from whom deep emotions separate you.