

# Forgive Self and Others

## TAG, Galactic System of Transformation



The many experiences that we have had or that we carry as genetic gifts and/or trauma are there to help us more into a life that reflects our Divine Nature. That Nature is all aspects of Good and Benefit for All in the web of Life.

Those that we could term, 'slivers' will cause discomfort at first notice. If those 'slivers' are not extracted, they will 'fester' to cause increasing degrees of pain. If we do not get their message at the discomfort level, the gentle tap, they will eventually be like a 2x4 to the side of our heads.

When we have felt 'harmed' in some way, the tendency has been to carry that experience in blame at the other person involved. By going on that path, the sliver of 'harm' is expanded within us. We are linked to that concept. We have accepted the 'sliver' and the original experience will repeat over and over again in our life. It may be with the original person. More than likely, it will come back to us through other faces as well.

Therefore, the importance of Forgiveness. It is a process that disconnects the link, heals our own 'sliver' / story and allows for any possibility of our True Nature to emerge.

### Here are the Steps:

1. Identify the person and/or the incident and use your imagination to bring them in front of you.
2. Imagine them surrounded with a pink bubble of Grace. Place yourself in your own bubble.

3. Think or say these words, "I forgive you for all hurts real or imagined, all unkept promises, real or imagined, all neglect, real or imagined that I have suffered at your hands in this or any lifetime.
4. "All links and contracts between us are dissolved.
5. "I place you into the hands of those who know your Divine Good. You are moved into their care."
6. Notice any tentacles from the person or from you to the person. Do whatever you have to do and remove all tentacles into the cosmic compost space.
7. Repeat the process until you feel the space in neutralized.
8. Ask your spiritual teams to "DEEP SIX" all that remains in the space and connection
9. Write a Reality Statement that expresses the experience you choose for your relationship landscape.
10. The residue of the "mis-step"/harm between you is past, the correction/ forgiveness made, and you are now on the field of life with a New Game of Possibilities.

Next.... your forgiveness of self!

Repeat the step using these words as beginning:

"I forgive myself....."

Congratulation!

