

(Form #C1-3)

Forgiveness - Numerical Energy Release

I now completely forgive the Doctor and Staff who delivered me.

I now completely forgive my mother

I now completely forgive my father

I now completely forgive myself

I now completely forgive God

- Continue on with this format forgiving anyone from the past or present, abusers, siblings, spouses, etc.
- I emphasise the simple nature of the above. It is based on numerology. It is important not to 'try' to forgive – or to engender or try to engineer forgiveness emotions whilst doing exercise.
- Can be written over the 24 hours e.g. 10 in the morning, 40 at lunch, 20 in the evening.
- It is to be written without stressing or feeling forgiveness.
- Do one at a time (e.g. Doctor and staff), you cannot do multiple forgiveness releases at a time.
- Always start with Doctor and staff as this is the first experience in this life.
- Write each diet 70 times a day for 7 consecutive days in a row. Must be done over consecutive days or will need to start over from beginning. You may want to set an alarm if you think you might forget. Writing the statement 70 times a day may seem a lot but it should take you about 30 minutes and you will become faster and more efficient at it by the second or third forgiveness release.
- You can have breaks between releases. E.g. Complete Doctor and staff over 7 days and have a few days off before you start release 2 (Mother).

Rationale – Forgiveness is an organic process – as the energy releases, the authentic feelings of forgiveness will proceed at the perfect pace.