

## **THE GIFT OF THE BLESSING . . .** **(Forgiveness in Action)**

The essence of the Blessing is our greatest level of mastery in witnessing what life has offered to us and redefining what those events mean. As we redefine those events we are able to free ourselves – then we can move forward with our lives.

The Blessing is an opportunity to reconcile what life offers us in three (3) steps.

### **APPLICATION OF THE BLESSING**

- 1). Acknowledge any thought, feeling or emotion as it presents itself (don't judge or label it in anyway) – do not agree, excuse or condone it. (Example, if you are angry - acknowledge it)
- 2). Invite the gift of healing of the feeling or emotion through the act of Forgiveness
- 3). Invite compassion to replace the negative emotion

## **TYPES OF FEELING & EMOTIONS**

- 1). Residual feelings and emotions acquired over time (specific wording required)**
- 2). Current or Real - time feelings & emotions**