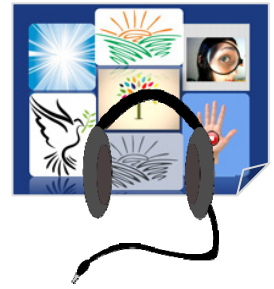


Releasing Me

by forgiving myself



1. Bring to mind a mistake you made or injury you caused another that has been difficult for you to forgive. This could be something that makes you dislike, judge, or condemn yourself. It may cause you to experience regret, blame, or denial.
2. Try to perceive light somewhere in yourself; a small glimmer which you have not noticed.
3. Look until you see some little spark of brightness shining through the painful picture that you hold of yourself.
4. Then let this light extend until it covers you and makes the painful picture brighter and kinder.
5. Silently repeat to yourself the following words:
 - I forgive myself
 - I release myself to my highest good
 - I free myself from this guilt and all the pain that has come from it
 - I release the present from the past and free my future.