

Forgiveness blessing.

Jesus said " Bless them that curse you, and pray for them which despitefully use you."
"Bless them which persecute you: bless and curse not."

When we experience something that is hurtful there are three places where emotional pain may appear. Blessing these three places elevates us beyond the trap of rightness and wrongness of what happened.

We have two choices when dealing with life's hurts . Yes, we choose – always.
We can mask or bury the hurt and allow it to slowly destroy us, or accept the healing that comes from acknowledging life's hurt. Then we can move on.

Saint Francis said " it is easy to love God in all that was beautiful. The lessons of deeper knowledge, though, instructed me to embrace God in all things."

This means everything, every experience good or bad. If we choose the healing blessing is the path. Repeat the blessing until the pain is gone. Use direct names, organizations, people, etc. each time you identify those who have caused the pain that you are blessing. Although the reason for the hurt may still exist, what has happened is, we've changed the way we feel about our hurt. This is the power of the blessing.

How to Bless.

There are always three parts to the blessing and you must experience all parts of the blessing for it to work.

1. Blessing those who suffer. This is the first place to direct our blessing. We must bless those who are the object of the suffering.
2. Blessing whatever causes the suffering. This may seem like the hardest part but blessing the people or things that hurt us is how we get real in our lives. This is where you get to say "I am more than the hurt of my past."
3. Blessing those who witness the Suffering. That means 'us'. We cannot forget ourselves in the presence of another's hurt.

Blessing template – it's important to stay focused in your heart centre. After each blessing sit quietly and let the feeling of release from the hurt wash over your body, filling every single cell of your being with peace and love.

The key to receiving the gift of blessing is that it must be offered. Simply begin by stating the following out loud.

"I bless (place here the name(s) of those who are suffering or have suffered.If you have suffered put your name here.)

" I bless (place here the name(s) of who or what has inflicted the suffering. Be specific as possible.)

"I bless me in the witnessing." Now sit quietly for a moment and feel the release, then repeat.