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Letter of forgiveness

Releasing the past

The letter of forgiveness was the first forgiveness tool I learned. I describe this and my experience with it in the video interview I did with Catherine Keeley (in the members site lesson area).

Pick a person to write the letter to – this could even be a letter of forgiveness to yourself. Bear in mind that nobody ever needs to see this letter except for you – you never need to give this letter to the person involved.

When I did this letter for the first time I was writing it to an ex boyfriend. I had been in a relationship with him for 4 years, and a few years had passed since we had broken up. He had been cheating on me throughout our relationship and there was a lot to forgive, including the other person involved, and myself for ignoring the warning signs for so long.

I started this letter from the beginning – when we met, when we got together, when it ended, all the good and bad stuff in between and how I felt in each experience, and then how the hurt of it had affected me since in terms of my trust of others and not wanting to open my heart again.

This was a pretty huge letter! Use this as a brain dump of everything you always wanted to say but never did.

I then signed off the letter with: I'm choosing to forgive you now as holding on to this anger, bitterness, hurt and resentment is not serving me. I choose to release this experience from my life – I forgive you, I'm sorry, I love you, thank you, and I wish you all the best for your life.

Once this letter was written I took it to a place that was significant for me, a place I felt happy. You can do this anywhere, at home or out in nature. Bring some candles or a lighter as you'll be burning the letter – **please do this responsibly**. In Australia we have very hot weather and lots of bush fires so I definitely wouldn't recommend burning outside if that was the case. A friend of mine burns her letters in a metal bowl she has especially for this. If you have a fire at home, use that.

If you wish, call in your spirit guides and angels to help you release this hurt – or God/source energy/whatever your belief is.

Start by holding the letter. You don't need to read it again – just set the intention that you're calling up all the trapped negative emotions or energy locked in your energy field and again affirm I forgive you, I'm sorry, I love you, thank you – I'm now releasing this from my life as it no longer serves me. Then start burning the letter. End once it's complete and mentally affirm thank you. I would love to hear how you found this in the facebook group!