



W: [coachcarly.com](http://coachcarly.com)  
E: [carly@coachcarly.com](mailto:carly@coachcarly.com)

# *Forgiving memories*

## *Ditching all the junk*

In the last technique, I showed you how to use ho'oponopono in its simplest form. In this technique we will be using the statements you use in ho'oponopono, but with a focus on specific memories.

I learned this technique years after learning ho'oponopono. At the time I learned it, I knew ho'oponopono worked, but I wasn't yet the huge fan of forgiveness work that I am now. I was taught to write down specific memories – literally any memories you are holding onto that still have some kind of negative charge for you. There will be recent memories that are still fresh in your mind, memories from years ago, and others from your childhood. There may even be a lot of repressed memories that you don't know about yet.

By doing forgiveness work on specific memories, you release the negative emotional charge you're holding in your energy field – anger, bitterness, resentment, disconnection, hate etc. By releasing the emotions, it's like it literally ditches that memory out of our energy field. Of course we still have the memory, but we no longer have the negative emotion attached to it, so when you remember the memory you no longer are affected by it, but you get to see it from an observer point of view.

To start this process, have a look at the suggested categories below. Pick one to start with, and then start writing down the memories you have some kind of negative feeling around. You'll probably find that once you write down one or two, you just keep going as lots more come up. Also what happens is that as you start forgiving the people involved, more memories come up, around that event or other events, so write those down too to work on later. You don't have to forgive all the memories in one go – sometimes for really heavy stuff I just work on 3-5, and for other things that I'm not so bothered about I may do half a page before I don't feel much shifting anymore, so I have a break and come back to it later.

Don't worry about writing a huge list of memories – just write a few if you like, do the forgiveness work and then do more of it later. My advice is to not start with the biggest trauma that's happened in your life first. Start with something that has less of an emotional charge first to get the momentum going.

When you have the memories written down, the way to do forgiveness is this:

- Read over the memory and ask “who do I blame for that?” It could be one person, several people, a company/organisation, or even yourself.
- Set the intention that you wish to bring up any negative emotion or energy that's trapped in your energy field relating to this memory, for it to be cleared. Notice what you feel in your body when you set this intention – I usually feel a pain somewhere or a knot in my tummy.
- Then, focusing on the memory and each person that you blame, state in your mind to each person, “I forgive you, I'm sorry, I love you, thank you.” You may need to do this a couple of times for each person if it's a heavy memory. If forgiving yourself, say “I forgive myself, I love myself, I'm sorry, thank you.” The order of the words doesn't matter.
- Pay attention to what you feel in your mind and body when you're doing the forgiveness work. I usually feel some kind of shift when the negative energy is being released – I usually yawn, feel a bit tired and heavy, feel movement in my chest area – pay attention to what you feel.
- When you feel it is done, cross it off your list and move on to the next memory. It doesn't take long to do each memory (a few seconds to a minute usually), but the heavier memories usually take longer than others.

The more you do forgiveness work, the lighter you'll feel. You're raising your vibration, raising yourself up the emotional scale, and because of this you'll start seeing really amazing things being attracted into your life and you'll have much more clarity and energy. You'll also find your sleep really improves!

## Relationships

- Arguments with your partner
- Times you were cheated on
- Times you cheated on someone
- Times you felt disrespected/disrespected your partner
- Disloyalty
- Horrible things said to each other
- Miscommunication
- Lies

## Childhood

- Any abuse you experienced
- Things your parents or siblings said or did, or things you did that you need to forgive yourself for
- Childhood trauma
- Accidents
- Memories of losing loved ones or pets
- Lies told to you because you were “too young to understand”
- Times you felt neglected or made fun of
- Times you felt second best to a sibling
- Negative memories of school or childhood friendships
- A traumatic birth

# Family

- Family disagreements
- Family secrets/lies
- Negative memories of special events like birthdays or Christmas
- Death and bereavement
- Illness and accidents
- Family trauma

# Friends

- Arguments and disagreements
- Anything mean/bad/nasty said to your face or behind your back
- Times friends ganged up on you
- Any jealousy about what your friends had that you didn't

# Money

- Any times you were stolen from
- Bank fees and charges
- Money you are owed, or money you owe to others
- Memories about money when you were growing up
- How your parents were with money
- What you were told about money
- Global financial events such as the global financial crisis

# Career/work life

- Any job interviews you went for and didn't get
- Being fired
- Losing out on a promotion to someone else
- Mean bosses
- Any disagreements with colleagues
- Not being paid fairly

# Health

- Times you drank too much
- Abusing your body with drugs
- Eating junk food
- Not exercising
- Illness and accidents/injuries
- Any memories of being diagnosed with a physical illness or mental health diagnosis

This isn't an exhaustive list so feel free to come up with your own, or you can just write random memories down as they come up.

Eventually what happens is that we rarely store negative feelings anymore – if you do forgiveness often, then you start using ho'oponopono in the moment, as and when stuff comes up, so there is no memory to write down later.