



Self-Forgiveness/Self-Love Walk

Find a quiet space in nature where you can walk, uninterrupted, if possible.

Commitment Ritual

- Stand still and feel your integrated being – your Intellect, Emotional Self, Body, and Spiritual Self. Feel the light in you.
- Silently state your commitment to forgive yourself for all that you have done in your life out of patterns. State your commitment to love yourself.
- Reach up your arms to the sky and look up into the limitlessness of the light
- Reach out your arms to the horizon that encompasses the whole world and slowly turn completely around to acknowledge your connection
- Reach your hands down and touch the Earth that supports and grounds you
- Stand straight and breathe into your commitment to be authentic and to be present

Self-Forgiveness

- Start walking slowly. As you walk, softly state to yourself each of the things in your life you have done out of negative love for which you now forgive yourself.
- Use the phrase, **“I forgive myself for ...”**
- Continue until you have forgiven yourself for everything that you can remember
- Then say, **“I forgive myself for everything I have done out of negative love.”**

Once again, do the Commitment Ritual

Self-Love

- Start walking slowly
- Begin by saying, **“I love my whole self just as I am.”**
- As you walk, speak softly about how you love and appreciate yourself. Speak of your whole integrated being, and of each of the four aspects of your being – your Intellect, Emotional Self, Body, and Spiritual Self.
- End by saying again, **“I love my whole self just as I am.”**

Complete your walk by once again doing the Commitment Ritual