

# The Game of Life for the 21st Century BONUS

## The Gift of Forgiveness Guided Journey

Together we set the intention to forgive what has been unforgiven.

Get comfortable and close your eyes...

Breathe deeply fully and completely, and focus on the beating of your heart. Continue to breathe deeply and set the intention to allow yourself to move into a place of nonjudgment. No judgment of your day, of how you feel of where you are, no judgment at all – simply allow all to be.

Ask your angels to join you and help you to release unforgiveness at its core vibration.

Breathe deeply and hold for a count of three and slowly exhale... Again, breathe in deeply and hold for a count of three, then slowly exhale.

Take a deep breath in and see before you your mighty oak grounding tree. Step forward and gently touch the bark of the tree. Notice as you touch the tree, your hand slips into the tree itself. Lean into the tree and blend your spiritual being-ness into the spiritual essence of your grounding tree.

Notice your feet mold into the tree's roots and travel through the soils of Mother Earth to the core light of love at her center.

Take a deep breath in and feel the vibrant healing energy of Mother Earth as it flows up the roots to your legs, through your body to your heart.

Notice the branches of your tree open wide to the breath of God. Take a deep breath in and pull the healing love of God forth through your heart.

Breathe deeply and expand the healing energies of Mother Earth and the breath of God within your heart.

Breathe into this moment and allow yourself to feel the love of God vibrating and singing in the cells of your body.

You are One with God...

Notice the hand of an angel reaches for you from the other side of the tree. Take the angels hand and step into the safe space of the angelic.

Take a deep cleansing breath in...

See before you the situation, life event or person you hold in unforgiveness. From this safe space, acknowledge your feelings of being helpless and powerless – acknowledge the energy. Know that you are safe and acknowledge any guilt, anger, shame, frustration or fear you have where this life situation is concerned.

Breathe deeply and acknowledge where you feel the resistance of these emotions in your body.

Acknowledge them and allow them to be.

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You are fully supported by God. Breathe deeply and expand the loving essence of the Life Force of God to flow throughout your body in the safe space of this painful life event or relationship.

Notice an aspect of you has joined the life situation you are forgiving.

Angels now join you to help you surround the situation with love in all directions of time. Your loving angels spread their wings to surround this aspect of you and the life situation with the pure unconditional love of God.

Take a deep breath in and allow your heart to expand even more with this beautiful, swirling light of love.

Focus on this love as it merges with the grounding energies of Mother Earth and the life force energy of The Creator of All That Is...

Breathe deeply... see and feel this loving light expand out from your heart to gently swirl around and embrace the angels as they heal the life situation and the aspect of you fully and completely.

From deep within the love of this moment say, "I forgive this life situation – I forgive this situation – I forgive this situation."

Breathe deeply and see the love glow more brightly.

Breathe deeply and feel the center of your heart. From deep within the love, tell yourself, I love and forgive myself – I love and forgive myself – I love and forgive myself.

Breathe deeply and experience the life force essence of God as the love light grows and glows even more brightly. Take a deep breath as Joy bursts forth in your heart!

As the angels move away from the life situation and the aspect of you that they have held this loving space of healing for, you see the situation and the aspect of you have transmuted to a glowing pink heart of love. All is forgiven and love holds the space.

Feel the soft whisper of angel wings as the angels hug you.

Now it is time to return to the physical world. Walk back to your grounding tree with your angelic helpers and thank them for their help.

Step into the grounding spiritual essence of your oak tree – taking the JOY of love with you.

Breathe in deeply and see the roots of your grounding tree blend with your feet to burrow deeply into Mother Earth to the core light of love within her. Take another deep breath in and pull that vibrant healing light energy up through the soils of Mother Earth - up through your legs – up to your heart and stops.

Step out of the tree into the physical world, fully grounded.

Breathe deeply of the love and expand your love energy out larger and larger filling the physical world space around you.

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Breathe deeply and focus on the beating of your heart. Embrace in gratitude the loving gift of forgiveness!

When you're ready, open your eyes...