

# Forgiveness Ritual

Hello friend,

This is a ritual I have practiced a couple of times in my life when I have needed to forgive, let go and move on.

When we can't forgive, we become bitter, angrier and toxic. We have all read about 'how to forgive, just let go'. For someone bogged down in hurt, anxiety and darkness this can be easier said than done.

It took conscious effort and acceptance for me to release and let go. I practiced little rituals daily, sometimes several times a day when it was needed. Forgiveness is healing, whether it is forgiving someone else or forgiving your -self. It is the highest act of love. Love yourself too much to carry this excess luggage around with you! Let it go, grow from it and move on.

## **Ritual # 2**

*Light a candle, inviting your head and heart to come to a place of openness.*

*Write a letter of forgiveness. This can be to a person who has wronged you or to your-self.*

*It might go something like this, 'I forgive you, I need to forgive you, it is time to forgive you, I love myself too much o carry this around with me for the rest of my life. I choose growth, I choose love to grow, acceptance to grow. I choose to nourish my life practicing forgiveness. I choose life'.*

*Fold the letter, dig a hole (or in the bottom of a pot), lay your letter at the bottom of the hole, plant your favourite tree, shrub or fruit tree. Whatever plant you feel a connection with, (plant the tree on top of the letter)*

*Your letter, your forgiveness will become nourishment, compost and nutrients for your tree. You will water and feed it giving it a healthy strong life. Tend to your tree and watch it grow.*

*You will see your forgiveness and love grow daily.*

*Every time you look at your tree, and it has grown, it will remind you how far you have come, how love, dedication and the practice of forgiveness ensures growth in every way.*

*This will be 'Your Tree of Life'*

*Much love*

*Anna xxx*



Photo by Cassie Jade Photography

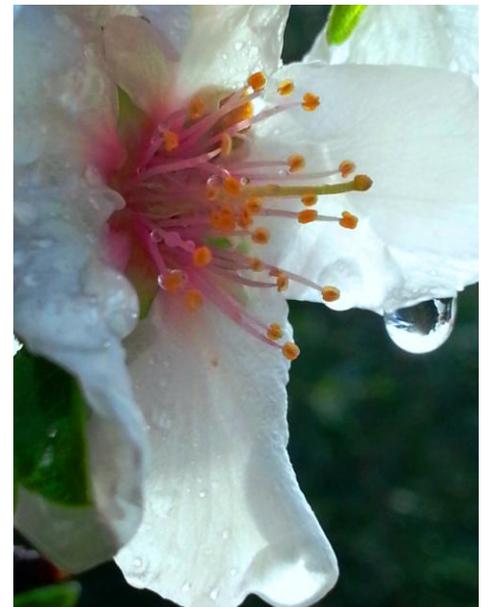


Photo by Anna Hamilton