

Emotional Aspect to Illness & Forgiveness ...Many of us are now coming to understand that physical symptoms and illness often begin first in the emotional and mental bodies. We are not just a physical body- Louise Hay Read more....

<https://www.heartlandhealingarts.com/blog/2018/6/19/emotional-and-mental-causes-of-illness-the-list-by-louise-hay>

Forgiveness

Forgiveness is not just about saying the words. Karen Swartz, M.D., director of the Mood Disorders Adult Consultation Clinic at The Johns Hopkins Hospital, says “It is an active process in which you make a conscious decision to let go of negative feelings whether the person deserves it or not”

*When someone you care about hurts you, you can hold on to anger, resentment and thoughts of revenge — or embrace forgiveness and move forward. **Forgiveness: Letting go of grudges and bitterness***

<https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/forgiveness/art-20047692>

Below are 2 simple teaching on forgiveness
learning to forgive, is very freeing and imperative for your health!

BIO-TESTING & THERAPY

Freddie Fox used the Bach Flower Affirmations for Forgiveness – He called it ‘**simple psychotherapy**’

When using the BT&T Bach flower Affirmations

Affirmations.....<https://bio-testing.org/news/bach-flower-affirmations-july-1993/>

After picking the number & resonating with it,

Extracted from ‘**FLOWER REMEDIES IN THERAPY** © 3 Apr 1993 Fred J Fox *Getting the Best out of Bach*

“If possible, pinpoint the year it happened. Next, take the client back step by step from the present to the time of trauma. There is no need for the client to remember anything specific.

But three things are necessary:

- a) Accept that something did happen that caused the hurt.
- b) Forgive everyone (including yourself and God) involved in the hurt.
- c) Commit the entire affair to God whose Providence can make it work out for your good.

Just turn it over to God without reserve and be healed!

At each stage of psychotherapy, wait for a favourable reaction to set in before going on to the next. A warm feeling may be felt in the chest; or one may see a glow of white light before the (closed) eyes. Then lead the client forward, stage by stage, to the present. Check enroute for any change in the feeling or light. If need be, pause and repeat the 3 exercises to clear another blockage. Eventually, a clear band of light should join the past to the present. Then snap a finger or tap once to bring the client out of meditation. Now check the results.

HO’OPONOPONO

This ancient Hawaiian Mantra has been used by the Kahuna, the mystic healers, for centuries.

1. Close your eyes and imagine anyone you would like to heal your relationship with, or any memory that you find troubling.

2. Repeat these 4 phases with prayerful intention:

- **I am sorry**
- **Please forgive me**
- **Thank you**
- **I love you**

“Turns out that loving yourself is the greatest way to improve yourself, and to improve yourself, you improve the world”

HO’OPONOPONO

Age-old Hawaiian Teaching About Forgiveness

(In native Hawaiian language, “pono” means balance, in the sense of “life.” When things are in balance, nothing is *off*, so to speak.)

The story behind Ho’oponopono (pronounced [HO-oh-Po-no-Po-no](https://bluebottlelove.com/hew-len-hooponopono/))
<https://bluebottlelove.com/hew-len-hooponopono/>

This ancient Hawaiian practice of forgiveness functions as both a communication concept for reconciliation and a tool for restoring self-love and balance.

In practice, it works sort of like a mantra for self-love. And, even more surprisingly, it’s super simple.

“I’m sorry, Please forgive me, Thank you, I love you
I just chant this over and over and find it empowering.