

ALIGNED

Transformational Program With Rony Reingold

Forgiveness Exercise

Name	Everything I forgive them for

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I forgive myself for:

Upon completion of this exercise, give yourself a loving gesture like hugging yourself, putting your hand on your heart, etc. You can visualize loving kindness energy coming towards you and reaching out to all those you have forgiven if that feels right for you at this time. Notice how your heart feels at this time and open to its loving energy.