

LIMITLESS LIVING

attracting what you want

The LIMITLESS Flow Worksheet – Forgiveness

The LIMITLESS Flow is where you get plugged into the universal flow of life, becoming one with the Universe, merging with the Universe, in the Universe, as the Universe.

The only thing in the way of experiencing myself as the Universe and not as Self, is the process of forgiveness.

Forgiveness, even if conducted half-heartedly, transforms the brain wave activity to the highest state transporting you to merge with the Universe.

The Forgiveness Process

1. Begin by surrounding yourself with unconditional love and acceptance. Then surround your partner with unconditional love and acceptance, free from judgement.
2. Then say to partner, *“Bring into your awareness, who or what needs forgiving. And as you bring that into your awareness, go ahead and whisper it out loud, “What needs forgiving?”*

Note: Listen with so much presence and attention, care, and compassion, to every word and the space between the words, as if the Universe were communicating with you.

3. Then respond by saying, *“Thank you.”*
4. Then say out loud, *“What else needs forgiving?”* And reply by saying, *“Thank you.”*

LIMITLESS LIVING

attracting what you want

5. Keep repeating this process of forgiveness till it feels complete.
6. Once it feels complete, then say to your partner, *“I forgive you. Life forgives you. The Universe forgives you. All is forgiven. All forgiveness is here.”*
7. And once the process is complete one way, you can switch and facilitate it the other way.