



Jessica Ortner: Welcome to the Relationship Support: *Opening Up to Forgiveness* Tapping Meditation. This tapping meditation is intended to get you started on the road to forgiveness.

Keep in mind that forgiveness is both a ***choice*** and a ***process***.

It's not unusual for someone to feel angry, hurt, sad, confused or overwhelmed – even ALL of these emotions and more – when it comes to dealing with challenges in a relationship. It's important to honor these emotions too as we open up to forgiveness.

Tune into your body and the feelings you may be having about opening up to forgiveness. How resistant to you feel to forgiveness, 10 being that it feels impossible, 0 feels that you are open and the process has begun.

And let's begin by taking a nice, deep calming breath in and out.

As always, we'll begin by focusing on how we feel to release the intensity through tapping, then allow ourselves to turn towards the positive.

Start by tapping gently on the side of the hand and repeat after me either in your mind or out loud.

Side of Hand

Even though I'm still feeling hurt and it feels hard to forgive, I accept how I feel and I recognize that forgiveness is a process

Even though part of me wants to forgive but another part of me doesn't feel ready, I honor all these parts of me and I choose to feel more peace now

Even though I want to forgive this person but it feels difficult, I accept myself and I allow myself to forgive at my own pace

EB: This has been such a challenge.

SE: I've felt so hurt

UE: All this confusion

UN: I don't know what to do.



UM: Part of me wants to forgive

CB: But I still have all these emotions about this relationship.

UA: I also don't want this to happen again

TH: All these conflicting emotions around forgiveness

Start tapping on the eyebrow point, and I'll guide you through the points. Don't worry about saying anything out loud here.

As you tap on the eyebrow point, simply tune into any resistance you feel around being open to forgiveness. Even if a part of you is ready, notice the part of you that is still resistant.

Moving to the side of the eye: notice how that resistance feels in your body. Focus on what's causing you the most distress. Allowing yourself to relax and release any tension as you reflect on these emotions

Under the eye: if there's a story you tell yourself as to why it's hard for you to open to forgiveness, bring that story up in your mind now.

Under the nose: Simply allowing yourself to be present with this story and allowing any thoughts and feelings around being open to forgiveness to be present, too.

Under the mouth: As you stay present to any feelings of fear or resistance, relax your body. Releasing the feelings and thoughts. You simply breathe and release.

Collarbone: Focusing on the story while feeling centered and grounded, acknowledging any remaining thoughts and feelings. Beginning to reflect back on these old fears or resistance with more compassion and understanding.

Moving under the arm: Sometimes we think we should forgive, without allowing ourselves to do it on our own terms. What does forgiveness mean to you? How would forgiveness improve your own life? Just notice any thoughts that arise from these questions.

Moving to the top of the head: noticing how your heart is more open than you realized. You don't need to forget, but you can forgive. Imagine yourself taking in the lessons from this experience and releasing the pain.

Now, let's move back to the eyebrow point and repeat after me:

EB: Part of me has been holding onto this pain

SE: Because I wanted to change the past



UE: Or prevent something like this from happening in the future

UN: But I now see how this pain has kept me stuck

UM: I am ready to forgive on my own terms

CB: I have grown so much from this experience

UA: I take in the lessons

TH: And I release the pain

EB: More and more, I'm opening up to forgiveness.

SE: I recognize this person is hurting too

UE: Hurt people, hurt other people

UN: I'm willing to look at this situation with more compassion

UM: Compassion for myself and for the other person

CB: Little by little, I am open to forgiving

UA: I recognize how much I have grown from this situation

TH: I am ready to forgive

Gently stop tapping as you take a nice, calming, deep breath in. And as you exhale, tune back into your body and how you feel. Reflecting back on that resistance around forgiveness, any shift toward zero means you're heading in the right direction! If the intensity is higher than you'd like it to be, repeat the tapping, either now or in the future, while you include the thoughts and feelings you have about being open to forgiveness.

Remember forgiveness is a choice and it doesn't mean you forget what happened. Forgiveness is also a process that can happen in small steps rather than one giant leap. Forgiveness is a gift we give to ourselves so we can choose to live a more peaceful and loving life.

Use this meditation often, to open yourself up to forgive.

Until we tap together again, this is Jessica Ortner.

Take care and keep tapping