

One of the biggest obstacles along one's path of spiritual awakening is to forgive those who harmed us. Many also fight the inner battle of self-forgiveness. One tool that has helped many of my clients is the Heart Connection.

We live in a world of energy. Any low vibration, when it runs into a higher vibration, the lower vibration will succumb to the higher vibration. For instance, when a small wave of water hits the wall of a larger wave, there will be some turbulence. The smaller wave "melts" into the larger wave and no longer exists as that wave. Yet, the larger wave continues on, including the water that was in the smaller wave.

Consider times when you experienced a low vibration, such as fear, guilt, blame, anxiety, depression or shame. During those times, you likely felt drained of energy. Now, recall times when you experienced high vibrational energy such as falling in love, feeling gratitude for a kind deed someone did to you, or the excitement when something you were passionate about came into reality. During those times, you likely felt energized.

When you are feeling in a state of low vibration, you can counteract it with feelings of high vibration by invoking love and gratitude. This is why it is so important to monitor your thoughts, words and actions, replacing those of a low vibe, with those that are of a higher vibration. Facing fears and releasing non-beneficial beliefs and replacing them with self-love and unconditional love for others can pull you right out of that funk. If one is serious about their spiritual awakening and ascending out of duality, love is the key.

I grew up in a dysfunctional family, receiving more than my share of physical, mental and emotional abuse from my mother. I instinctively knew that if I wanted to progress in my life, I needed to heal my anger towards her. Early in my introduction to metaphysics, I was shown a forgiveness exercise and decided to give it a try. I am including it here in hopes that it will help you to forgive yourself and those who have harmed you.

Fake it 'til You Make it Forgiveness Exercise

This is how I began the healing process of forgiving my mother.

I took a 3" x 5" index card. Then I wrote the following three sentences on it.

I forgive you for all the ugly and hideous things you have said and done to me.

I apologize for all the ugly and hideous things I have said and done to you.

If we work together, we can start over and rebuild our relationship.

Every day, I sat quietly on my porch, slowly and mindfully saying each sentence out loud.

The first few times, it was a battle to even pick up the paper. Part of me wanted to hold onto that "justified" anger. The first couple of weeks, after reading the first sentence out loud, my emotions would get the best of me. I would yell things like, "I don't forgive you! There is no excuse for what you did. You had no right to treat me like that!" These were intermingled with some pretty strong curse words.

After a few weeks, I allowed myself to begin to see things from her perspective, from her own childhood trauma and sadness. I began to see her more as a hurt little girl, just like me, who also pushed people away in order to avoid more pain. I began to feel compassion for her. It was small at first, but gradually increased. I was able to start forgiving her for certain things that she had said and done.

In the beginning of the exercise, I had an especially hard time with the second sentence, "I apologize for all the ugly and hideous things I have said and done to you." The first week, I couldn't even say the words out loud. Instead, I would yell things like, "I don't have anything to apologize for! I never treated you like that! You don't deserve forgiveness!"

The first couple of weeks, there was a lot of denial of me ever saying or doing things that were ugly or hideous. Then I started to calm down and as objectively as I could, I reflected back on times when I got revenge or was rude back to her. I started to remember times when I had fueled the flames when she was off balance. I also realized that I expected

her to be disruptive, so I chose to be defensive, even before the battle began. I was ready for the fight, even starting it at times. It was humbling to acknowledge and accept responsibility for my past actions.

When I started the exercise, the last sentence was even harder, “If we work together, we can start over and rebuild our relationship.” For the most part, I would rather see her dead, than for us to work through the years of pain.

I nearly quit the exercise several times, especially as I dove deeper into facing those unpleasant memories. However, I pressed on and after a few weeks, the emotions became calmer. Then I started to accept responsibility for the hurtful things I said and did as a teen and adult.

Then the day came when I *felt* the truth in all three of the sentences. It was the first time that I felt that we could rebuild the relationship. I also realized that if she didn’t want to change her ways, it didn’t matter. I was doing this for me. So, I let go of many expectations, as well as the rage I felt towards her, and accepted responsibility for my own actions on a deeper level.

In that moment, I felt an emotional shift and saw this dark, heavy blob of energy forcibly leave my body. It had been attached to the right side of my solar plexus. I felt like a ton of bricks had been removed. The relief was palpable and I felt euphoric. I had reached my goal!

What happened next still gives me chill bumps as I write this, over three decades later. When I started this exercise, my mom and I had not talked in 12 years. Whenever we had our spats, it was always me coming back and re-opening the door. Then on one infamous Thanksgiving Day, I reached the point of, “Enough is enough.” I tried a few new approaches with her that failed. Finally, I told her that if she could not treat me respect, then do not bother to contact me. I admit, it was a blissful 12 years of silence. During that time, I worked on finding and “creating” myself.

Going back to the exercise, something magical happened that night. I went to bed feeling blissed out, having experienced this huge emotional and energetic shift.

After 12 years of silence, the next morning, my mom called me. That was a first! The first thing out of her mouth was, “I just had to call you because I had the strangest dream last night. I’m not even sure if it was a dream because it felt so real.”

Well, that piqued my curiosity!

She said, “In the dream, you came to me and handed me a baby, swaddled from head to foot in a blanket. As I was holding the baby, I looked down. Instead of a face, there was a swirling mass of hideous dark energy. I was asking myself why did you hand me something so ugly?”

She told me that I handed her another baby, just like the first. Then she said, “Your stomach was swollen, like you were pregnant. But at the same time, I knew you weren’t pregnant.”

I was in shock! Calmly, I told her, “If you would like, I can interpret that dream for you.”

She said, “What?”

Then I told her about the exercise I had been doing. I then shared how the energy had shifted the day before. I also pointed out that the words she had used “ugly” and “hideous” were the exact words I had been using. On a side note, it was interesting, because neither of us had ever used the word “ugly” to describe a person’s behavior before. I had picked that up from my students who used the word in that way.

Then I told her how the first baby represented me forgiving her for the ugly and hideous things she had said and done to me. The second baby symbolized me apologizing and taking responsibility for all the ugly and hideous things I had said and done to her.

I explained that in the dream, I appeared pregnant as a symbol of rebirth, that we could rebuild our relationship, if we both chose to do so.

For the first time ever, we both were speechless. After a few moments of silence, she said, “Okay, thank you. I’m gonna go now.”

I was amazed that she had picked up what I had been doing. It was way beyond coincidence. And for her to call me, that was amazing in itself. After a few days, she called me back. She was touched that I had expressed enough love to want to heal our relationship. We were finally able to start the communication that led to further healing.

Then she brought up how hurt she was that I hadn’t called in twelve years. Here we go again, another round of her playing the victim and me as the perpetrator. I held back making the comments I really wanted to say. Instead, I approached her in a new way.

I told her, there were three main events that happened during my childhood that had led to that decision. I offered to share those with her so she could understand my point of view. However, to be successful, she did not need to be defensive, I was simply going to share how I perceived those events.

It took a few phone calls for us to work through those events. She even apologized for one of them. She didn’t agree with my perception of the other two events, but I reminded her that to me, it was my reality. She got it. What mattered was that for the first time, I felt *heard*. I also let go of the need for her to apologize or see things “my way.” That was very freeing. It was the beginning of me taking back my power.

Not only was the “Fake it ‘til You Make It” exercise and the follow up conversations important for the relationship with my mother, I was then able to apply it to other relationships throughout my life.

Her picking up the experience and exact words I had used was a huge eye-opener for me. I realized that the thoughts we put out do get picked up by others. That led me to start becoming more responsible for my thoughts, words and actions towards other. It was a huge life-changing moment for me.

Over thirty years later, I still do not enjoy the company of my mother. At 93, she is still one of the most negative people I have met. However, when we are together, the time is fairly pleasant because I have learned to redirect the conversation or leave the room when she starts acting up. It takes two to tango. I learned to dance shorter dances, always being polite... well, almost always... and developed some strategies to keep the peace. This often meant zipping my lip without feeling resentful or unheard.

I also had to release the feelings of “obligation” and expectations of being a “dutiful daughter.” I was not going to have her pull me off my spiritual track or allow myself to become emotionally imbalanced, no matter what she chose to say or do.

There was a Bible verse that helped me through all of this:

“Don’t give that which is holy to the dogs, neither throw your pearls before the pigs, lest perhaps they trample them under their feet, and turn and tear you to pieces.”
Matthew 7:6

I hope my experience can help you to recover from the pain others have inflicted on you. Forgiving others is an act of self-love. Once you release the stuck blocks, replace the void with love. As the natural flow of energy returns, the body parts where those energies were stored can begin to heal. The emotional and mental energy fields will also begin to repair themselves.

Once you fully lift yourself out of being a “victim,” you will empower yourself and can rebirth yourself anew on a foundation of self-love. Then miracles will happen and you will find it easier to connect with your Higher Self and Spirit Guides. Make gratitude and unconditional love your constant companions. Nurture your relationship with them and watch your spiritual awareness expand in ways you never thought were imaginable!

Be love always, all ways,
Theresa Crabtree