

Self-Forgiveness
Mirabai Devi Membership Program
October 2019

Premium Package: Written Exercise

Journal: If you have not yet started a journal for this program, now is the perfect time to do so. It is helpful to write down your experiences and homework over the course of the year. For this month's class, you can begin by walking through the following written exercise.

Reflect upon the teaching and guided visualization. Write down these different reflections in your journal and print out this exercise sheet.

Awareness is the first step in changing a belief system or pattern. Examine your patterns and write down your answers to the questions below:

1. Write down a situation in your life where you have a regret, where you feel you let yourself down, or where you feel that you might have handled a situation differently than you did. This could be in a relationship, a job position, a financial situation, etc.

2. Have you experienced this same or similar situation in other relationships, jobs, etc.? Does this situation remind you of another time when you felt the same about yourself?

3. What are the feelings that came up for you in this situation? Were you aware of your feelings at the time? Did you examine the situation? Or did you move forward without taking a deeper look at these feelings?

4. How far back can you recall these same or similar feelings (if these are feelings that have occurred before)?

5. Do you feel any physical sensations in your body when you recall these feelings? If so, what are those sensations?

6. Have you practiced forgiveness for this situation (internally for yourself and/or between yourself and that individual)? Have you practiced the Forgiveness Prayers by Howard Wills? How often do you practice them (daily, weekly, monthly, etc)?

7. Practice the forgiveness prayers that are included in this month's program. Record your feelings in your journal throughout the month. List those feelings here. Are you becoming more neutral and less reactive to this person?

8. Are you practicing self-inquiry to look at when you are triggered, where your triggers are coming from and how often these triggers are present in your life? How often are you practicing this self-inquiry (ie: each time you are triggered or not often?)

9. What awareness are you gaining of how this situation is affecting your body and your health?

10. How are you judging yourself or this situation? Are you able to take your expectations off yourself and see yourself in a neutral light? Are you able to feel compassion for yourself?

11. If you were looking at this situation objectively from the outside and guiding a young child through these feelings, what would you tell them?

12. Have you taken the time to get in touch with your inner child? If not, can you do so now? (Below is a guide to help access and embrace the inner child).

13. After accessing and embracing your Inner Child, then ask what he or she needs. See if you are able to fulfill its needs. Journal here if you choose.

14. Can you hold / embrace your inner child now and have him or her feel loved by you?

15. If you've been working on an old pattern, belief system or but still seem stuck, have you offered this issue to the Light or have you reached out to Mirabai to have a private session to help work through the root cause of the unlovability?

How to access your Inner Child

~ Cultivate an open and safe space for yourself

Your inner child is a vulnerable person. He or she may need a safe space before they shows himself or herself. Many people hide or deny the existence of the inner child because they think it makes them look weak. To let your inner child shine through, be gentle and affirming. Approach them softly, like a small animal whose trust you want to gain.

~ Identify your individual inner child who shows up for you today

Although everyone has different childhoods, there are patterns common to most people. If the relationship with your inner child has dwindled over the years, try to identify what stage of development your childhood is in now. This will help you create a roadmap for bringing your inner child back into your life. Examples include: the playful child, the high spirited child, the creative child, the abandoned child, the resigned child, the fearful child, and so on.

~ Formulate a dialogue with yourself

Sit quietly and tell your inner child that you want to know more about home or her, that you're available to talk, and that you want them to feel safe. This may sound silly, but what you're doing is accessing another part of yourself and your unconscious mind.

~ Organize your living area

Make your home more open to the playfulness of childhood. Changing your environment will change the way you feel, so inject some childlike spontaneity and creativity into your life. Research shows that things as simple as different hues can affect mood. Place familiar objects like trophies or stuffed animals on your mantle. Dig up old pictures of you and your family to put around the house. Try sprucing up the color of your walls, either by painting them or hanging light-hearted artwork.

~ Listen to your feelings

One important way to get in touch with your inner child is to pay close attention to feelings that pop up in your daily life. These can be traced back to many of the wonderful and painful experiences of childhood when you were young and impressionable. The inner child's fears and insecurities, as well as his or her joys and feelings of wonder, often unfold into the emotional patterns of our adult lives.

Throughout the day, check in with yourself. Ask, "what am I feeling right now?" Try to put words to these feelings.

~ Write a letter to yourself

This can be an apology if you feel like you've neglected your inner child and want to repair that connection. It can also be a simple letter expressing your desire to strengthen the friendship.

Tailor your letter to the type of inner child you have. If he or she is fearful, try to reassure her and soften those fears. If he or she's worried about being abandoned, let them know that you will do your best always to be there for them. If he or she is playful, tell him/her you want to honor that lighthearted freedom.

~Say nurturing things to yourself

Use words like I love you, I hear you, Thank you, I'm sorry. We often use these words when in relationship with others, but don't always say them to ourselves. Nurture your inner child as you would someone with whom you are in love.

~ Write about what you loved doing as a child and when you were young.

Make a list of these things (ie: sports, picnics, tea parties, coloring books, favorite childhood treat, etc)

~ Be mindful of your inner critic

One of the biggest obstacles to giving your inner child the attention and care he or she needs is a critical voice. This voice can tell you that you're too old to have childlike insecurities or embrace the silliness of childhood.

The inner critic begins to develop in childhood; it's a reaction to the inner child being stifled. Respect your inner critic as part of your inner child who has been let down or hurt but avoid buying into negative self-talk.

Respond to your inner critic by saying "I understand where you're coming from. I understand that you're hurt. I'm here for you."

Another helpful phrase for your critic is: "Yes, this is a little silly. But this is what I'm supposed to be doing right now. Can you please take a break and let me do this?"

~ Take your inner child seriously

You may be tempted to push your inner child away because his or her problems seem irrelevant to your life as an adult. This isn't true, however, since many of our deepest feelings are carried forward by the inner child. Avoid the temptation of disregarding or ignoring your inner child. He or she can't be sidestepped.

Listen to him or her like you would an actual child in front of you. He or she's just as real and her feelings matter just as much.

~ Accept your inner child's feelings

You may experience frustration if feelings of anger or insecurity well up inside you. It's important to let yourself feel this energy however, because this is the inner child speaking to you.

He or she may throw a tantrum or get sorrowful. You can accept these emotions without "giving in" to them. Acknowledge them and then move on without letting them dictate your actions.

If you feel like your inner child needs some healing before he or she can show up in your life at her best, this can be a good approach to try. You know better than anyone what he or she needs, based on hurtful experiences in her past, and how to help.

For example, if your parents never gave you a birthday party, throw one for yourself. Invite your friends and tell them you're making up for this part of your childhood. For another example, affirm yourself when you know you've done something you can be proud of. Say "I'm proud of myself and my achievements."

~ Protect your inner child.

Although you want to avoid being held back by childhood fears, it's a good idea to be sensitive to your inner child's needs as well. If you have particular insecurities that you haven't fully overcome, respect them. You may have a fear of heights that first showed up in childhood. Be kind to the part of you that's still unsure about high diving boards or climbing.

Also, stay out of toxic situations. If being around specific people reinforces childhood anxieties, limit contact with those individuals. For example, if you have a parent, sibling, friend or other who is hard on you and makes you feel bad about yourself, avoid spending more time with him or her than necessary.