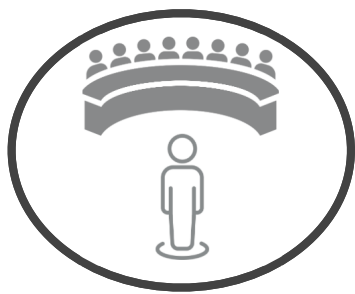


Journaling a pathway to the innate wisdom of you



Session 7: Recapitulation

Confronting your past to free your future

Did you feel any sensations in your body during your practice? If so, where?

If you experienced any emotions during your practice, did they create any feelings or sensations in your body?

How do you feel emotionally after your practice?

Other thoughts or insights that emerged during your practice

A space for reflections beyond words

Does the fear prevent you from forgiving?



Recapitulation is a life review that involves actively processing and integrating unresolved emotions from past experiences. It's about being honest with yourself, forgiving yourself and releasing any emotional baggage such as guilt, shame, grief, or regret. It is a profound process of letting go.

There is no one more qualified to perform your life review than you!

The fear of forgiveness is rarely acknowledged. When we hold on to emotions of the past, we can create a barrier of fear that we believe protects us from future harm. This fear shapes our relationships, our self-perception, and ultimately drives our decisions. Take time to consider if fear is preventing you from forgiving yourself or others.

Consider a behavior that may be stemming from an unresolved event in your past and take some time to explore how it has affected your decisions about life, as well as how it may affect your decision about death ex: imposter syndrome; avoidance; obsessiveness; self doubt; codependency

Does guilt and regret about events in your life affect your behavior and attitudes about death?
ex: processing karma; the thought of punishment; having to come back and do it again

Have in mind an event that may have induced limiting beliefs about yourself

A Practice of Forgiveness, inspired by Ho'oponopono



Practice with a cleansing breath between each part

I am sorry

I deeply apologize for any judgement I have made about myself or others. I am sorry if I have harmed others or myself with these conscious and unconscious perceptions. I humbly apologize.

Please forgive me

I forgive myself for any negative thoughts and judgements against others, or myself. I release my victimhood and take full responsibility to forgive and demand nothing in return. I am patient. I forgive. I am forgiven.

I love you

I accept myself for who I am. I accept others for who they are. I do not take things personally. I release any expectation I have of others, or myself. I am the quiet observer and remain patient before any judgment.

Thank you

I am grateful for being aware of the importance of forgiveness and how the process can transform fear. I release any program in me that creates guilt, doubt, regret or fear. I am grateful for the unconditional freedom to decide my own fate, in life and beyond.