



Handling Forgiveness and Guilt

By Anne Jones

Bitterness and hate can eat away inside a person for years and can do untold damage to you mentally, spiritually, emotionally and physically. In this seminar we look at the result of bearing a grudge and see how forgiveness can improve our well being on all levels. You can experience the wonderful release of letting go the past by forgiving someone who has hurt you. Guilt too can be a great burden and through forgiving yourself you can grow and move on once you are released from its emotionally crippling effects.

In this seminar we will use confidential releasing exercises and cover the following topics:

- You carry a grudge
 - The mental and physical effects of bitterness and hate
 - Why holding onto past experiences drain your energy.
 - Why do people hurt others?
 - Let go the anger.
 - See the positive aspects and lessons from the experience
 - Meditation – Forgiving another and Heal yourself
- You are carrying guilt
 - The karmic implications of guilt
 - What are the reasons you cannot forgive yourself?
 - Meditation to ask for forgiveness of someone who is either alive or passed on.
 - Healing

Time: 3 Hours including a short refreshment break