

# HEALING & FORGIVENESS

## *The Path to Freedom*

The past can explain you  
*without* continuing to accompany you.



### THE NEW AWARENESS

Healing may require us to *remember*.  
Healing does not require us to  
continually *re-live*.

There is a difference between something from your past coming up because it still needs to be healed and continually bringing forward something you have already released.

Healing isn't pretending something never happened. Sometimes we have to return to an experience long enough to understand it, feel what we didn't allow ourselves to feel, tell ourselves the truth about it, and finally release it.

But once something has been released, we don't have to keep picking it back up simply because we remember where we left it.



### WHY DO WE GO BACK?

AWARENESS STARTS IN THE PRESENT.

- What am I doing now?
- What am I feeling now?
- What pattern keeps repeating?
- What am I believing about myself now?

*Awareness shows us who we are today.*

Truth may require us to look backward and ask:

- Where did this begin?
- What happened?
- What did I start believing because of it?
- Is that belief actually true?

*Truth helps us find the root  
beneath what we see.*

WE DON'T  
GO BACKWARD  
TO LIVE THERE.

*We go backward  
to understand it.*

### *What's in Your Bag?*

- What from my past is affecting my present?
- Does it still need healing—or have I already released it?
- What did this experience teach me to believe?
- Is that belief true?
- What am I carrying simply because I've carried it for so long?



YOU DON'T HAVE TO PICK IT BACK UP  
*just because you remember where you put it.*





# THE BRIDGE MAKES SENSE NOW

Understanding who you are. Understanding who you were.  
And if you're ready, becoming who you were *always* meant to be.

1

## UNDERSTANDING WHO YOU ARE AWARENESS — PRESENT

Awareness shows us who we are today.

- What am I doing?
- What am I feeling?
- What patterns keep appearing?
- What am I believing about myself now?
- Awareness shows me what is happening now.



2

## UNDERSTANDING WHO YOU WERE TRUTH — PAST

Truth helps me find the root beneath what I see.

- Where did this come from?
- What happened?
- What did I begin believing?
- What is actually true?
- Truth helps me find the root beneath what I see.



3

## IF YOU'RE READY... HEALING & FORGIVENESS — THE THRESHOLD

Now I see it. Now I acknowledge it.  
Now I understand what it produced.

- Am I ready to feel it?
- Am I ready to release it?
- Am I ready to forgive them?
- Am I ready to forgive myself?



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## BECOMING WHO YOU WERE ALWAYS MEANT TO BE REBUILDING → BECOMING

- What do I intentionally put in place of what I released?
- What do I believe now?
- Who am I choosing to become?
- How do I live differently because I know the truth?

## WOUNDS CAN CREATE WOUNDS

Something can happen *TO* me...  
and something can happen *THROUGH* me  
because of what happened to me.



### Reflection Questions:

- What did my wound teach me?
- What behaviors grew from that wound?
- Did I pass any of those beliefs or behaviors to someone else?
- What do I need to take responsibility for?
- What can I repair?
- What do I need to forgive myself for?

UNDERSTANDING WHY YOU DID SOMETHING DOESN'T EXCUSE WHAT YOU DID.  
IT GIVES YOU THE INFORMATION YOU NEED TO STOP DOING IT.

**THE PAST HAS A PURPOSE.**  
*It doesn't get permanent residence.*