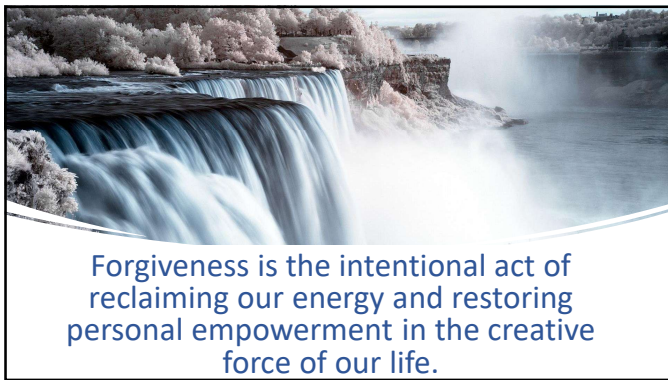




1



2



3

**Forgiveness**  
is about your relationship with yourself

**Reconciliation**  
is about restoring friendly relations or compatible beliefs with another

4

*I am a self-regulating awareness*  
Where is my attention, and therefore, my energy?

5

When do we lose sight that a choice is possible?

- Despair
- Depletion
- Blame/Self-blame
- Frustration, resentment
- Discomfort
- Victimhood
- Anger


6

**Heart-Focused Breathing™ Technique**

Focus your attention in the area of the heart. Imagine your breath is flowing in and out of your heart or chest area, breathing a little slower and deeper than usual.

*Suggestion: Inhale 5 seconds, exhale 5 seconds (or whatever rhythm is comfortable).*

**Quick Step: Heart-Focused Breathing**



HeartMath  
© 2006, 2019 HeartMath

7

## Forgiveness & Letting Go

**Step 1--**  
Recognize the inner disturbance that is calling your attention.

8

## Forgiveness & Letting Go

**Step 2--**  
Remember you have a choice.

9

## Forgiveness & Letting Go

**Step 3--**  
Acknowledge the feelings, attitudes & beliefs around the issue.

10

## Forgiveness & Letting Go

**Step 4--**  
Ask yourself how you would rather think and feel.

11

## Forgiveness & Letting Go

**Step 5--**  
Remind yourself that forgiveness is for you and your internal state.

12

## Forgiveness & Letting Go

### Step 6--

Take a moment to practice heart-focused breathing.

13

### Heart-Focused Breathing™ Technique

Focus your attention in the area of the heart. Imagine your breath is flowing in and out of your heart or chest area, breathing a little slower and deeper than usual.

*Suggestion: Inhale 5 seconds, exhale 5 seconds (or whatever rhythm is comfortable).*

**Quick Step: Heart-Focused Breathing**



+ HeartMath  
© 2008, 2019 HeartMath

14

## Forgiveness & Letting Go

### Step 7--

Activate a desirable renewing emotion that you prefer.

15

## Forgiveness & Letting Go

1. Recognize the inner disturbance that is calling your attention.
2. Remember you have a choice.
3. Acknowledge the feelings, attitudes & beliefs around the issue.
4. Ask yourself how you would rather think and feel.
5. Remind yourself that forgiveness is for you and your internal state.
6. Take a moment to practice heart-focused breathing (on reverse side.)
7. Activate a desirable renewing emotion that you prefer.



16

### Heart Lock-In® Quick steps

1. Heart-Focused Breathing
2. Activate and sustain
3. Radiate

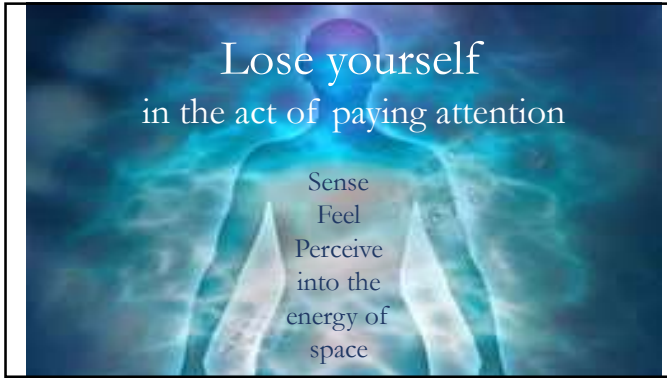


17

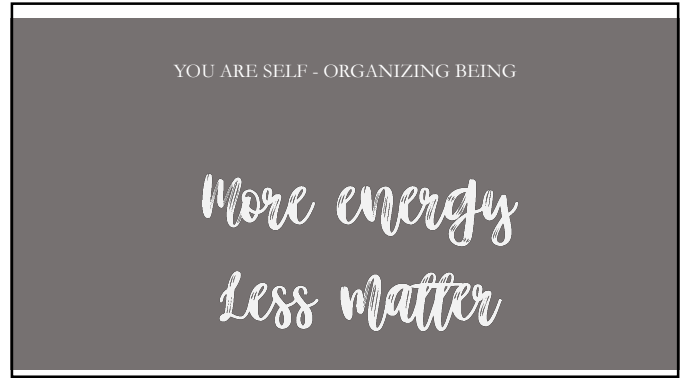
We can decide that feeling good in our body is more precious than anything

- The emotions that distract us from choosing empowerment can cause a biochemical state of depletion in the body
- To support our own transformation, we can prioritize and foster a desirable inner atmosphere

18



19



20

I dwell in  
possibility.

Emily Dickinson

**Healing Circle:** Wednesday, January 31st,  
6:30-8 PM, Unitarian Universalist Church

**Strategic Vision Launch Party!**  
Followed by Healing Circle  
Wednesday, February 28th,  
5-6:30 pm, 6:30-8 pm, Unitarian Universalist Church

**THE HEALING GARDEN**  
Heal Yourself. Heal Others. Thrive.

21