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Self-Forgiveness/Self Love Walk

Find a quiet space where you can walk-- uninterrupted if possible.

Commitment

1. *Stand still and feel your body, mind, and spirit. Open yourself to possibility.*
2. *Silently state your commitment to forgive yourself for all that you regret, judge yourself for, or whatever comes up. Say that you love yourself.*
3. *Look up and acknowledge your connection to the limitlessness of the sky and world above.*
4. *Reach down and touch the earth that supports and grounds you.*

Self-Forgiveness

1. Start walking slowly. If walking is difficult, sit in a space and do something that is rhythmic, such as shaking a shaker, hitting a drum, etc. As you do the activity, softly state to yourself each of the things you have done that you now forgive yourself for.
 - a. Use the phrase: "I forgive myself for...."
 - b. Continue until you have forgiven yourself for everything that comes up, even if it seems small or silly, and even if it doesn't feel totally genuine at the moment.
 - c. Then say "I forgive myself for everything I have done out of negative love."

Repeat the Commitment process.

Self-Love

1. Start walking slowly again.
2. Say out loud softly "I love myself as I am."
3. As you walk, say every little thing and big thing that you appreciate about yourself, even if it seems silly. In fact, saying things about yourself that you take for granted (breathing, heart pumping, brain functioning) can be very powerful.
4. When you feel done, repeat "I love myself as I am."

Complete your session by repeating the commitment process a third time.



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***Note that as humans we are imperfect, and for each of us there will be something we wish to forgive about ourselves.*