

CHAPTER 13

OVERCOMING RESISTANCE TO FORGIVENESS

Overview:

To often a person isn't willing to forgive another as it would be too great a threat to their own identity, power and/or safety. This induction addresses this. The Quantum Forgiveness reasons not to forgive checklist could be a great preliminary step to then lead into this process.

Overcoming Resistance to Forgiveness

Please allow yourself to lay back and relax and be in whatever position is most comfortable, feeling free, to shift your position, anytime you'd like – to be even more comfortable. Let each breath deepen your comfort as your conscious mind wanders - It really doesn't matter if you listen with your conscious mind at all.