Beloved.

As you begin this 21-day exploration, unexpected memories may begin to surface, and the very person or experience you are forgiving will more often than not give you cause or reason not to forgive. But fear not! No matter what happens or how you feel about it—KEEP FORGIVING!

This does not mean you agree with, condone, or like what happened. It means that you know regardless of how hard, challenging, frightening, or difficult an experience may seem—everything is just as it needs to be in order for you to heal, grow, and learn.

You cannot unhear what you have heard. You cannot unsee what you have seen.

What you can do, however, is stop wishing that whatever happened in the past hadn’t happened. Forgiveness means accepting what is, and being willing to see it differently . . . it means letting go and not changing a single thing.

Today, too many of us stay stuck in stagnant intimate, family, or workplace relationships, imprisoned by memories of what others have done to us or not done for us. Weighed down by toxic thoughts and emotions, we are quick to judge, self-righteous about what we feel, and slow to pardon.

In Forgiveness, New York Times best-selling author and legendary life coach Iyanla Vanzant challenges us to liberate ourselves from the energetic blockages and wounds of the past. Her powerful 21-Day Forgiveness Practice combines inspirational stories and intensive journal work with the revolutionary EFT Energy Tapping technology. If you’re ready to gain new clarity, freedom, and peace, then now’s the time to LEARN HOW TO FORGIVE!
Purchase a copy of
FORGIVENESS
from your local bookseller or online.
ALSO BY IYANLA VANZANT

BOOKS

Peace from Broken Pieces: How to Get Through What You're Going Through
Tapping the Power Within: A Path to Self-Empowerment for Women
In the Meantime: Finding Yourself and the Love You Want
Acts of Faith: Daily Meditations for People of Color
One Day My Soul Just Opened Up: 40 Days and 40 Nights
  Toward Spiritual Strength and Personal Growth
Until Today!: Daily Devotions for Spiritual Growth and Peace of Mind
Don't Give It Away!: A Workbook of Self-Awareness and Self-Affirmations for Young Women
Living Through the Meantime: Learning to Break the Patterns of the Past
  and Begin the Healing Process
Yesterday, I Cried: Celebrating the Lessons of Living and Loving
The Value in the Valley: A Black Woman's Guide Through Life's Dilemmas
Every Day I Pray: Prayers for Awakening to the Grace of Inner Communion
Faith in the Valley: Lessons for Women on the Journey to Peace
The Spirit of a Man

CDs/DVDs

Peace from Broken Pieces
In the Meantime: Music That Tells the Story
Living from Your Center
Giving to Yourself First
Finding Faith
Giving Thanks

CARD DECKS

Until Today Cards: A 50-Card Deck
Tips for Daily Life Cards: A 50-Card Deck

Please visit the distributor of SmileyBooks: Hay House USA: www.hayhouse.com®;
Hay House Australia: www.hayhouse.com.au; Hay House UK: www.hayhouse.co.uk;
Hay House South Africa: www.hayhouse.co.za; Hay House India: www.hayhouse.co.in
Dedication

This book is dedicated to
my mother Sahara Elizabeth,
my grandmothers Rissie Holloway and Laura Gill Jefferson,
my stepmother Lynnette May Brown-Harris,
my aunt Nancy McCullum,
my sister Leola Ijalu McCullum-Opeodu,
and all the women who have mothered me
throughout my life.

I forgive my mind for thinking and myself for believing
that who you were and what you gave me was not enough,
was not right, and was not exactly what I needed.

I forgive myself for judging the women who mothered me.
Everything that happens to me is part of the plan for my awakening, including those challenging events that force me to shift out of my inertia and self-limiting behavior patterns. From the depth of my soul, I call out for growth. I pray to be released from my burdens and to discover and express my gifts. From deep within my pain, I call for peace. From deep within my co-dependency, I call for the courage and the freedom to be myself, to forgive myself, and to forgive all others.

—Paul Ferrini, Everyday Wisdom
CONTENTS

PART I: THE PRACTICE

Why Forgive? ................................................................................................................................. 3
Emotional Triggers ............................................................................................................................. 9
Judge Not! ........................................................................................................................................ 15
Tapping Into Forgiveness .................................................................................................................. 23

PART II: 21 DAYS OF FORGIVENESS

Day 1: I Forgive Myself .................................................................................................................. 37
Day 2: I Forgive My Body ............................................................................................................... 63
Day 3: I Forgive My Life .................................................................................................................. 75
Day 4: I Forgive My Mother .......................................................................................................... 91
Day 5: I Forgive My Father ........................................................................................................... 111
Day 6: I Forgive God ...................................................................................................................... 125
Day 7: I Forgive My Feelings ........................................................................................................ 139
Day 8: I Forgive My Weaknesses and Failures ............................................................................. 153
Day 9: I Forgive My Choices ......................................................................................................... 167
Day 10: I Forgive My Relationship with Money ............................................................................ 179
Day 11: I Forgive My Job, Work, or Career ..................199
Day 12: I Forgive Women ................................................213
Day 13: I Forgive Men........................................................227
Day 14: I Forgive My Partner/Ex-Partner ....................241
Day 15: I Forgive My Brother/Sister .............................255
Day 16: I Forgive My Son/Daughter ..............................269
Day 17: I Forgive Others ..................................................281
Day 18: I Forgive the World ............................................295
Day 19: Forgiveness Letter 1 ..........................................309
Day 20: Forgiveness Letter 2 ..........................................313
Day 21: Forgiveness Letter 3 ..........................................317

Acknowledgments .................................................................................................... 321
About the Author .....................................................................................................325
Welcome, Beloved!

We are about to embark on an exciting and life-changing journey. For some of us, this trek will be as challenging as climbing up a steep mountain while carrying a hundred pounds on our backs. For others, it will be like having a tooth extracted without Novocain. For many of us—those of us who are ready to change, heal, and grow—we will be energized and sometimes shocked with joy over how much we learn about ourselves and how good we begin to feel in the process. We are about to dive headfirst, soul deep into the practice of forgiveness.

What I have learned during my 30-year sojourn through the science of personal and spiritual growth and healing is that forgiveness will cure whatever ails you. The other thing I am totally convinced of is that while forgiveness ain’t easy, it’s the most important inner work you can do within your mind and heart.

Most of us were never taught that any experience that comes into your life comes by energetic invitation. For this reason, it is imperative that you learn how to keep your energy clear. The practice of forgiveness is your ticket to clarity, vitality, and freedom.

Over the years, I have received hundreds of thousands of letters written by people from all walks of life. Many reveal excruciating stories of sorrow and suffering. At one time, I would write long responses, offering condolences and possible explanations for the tragedies people had endured. Then my daughter passed away, and I was inconsolable. I ended a 40-year
relationship, and I was enraged. I was forced to move out of my dream home, and I was ashamed and degraded.

If you know anything about my life story, you know that I have been to some very dark places. Through every experience of my “life breakdown,” the only thing that made me feel as if I was still in possession of my right mind, with the capacity to make it through the darkness, was forgiveness. Now, I am sharing what I learned through those experiences with you.

Even when I didn’t know whom to forgive or why I should forgive, I said the words. I wrote them in my journal. I cried and screamed, pouted and sometimes I even stomped my feet in resistance, but in the end I learned to forgive everyone for everything, including myself. In the process, I discovered something extraordinary. I discovered peace.

This book is my loving challenge for you to come out of the darkness and into the light. This “21 Days to Forgive Everyone for Everything” practice is my formal invitation for you to join me in an intensive personal transformation process. It’s a multidimensional ritual that will clear the decks of your mind and heart to create the space necessary for you to live with more love for yourself and others. This practice will help you achieve a deeper sense of peace and well-being and gain increased clarity about the lessons and blessings available to you. It is my way of walking with you through the twists and turns of your life so that you can discover the hidden path to whatever your heart desires.
I can promise you that if you take this journey with me, you will learn a great deal about yourself, and that is always a good thing. I can also promise that if you hang in there with me, you will begin to see yourself, your life, your every experience, and every person in your life from a new point of view. Even though I will be with you every step of the way on this journey, I have also invited some friends to join us. When you walk with friends it can make a challenging or difficult journey seem a lot shorter and a great deal easier. At the beginning of selected day’s practice, you will meet a “forgiveness friend,” a contributor, who will share their story of transformation. From losing a mother in a murder to the reconciliation of siblings, each story reveals that as Reinhold Niebuhr says, “Forgiveness is the final form of love.” Forgiveness can do that. It can sharpen and broaden your vision. Then, the vision will pull you forward into a totally new way of being, seeing, and living. I promise you, we can do this—if we do it together.

We can do this if you make the commitment now. We can do this if you are ready to stop feeling bad; stop being wounded; stop wondering why this or that; stop holding grudges; and stop giving yourself reasons and excuses to be, do, and have less than you desire. We can do this if you are ready to experience a miracle in your life. Now remember, this is not easy, but it is doable. So get yourself a beautiful Forgiveness Journal and a special pen, and let’s begin!

Much love 2 u!

*Iyanla*
PART II

21 DAYS OF FORGIVENESS
I forgave the man who raped me and the men who abandoned me.
I forgave the woman who abused me and the women who betrayed me.
I forgave the people who lied to me and I forgave those who lied about me.
I forgave the person who stole from me, the person who disappointed me, and all of the people who dismissed, diminished, and denied me.
The only person I have not been willing or able to forgive is myself.

—IYANLA VANZANT
–DAY 1–

I FORGIVE MYSELF

Above all else, I want to see things differently.

I want to see what is true and loving and kind and real instead of the false thoughts and images I have projected onto the world and myself.

Forgiveness releases from my mind the false thoughts making sight, the “seeing,” possible.

Forgiveness will undo the image making of the ego that I have done unto myself.

—Prayer for A Course in Miracles Workbook
Lesson 28
As human beings, it is so easy to identify and judge the bad behavior and wrongdoings of another person. It is far more difficult, and even more important, to see and consider how your own prior bad acts have attracted certain people, situations, and experiences into your life. If you are really paying attention and really ready to heal, the day will come when you recognize that forgiveness is the only way back to the center of your innocence. This is a very hard lesson that I was blessed to learn.

It took four years to reach the point of crisis but only two minutes to drop me to my knees. I suspected for a long time that my granddaughter’s father regarded me with total contempt and rage. If the truth were to be told, I more than suspected—I knew. But I simply didn’t care. My only concern was my granddaughter, Gemmia’s baby girl. I sensed there was a power play at work between my granddaughter’s father and me. He was finally in control of something I wanted, and he was doing everything possible to demonstrate his power over me.

He was withholding my granddaughter. I could see her only when he said so and only if I played by the rules he set. It didn’t matter that I called two or three times a week. He returned the calls when he was good and ready, which was usually every two weeks, or if her being with me was convenient for him. I played the game because
I was afraid that if I stepped out of line, I would never get to see her. And I knew that being able to see her was far more important than flexing my muscles.

Things reached the boiling point when he blocked his telephone—she could not call me, and whenever I called, it went straight to voice mail. Six weeks into this scenario, I started praying louder and harder, all day, every day. I wasn’t surprised—I was delighted—the day she called to ask if I could pick her up for the weekend. I wanted so much to see her and hold her that my immediate response was yes. I would work it out. I would come to get her in the morning.

As soon as I hung up I recognized that the time had come for me to shift out of fear and into a new way of being—with him and for myself. Healing was at hand, which meant forgiveness would be required. I was willing to forgive him, or so I thought. I called back, got the voice mail, and left a message. I would not be picking my granddaughter up. Instead, I wanted to have a conversation about how we could move forward with less conflict. Five minutes later, he called me back. Two minutes into our conversation, he hung up on me, prompting me to drive to his house.

I had one question I wanted to ask, “What do you want from me?” He had been waiting four years to give me that answer, which he did in a very hushed tone through clenched teeth. I’m not sure what he said, but I was
clear that he was hissing at me. It was a warm September day, so I’m not sure why there was a snow shovel on his porch, but there it was, bright and shiny, making itself known to me.

Before I knew what was happening, I had the shovel in my hands and my arms raised up in the air. I was going after him with a vengeance that scared me. Thank God he had the good sense to step backward into his house. As the front door slammed shut in my face, I heard, “Don’t you move! Do not make another move! This is what he needs to prove his point. This will destroy your life.”

I was stunned. I admit that I have played many roles and been many things in my life, but behaving violently is not a hat I have worn. Then again, this day was different. I had an overwhelming need, urge, and/or desire to beat the hell out of something. And after he hissed at me, this man would do just fine. I am grateful that I had equally strong spiritual grounding that let me know I could make another choice.

I dropped the shovel, feeling totally dazed and disoriented. When he opened the door again, the same inner guidance that had adverted the previous potential disaster gave me the next instruction: “Don’t you open your mouth! Turn around and walk away.” I was obedient. Now he was coming after me. I never stopped walking. I could not discern all of what he was saying until he screamed at me, “You killed Gemmia, and everybody knows it but you!”

I didn’t say a word. I couldn’t. Every muscle in my body was convulsing. I am still not sure how I found my keys or sped out of his driveway, spewing...
gravel in every direction. Racing like a bat out of hell down the quiet streets of the neighborhood, I started praying, “Have mercy, Lord! Forgive me, Lord! Restore me, Lord! Your grace is my sufficiency! Have mercy, Lord! Forgive me, Lord.” I felt lost. Actually, I was lost. My mind was racing so fast, I didn’t recognize where I was and didn’t know where I was going. I kept driving and praying until I received my next instruction, “Remember Lucy.”

Lucy was Gemmia’s grandmother, my first husband’s mother. I married him as a 19-year-old, guilt-ridden, shame-filled single mother. A month after our wedding, he was deployed to Vietnam. He came back a year later addicted to heroin. After I gave birth to Gemmia, he was arrested for burglarizing his mother’s home. He fled New York to avoid prosecution. He had been gone almost three years when I started dating my second husband.

Lucy, my ex-mother-in-law, wanted to remain connected to my children and me. I couldn’t even look at her. She represented my past and my past mistakes. I wanted to shut the door on that period of my life, but she had her foot in the door. Now that I was in a new relationship with a man who wanted me and accepted my children, I no longer had a need for her. Rather than have the conversation about how to adjust our relationship, I avoided her, at all costs to her heart and my soul.

When Lucy would call, I was short, curt, and always busy. Although she never missed a birthday, Mother’s Day,
or Christmas, I always had excuses for not bringing the children to visit and for not inviting her to visit them. As horrifying as it was to admit to myself, I had done to her exactly what I judged that my granddaughter’s father was now doing to me by withholding my granddaughter.

I represented his past and his relationship with Gemmia, which had not ended well. He was married to another woman now, with other children of his own. In my mind, that had no bearing whatsoever on my relationship with my granddaughter. As I replayed the shovel scenario over and over, I realized that I was now sitting on the other side of the problem. I was now the grandmother longing to be connected to her grandchild, feeling hurt, dismissed, and disrespected for what seemed like no good reason.

All of a sudden I was filled with enormous compassion for Lucy. I felt her hurt, her sadness, and my own shame. I was barely able to contain my grief as I realized what had happened and what was happening. The best I could do for myself was pull over to the side of the road, weep, and call my best friend Shaheerah. I knew she would walk me through the next moments, hours, or however long it would take for me to digest and understand what
was going on. Shaheerah would understand. She would not judge me. Nor would she let me get away with any form of denial. I knew what I had to do because I knew that when you find yourself doing to someone else what was done to you, forgiveness drives you headfirst into peaceful freedom. Lord, did I want to be free.

Forgiving myself was the only way I could get out of the ditch on the side of the road and take myself home. I forgave myself for every judgment I had held about Lucy and my granddaughter’s father. I forgave myself for marrying Gemmia’s father from a place of fear and perceived desperation. I forgave myself for not forgiving myself for being a teenage mother.

In the flash of a moment, I realized that there is no separation. Life is truly circular. What goes around really does come around. Our work, the really hard work, is to recognize when something huge lands at our front door. Forgiveness opens our mind and heart so that we can recognize the healing opportunity when it shows up. The four years of fighting with my granddaughter’s father had nothing to do with him. He was just being himself, living his life in a way that felt right for him. Perhaps one day, his lesson will show up, and he will experience a shift.

My work was to recognize and be willing to tell myself the truth about my own behavior so that I could forgive my past and my current thoughts, beliefs, judgments, and behaviors. Once I was able do that, I drove home and went to bed. There was nothing else I could say or do. There are some aspects of personal healing and spiritual development that are simply exhausting. Forgiving yourself is one of them.
FORGIVENESS

FORGIVENESS OPENS OUR MIND AND HEART
SO THAT WE CAN RECOGNIZE
THE HEALING OPPORTUNITY
WHEN IT SHOWS UP.
1. **Find a quiet place** where you will not be disturbed for at least 30 to 60 minutes. You can do this work in the morning or just before going to bed. I prefer going through the process at night so I can sleep off any memories that rise to the surface.

2. **Begin by stilling your mind** for at least 5 minutes. You may find the *Stillness Meditation* on the accompanying CD to be a great support.

3. **Read the Forgiveness Prayer** offered with the day’s practice twice, once silently and once aloud. Hearing the prayer will align you with the Holy Spirit, as it is the presence of the Creator that responds to our slightest request.

4. **Remember to scan the Emotional Triggers List** on pages 9–14, which will prepare you to dig deep into your consciousness. Give yourself permission to be radically honest with yourself about yourself.

5. **Using your journal, write and complete each of the 12 Forgiveness Statements.** Each time you write a Forgiveness Statement, fill in the blank with your most heartfelt thought or memory to access your innermost thoughts and beliefs.
6. **Perform your Pro EFT™ Forgiveness Tapping Sequences.** Review the general instructions on Tapping into Forgiveness on pages 23–34, then use your own Forgiveness Statements for the day’s topic and tap on each of the 10 points outlined on the tapping diagram. If you need additional support, watch the Tapping Videos at www.ProEFT.com.

7. **Process your thoughts and feelings consciously.** As you move through the Tapping into Forgiveness practice, give yourself permission and time to experience any emotions or thoughts that may rise to the surface. Record your additional insights and breakthroughs in your Forgiveness Journal. If at any time you feel overwhelmed, listen to the *Stillness Meditation* again before attempting to complete your practice.

8. **Listen to the Gratitude Meditation on the accompanying CD,** as it will help to restore your mind and heart to balance.

9. **Complete the day’s practice** by spending 5 to 10 minutes in quiet reflection or listen to gentle, meditative music.

10. **Be sure to do something good for yourself today!**
I FORGIVE MYSELF FOR JUDGING MYSELF

Today’s Forgiveness Practice is all about forgiving YOU. This is by far the most self-loving, self-honoring, self-affirming gift you can offer yourself. It is the logical place to start because self-forgiveness opens the heart and the mind to greater possibilities. In addition, not until you have forgiven yourself will you have the courage and compassion to forgive anyone else. You cannot unsee what you have seen. You cannot unhear what you have heard. What you can do, however, is stop wishing that what has happened had not happened. For this reason, I think of forgiveness as a “spiritual laxative”—it eliminates long-held mental and emotional toxins.

Regardless of how bad, wrong, or unforgivable you or your behavior has been, you deserve to be and can be forgiven. No matter how hard, challenging, frightening, unjust, or difficult an experience may seem, self-forgiveness is the path to recognizing that everything is just as it needs to be and was just as it needed to be in order for us to heal, grow, and learn. That’s just the way the universe works.
A PRAYER OF FORGIVENESS

Precious and Beloved God, My Source, and My Creator:

Today, I ask for and open myself to receive the strength, courage, and compassion required to forgive myself. I forgive myself for all perceived sins, faults, mistakes, and failings. I forgive myself for every thought, belief, behavior, perception, and emotion that I have told myself is bad, wrong, unjust, unloving, and displeasing to You, God. I forgive myself for every hurt, judgment, condemnation, unkind or unloving thought, belief, and perception I have held about or against myself. I forgive myself for any behaviors, habits, or actions motivated by unforgiveness, the unwillingness to forgive myself. I forgive myself with compassion and love. I ask for, accept, and claim God’s forgiveness. Today, believing and knowing that because I have asked, I have received. I am so grateful.

I let it be!

And so it is!
THE FORGIVENESS

DAY 1
JOURNAL WORK

I FORGIVE MYSELF
EXAMPLE
I forgive my mind for thinking that I always have to do more to prove myself to others.

I forgive my mind for thinking I should be______________________________

______________________________

I forgive my mind for thinking I should not be______________________________

______________________________

I forgive my mind for thinking I am______________________________

______________________________

I forgive my mind for thinking I am not______________________________

______________________________
EXAMPLE

I forgive myself for judging myself as being so stupid about the men I have loved.

I forgive myself for judging myself as

I forgive myself for judging myself as not

I forgive myself for judging myself for

I forgive myself for judging myself for not
EXAMPLE

I forgive myself for believing that all the mean things my grandmother said about me were true.

I forgive myself for believing myself to be

I forgive myself for not believing myself to be

I forgive myself for believing that

I forgive myself for not believing that
– DAY 1 –

– TAPPING SEQUENCE –

**BONUS TAPPING SCRIPTS**

There are three bonus Tapping Scripts presented during the 21-Day Forgiveness Practice, including “I Forgive Myself,” “I Forgive My Mother,” and “I Forgive My Relationship with Money.” These bonus scripts offer a fascinating glimpse into the intimate inner process of tapping and how people actually use this amazing tool to tackle some of their most challenging problems.

Remember, your forgiveness issues won’t necessarily be an identical match with the dialogue presented in the scripts. But the bonus scripts offer examples you can follow for creating your own personalized scripts, drawing from the material in the Forgiveness Statements you created while doing your daily journal work. Customizing the scripts so they reflect your language and clarify your intentions can offer an amazing shortcut to profound personal healing. Remember, the more specific your tapping scripts are, the better your results will be.

**BONUS TAPPING SCRIPT DAY 1: “I FORGIVE MYSELF”**

**IDENTIFY THE ISSUE**

The “I Forgive Myself” Bonus Tapping Script deals with the thoughts, judgments, and beliefs we hold about ourselves for past choices and behaviors. After writing out your 12 Forgiveness Statements for Day 1, the specific self-forgiveness issue(s) that you want to work on are becoming
increasingly clear. Give the issue a name. Whether you are new to tapping or an old hand, be sure you review Tapping into Forgiveness, on pages 23–34 to refresh your understanding of how the process works. Then you’ll be ready to tap into self-forgiveness.

**Rate the Intensity Level**

On a scale of 0 to 10, where 0 represents “complete freedom from disturbing thoughts” and 10 represents “these thoughts are driving me crazy,” rate the intensity of the thoughts, judgments, and beliefs you have about forgiving yourself—for small things to things so large they seem unforgivable.

**Clearing Resistance/The Reversal Statement**

The Reversal Statement neutralizes any subconscious resistance you have to releasing your unforgiveness of yourself. It acknowledges your resistance and moves you forward anyway.

Use the Reversal Statement provided below (or one that you’ve written yourself) and repeat it three times while tapping continuously on the Karate Chop point.

- Even though there is a part of me that is resistant to forgiving myself, even though I say I want to, and then I don’t, I deeply and profoundly love and accept myself.
THE SET-UP STATEMENT

The Set-Up Statement helps you stay focused on the issue that you’ll be addressing during your tapping session.

Use the Set-Up Statement that follows (or use one that you’ve written yourself) and repeat it three times while tapping continuously on the Karate Chop point.

- Even though I need to forgive myself, I want to forgive myself, and I have a divine opportunity to forgive myself, I still don’t believe I deserve to be forgiven. Yet, I deeply and profoundly love and accept myself.

Shake your hands out and have a few sips of water. Take a deep breath in through your nose. Release the breath slowly and softly through your mouth, making the sound “Ahhhhh” as you do so.

TAPPING SEQUENCE: ROUNDS 1 THROUGH 3

For Tapping Rounds 1 through 3, tap 7 times on each of the 10 meridian points while repeating the Tapping Script that follows, or create your own script using the Forgiveness Statement entries from your daily journal work as your reminder phrases. Using your own personal Forgiveness Statements will keep you laser focused on your tapping intention as different dimensions of your healing process unfold.
**FORGIVENESS**

**ROUND 1**

Tap 7 times on each meridian point while repeating out loud either the statements below or your reminder phrases.

<table>
<thead>
<tr>
<th>Meridian Point</th>
<th>Statement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eyebrow</td>
<td>I feel guilty and ashamed about some of the things that I've thought, said, and done.</td>
</tr>
<tr>
<td>Side of Eye</td>
<td>And the way that I have hurt myself and other people.</td>
</tr>
<tr>
<td>Under Eye</td>
<td>I feel so guilty about some things I have done and not done.</td>
</tr>
<tr>
<td>Under Nose</td>
<td>I feel so ashamed about certain things I have said and done.</td>
</tr>
<tr>
<td>Chin</td>
<td>I feel embarrassed about things I have said and done or not said and not done.</td>
</tr>
<tr>
<td>Collarbone</td>
<td>Someplace inside of me, it feels as if I am not a very nice person or a good person.</td>
</tr>
<tr>
<td>Underarm</td>
<td>I feel as if I’m not even worth forgiving.</td>
</tr>
<tr>
<td>Liver</td>
<td>I am learning how to forgive other people, but I can’t seem to forgive myself.</td>
</tr>
<tr>
<td>Wrists</td>
<td>I am carrying around so much unforgiveness.</td>
</tr>
<tr>
<td>Crown of Head</td>
<td>I feel so bad about myself, so unforgiving.</td>
</tr>
</tbody>
</table>
**ROUND 2**

Tap 7 times on each meridian point while repeating out loud either the statements below or your reminder phrases.

<table>
<thead>
<tr>
<th>Location</th>
<th>Statement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eyebrow</td>
<td>What if I stop beating myself up?</td>
</tr>
<tr>
<td>Side of Eye</td>
<td>What if it's time to start letting go of the guilt, shame, and unforgiveness?</td>
</tr>
<tr>
<td>Under Eye</td>
<td>What if I acknowledge that everything is a lesson and that I was just doing the best I could?</td>
</tr>
<tr>
<td>Under Nose</td>
<td>What if I let go of the feeling that I can’t forgive myself?</td>
</tr>
<tr>
<td>Chin</td>
<td>What if making that small choice starts the forgiveness process?</td>
</tr>
<tr>
<td>Collarbone</td>
<td>What if I forgive myself a little at a time so that I feel safe and comfortable?</td>
</tr>
<tr>
<td>Underarm</td>
<td>What if I release all feelings of guilt, shame, and blame?</td>
</tr>
<tr>
<td>Liver</td>
<td>What if I give myself permission to transform my unforgiveness and self-judgment into peace and freedom?</td>
</tr>
<tr>
<td>Wrists</td>
<td>What if nothing happens?</td>
</tr>
<tr>
<td>Crown of Head</td>
<td>What if something does happen, something like I forgive myself?</td>
</tr>
</tbody>
</table>
FORGIVENESS

ROUND 3
Tap 7 times on each meridian point while repeating out loud either the statements below or your reminder phrases.

<table>
<thead>
<tr>
<th>Meridian Point</th>
<th>Statement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eyebrow</td>
<td>It feels as if I am ready to release all forms of unforgiveness toward myself.</td>
</tr>
<tr>
<td>Side of Eye</td>
<td>It feels like I am opening to the possibility of forgiving myself totally and completely.</td>
</tr>
<tr>
<td>Under Eye</td>
<td>It feels like I am already forgiven by everyone for everything.</td>
</tr>
<tr>
<td>Under Nose</td>
<td>This forgiveness is very powerful.</td>
</tr>
<tr>
<td>Chin</td>
<td>I am tapping into the power of forgiveness right now.</td>
</tr>
<tr>
<td>Collarbone</td>
<td>I am much more open and much better now.</td>
</tr>
<tr>
<td>Underarm</td>
<td>I am open to forgiving myself for creating or choosing experiences that require self-forgiveness.</td>
</tr>
<tr>
<td>Liver</td>
<td>I have learned my lessons and release the need to repeat them.</td>
</tr>
<tr>
<td>Wrists</td>
<td>I allow my mind and heart to experience total and complete forgiveness of myself for everything.</td>
</tr>
</tbody>
</table>
Crown of Head: I know that everything has happened for my highest and greatest good. Thank you! Thank you! Thank you!

Have a few sips of water. Take a deep breath in through your nose. Release the breath slowly and softly through your mouth, making the sound “Ahhhh” as you do so.

**Recheck the Intensity Level**

Recheck your intensity level on holding unforgiveness about yourself. If the level is at 8 or higher, repeat the entire 3-Round Tapping Sequence outlined in the Bonus Tapping Script (or your self-created script.) If the level is less than 8, tap on one of the following Modified Set-Up Statements, then perform the 10-point Tapping Sequence on the 12 Forgiveness Statements from your daily journal work.

**Modified Set-Up Statement**

Use the Modified Set-Up Statement below (or use one that you’ve written yourself) and repeat it three times while tapping continuously on the Karate Chop point.

- Even though I still have some stubborn judgments about myself and some resistance to letting them go, I am willing to let them go, and I love and accept myself totally and unconditionally.

After you complete the Tapping Sequence on your Forgiveness Statements, recheck your intensity level on holding unforgiveness about yourself. Depending on your level, continue to repeat the sequence described above until you are at a 0 level of intensity.
ACKNOWLEDGMENTS

With love and gratitude, I would like to thank and acknowledge my beloved and supportive editor, Cheryl Woodruff; my manager, Rodney Scott; and my dear friend and longtime attorney, Kenneth L. Browning. Nothing I do in the world would be possible without the support and encouragement of the faculty of the Inner Visions Institute. I would like to express my deepest love and appreciation to Almasi Wilcots, Rev. Helen Jones, Rev. El-ease Welch, Rev. Nancy Yeates, Rev. Terrie Bowling, Rev. Deanna Mathias, Rev. Lydia Ayo’MuAshe’ Ruiz, Rev. Deborah Chinaza Lee, Ken and Renee’ Kizer, Robert Pruitt, Jackie Smith, Rev. Rosetta Hillary, Jackie Smith, Rev. Maxine Legall, Charlotte Wilson, Rev. Tammy Manly, Rev. Irene Oyabumi Robinson, Rev. Candas Ifama Barnes, Rev. Carmen Gonzalez, Rev. Cathy Chioma Gaynor and the IVISD God Squad, Danni Stillwell, Yahfaw Shacor, Min. Laura Rawlings, Rev. Lizelle Robinson, Janet Barner, and Ebun Adelona. Barbara Perkins, thank you for steering the ship into the next port.

To my friend and brother, Ben Dowling, a master musician, I thank you for the generosity of your spirit and for allowing me to share your music with the world. The notes, chords, and harmony of your soul lend to a miraculous completion of the project.

To my brother, friend, and teacher Frank Ellis, whom I have never met face-to-face, thank you for guiding me through the beauty of A Course in Miracles. The four years we have spent together on the pages of my e-mails have been some of the sweetest times of my life. You are a true gem in God’s crown.
To my friend and Coach Lindsay Kenny, for giving a new lease on life and a process that makes me a permanent tenant in all of the goodness life has to offer. Words cannot adequately convey the depths of my gratitude. I say thank you, but I am also tapping about how much I love and appreciate you.

I would also like to thank the entire production team of Iyanla: Fix My Life for holding the vision and supporting the work I do in the world. Thank you, Sherri Salata, Eric Logan, Jill VanLokeren, Jon Sinclair, Robert Wesley Branch, Terry Goulder, Cela Sutton, Erica Bryant, Kelly Jansen, Naha Datt, Arelene Wilkinson, Gillian Carter, Maya Alexander, Danny Beers, Lori Read, Rachel Winn, Julie Anderson, Julie Maisel, Dana Brooks, and of course Ms. Oprah Winfrey.

To my children Damon and Nisa, you are the wind beneath my wings. Thank you for choosing me to usher you into life. To my grandchildren Asholae, Oluwa, Niamoja, Adesola, Kimani, Xavier, David, Onaje, and the baby girl Iyanni, I just want you to know I love you.

Ms. Chavon Kells, you are simply the best. My BFF Rev. Shaheerah Stevens; my spiritual mother Raina Bundy, and my Godfather Awo Oshun Kunle, your prayers are my oxygen. To the members of my Ile’ LaTonia Taylor, Herman, Suzette and Kimberly Perry, Aldo V. Clarke, Ronald King Sheppard, and Adegbola Nobles, thank for always being willing to take second place. Finally, to you Oluku’se C.M. Plaskett, for every trip to every airport, regardless of the time, I thank you!
COPYRIGHT EXTENSION

Grateful acknowledgment is made to the Forgiveness Friends for their generous contribution of their stories.

Day 5: I Forgive My Father, Forgiveness Friend Story. 
Copyright © 2013 Rev. Candas Ifama Barnes. All Rights Reserved

Copyright © 2013 Rev. Lydia Ruiz. All Rights Reserved

Copyright © 2013 Rev. Manazerine Baptiste. All Rights Reserved

Copyright © 2013 Caryn Daniels. All Rights Reserved

Copyright © 2013 Vikki Lemar. All Rights Reserved

Day 14: I Forgive My Partner/Ex-Partner, Forgiveness Friend Story.
Copyright © 2013 Almasi Wilcots. All Rights Reserved

Copyright © 2013 Rev. Beverly Saunders Biddle. All Rights Reserved

Day 17: I Forgive Others, Forgiveness Friend Story.
Copyright © 2013 Rev. Matthew Cartwright. All Rights Reserved
ABOUT THE AUTHOR

From welfare mother to New York Times best-selling author, from the Brooklyn projects to Emmy Award winner, from broken pieces to peace, Iyanla Vanzant is one of the country’s most prolific writers and public speakers and among the most influential, socially engaged, and acclaimed spiritual life coaches of our time. Host and producer of the breakout hit Iyanla: Fix My Life on OWN: Oprah Winfrey Network, Iyanla Vanzant’s focus on faith, empowerment, and loving relationships has inspired millions around the world.
Purchase a copy of

FORGIVENESS

from your local bookseller or online.

amazon.com

amazon kindle

BARNES & NOBLE BOOKSELLERS

nook by Barnes & Noble

iBooks

HAY HOUSE