

Michael Mirdad's Healing/Forgiveness Process

1. I recognize: (Describe the manifested version of the problem—facts, situations, opinions.)

2. I accept: I am feeling _____ and I am responsible for my emotions. (Condense down to the four basic negative emotions: **sad, angry, afraid, guilty**. Uncover the emotion underlying anger.)

My issue is greater than it appears; I have felt this way before: (people, events from the past)

This issue triggers my core soul issues of: (separate, guilty, afraid, unworthy, unlovable, empty)

3. I surrender the whole issue to You, God, for healing and transformation.

I trust You will take my upset from me. I don't know how to handle it, but You do.

4. I refill with (aspects or facets of God):

(inhale into heart center, anchor, exhale, and spread to every cell of your body for 12 cycles)

List Turnarounds of Step 1 here AFTER completing Steps 1-5.

Peace
Love
Self-worth
Safety
Healing
Forgiveness
Joy
Clarity
Wholeness
Hope
Bliss

5. I give thanks for the healing I have received.