



## The Building Blocks of Love and Forgiveness by Bill King



### Forgiveness: The Single Most Important Tool

Forgiveness is the absolute key to finding peace. It could be said that it is the main entree during a 7-course meal. The other items in the menu are good, but why leave the table without having the main course? You cannot be completely satisfied until you have experienced all 7 courses (or 7 building blocks). There are multiple levels of forgiveness and we have all experienced these at some time in our life. The interesting point is that forgiveness is so difficult for most of us to experience yet if you ask anyone, that is what they strive to do. We normally say the words, "I forgive you;" however, we do not experience the true feelings of forgiveness because we typically attach conditions to it.

To assist you with forgiveness, here are a few levels that can help you understand the Opportunities For Forgiveness (OFF) in your daily life:

**Level 1 - Minor Opportunity For Forgiveness** - This level is based upon forgiving those minor things that come up during the day. An example might be the one cited in the previous section. Someone cuts you off in traffic and you forgive them. It is a simple act of forgiveness and usually results in complete forgiveness once the negative emotion that is attached to it subsides. Typically, if this happens during your day, by later in the day you have completely forgotten that someone cut you off on your morning commute. This is because there is a quick negative emotion tied to it that settles down rather quickly. To get you back on track, say aloud if

possible that you forgive them for their actions as well as yourself for getting the negative emotional state to start with.

Say the following Prayer to help with Minor Opportunities for Forgiveness: *"I forgive this person for (state the event or situation). I also forgive myself for getting upset in the first place. Amen."*

On some occasions, though, depending upon your state, minor opportunities for forgiveness may turn into the next level of forgiveness, Level II.

[Level II - Minor to Mid-Scale Opportunity For Forgiveness](#) - This level expands upon the Level 1 by taking a minor event and making it much larger due to your state of emotion at the time of the occurrence. Normally, there will be several opportunities for forgiveness prior to the event that got you upset. Take for example you wake up late to go to school (OFF1 - or Opportunity For Forgiveness 1). You realize you forgot to wash the shirt you had planned to wear that day (OFF2). You can still make it to school on time; however, your friend calls and asks for a ride (OFF3). As you drive to pick up your friend, you have to stop and get gas because you forgot to fill up the night before (OFF4). While at the gas station, you see your girlfriend riding with another guy (OFF5). When you arrive at your friend's house, he asks what in the world took you so long (OFF6). Now you blow up at him, but it isn't for the reasons you think (OFF7). It is the culmination of events that led up to it. On most days, you would have said something like, "take a cab next time," and forgot about the event. Your state is elevated at the time so you cannot simply say, "I forgive you," because you will not mean it (and given your state, do not really want to anyway). For this level, you will need to go back and

work on all the opportunities for forgiveness that led up to this event. Once you do that, you find it much easier to let go and get on with your day. It is very important to understand that when you do not address the small insignificant opportunities for forgiveness along the way, a virtually small annoyance can turn into a full-blown major disturbance of your peace.

Say the following Prayer to help with Minor to Mid-Scale Opportunity For Forgiveness: *"I forgive (Name) for causing me a disturbance in my peace. I fully understand that I can choose to have peace and with this forgiveness opportunity I go back to peace. Amen."*

Level III - Mid to Major Opportunity For Forgiveness - This level encompasses a more serious subject. It relates to something that can make you very angry and continues to eat at you much like the "feast" in the Building Block for Anger. It can relate to a person, an event, or even yourself. For example, you are at school and your teacher embarrasses you in front of the class. You are quite angry with him; however, you just let it go, but then start to criticize him on a daily basis. Through the course of the semester you have built up a complete dislike for the teacher and your schoolwork is now starting to suffer. You blame it on the teacher: he doesn't like me, he always picks on me, or he deliberately did not tell us when to turn in our work are some of the things that might come up. You have now entered into the Mid to Major Opportunity For Forgiveness. If left alone and not addressed, this can lead to major opportunities for forgiveness later on. Often we get so used to doing this, it becomes part of our belief system and we actually bring more of this energy to us.

Say the following Prayer to help with Mid to Major Opportunities For Forgiveness: *"I forgive (Name) for not realizing that we are truly made up of Source Energy. Everything we do and are a part of is connected to that same Source. We are all connected. Let me send forgiving thoughts to (Name), myself, and others. Amen."*

Level IV - Emotional State Opportunity For Forgiveness - This level involves *any* emotional state that gives you bad feelings. An example of this would be worry, anger, revenge, hate, jealousy, guilt, shame, sadness, etc. One thing that is important to understand is that ALL of these emotions can easily fit into each one of the opportunity for forgiveness levels. When you are faced with unsettling information, what is the prominent or "default" emotion you associate with? Is it Shame? Is it Guilt? Is it worry or sadness? Identifying your default emotion is one of the first ways to identify that it is an opportunity for forgiveness. All of these emotional states as well as any negative state provides you with a perfect opportunity to try forgiveness. Forgiveness is the key to move past the illusions that keep you in those negative states. For example, when I am in an emotional state of shame, I immediately realize that this is a perfect opportunity for forgiveness for myself. I then start to realize that I am not perfect and will do really foolish things from time to time. Everyone does things that evoke shame so why should I be any different? The main thing is that I realize that I can choose to forgive myself and let the healing begin.

Say the following Prayer to help with Emotional State Opportunities For Forgiveness: *"I forgive myself for this (emotional state). I understand that I am responsible for everything that shows up in my physical world. I forgive myself for not realizing this sooner and turn my forgiveness over to the Angels to assist me. Amen."*

Level V - High Voltage Opportunity For Forgiveness - High voltage opportunity for forgiveness is pretty much exactly as it states. An event or situation has taken place where there are highly-charged emotions and forgiving is about the last thing on your mind. It typically occurs in an area of your life that you need to act on forgiveness even when you do not feel it or even want to. If not addressed, it will "shock" you to the point that it affects several other areas in your life. For example, a family member is married to someone who is a drug addict and alcoholic. The addict steals money from your family and pawns off some of your family's most prized possessions to feed his addiction. This situation offers multiple opportunities for forgiveness for a number of family members. If you continue to get angry at the mere mention of his/her name, look at this as an opportunity to try the following:

Say the following Prayer to help with High Voltage Opportunities for Forgiveness: *"I forgive (Name) for all of the things (Name) has done to our family. While even though I do not forgive you, I ask my angels to assist me with this important opportunity for forgiveness. Angels, open my heart for forgiveness, for what I am experiencing is all about the past. Let the white soft clouds of forgiveness engulf (Name) and myself so that I can release this burden and free my soul to find peace. Amen."*

The key here is that you are starting the process of forgiveness and asking for help from your angels. The Angels will assist you; simply ask. Then through time, the angels will send loving and forgiving thoughts to the person's spirit thus moving the forgiveness to one that will eventually lead to total forgiveness. That is of course provided you stay committed to do the forgiveness work on a regular basis.

[Level VI - The Final Opportunity For Forgiveness](#) - The final opportunity for forgiveness lies in forgiveness of your Self. We tend to forgive others and do a decent good job at it when we put our minds to it, but forgiving ourselves comes much harder. Why is that so? I believe that the main reason this happens is because of the way our society has raised us to believe. As mentioned earlier, mainstream religions teach us that forgiving lies outside of us. We are required for someone outside of us to forgive us. We are directed to go to confession, profess our "sins" to ministers of the different churches. Through my studies and self beliefs, I have come to the conclusion that forgiveness starts and ends with me. I do not need someone to forgive me, I just need to offer my forgiveness whether it is with words or thoughts to the other person or situation. Then to close the loop, the final part is always forgiving my Self.

Say the following Prayer to help with your Final Opportunity For Forgiveness: *"I forgive myself for not realizing sooner that I possess all the power in the world to forgive. Everything I have come to know starts and ends with forgiveness. I forgive you and I forgive me. Amen."*

Here are a couple of quotes from *The Course in Miracles* that I use on a regular basis to help me find forgiveness in myself and in others:

- I am never upset for the reason I think.
- *God's* peace and joy are mine.
- *Giving* and receiving are one in the same.
- Today the peace of *God* envelops me.
- That thought doesn't mean anything.
- Forgiveness is the key to happiness.

## The Forgiveness Bucket Exercise

There are many ways to forgive others. This exercise will give you some ideas where to start when you are struggling with forgiveness. It also gives you a detailed plan to actually forgive others that you feel you cannot or do not want to forgive. Try the following:

Make a list of 3 people that you felt hurt you intentionally or made you angry on purpose. This can be very small things or major hurts.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Make a list of 3 people that you feel hurt you or made you angry but it was not necessarily on purpose.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Make a list of 3 people that you have either hurt intentionally or unintentionally.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Let's place all 9 people in the following buckets: (Note: the same person could be on all lists or listed multiple times)

- I. I really don't want to forgive this person
- II. I don't know how to forgive this person
- III. I want to forgive this person
- IV. I can and will forgive this person

When placing the names in the appropriate buckets, be sure to put *your* name in parenthesis and include it in EVERY bucket. You will have to practice forgiveness of yourself to make this truly work.

Now, let's place those names in the buckets on the next page.



**BUCKET I**

**BUCKET II**

**BUCKET III**

**BUCKET IV**

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### **Bucket I - *I really don't want to forgive this person***

This bucket will represent the hardest opportunities for forgiveness. They represent major hurts, anger, rage, major anxiety when thinking of the person, as well as bitterness, and pretty much anything but love toward that person. These will take the longest time to realize the final release of unforgiving thoughts in you toward that person. Not to worry, try this exercise so it will get you on the right path:

Say the following prayer:

"While I find it hard to forgive you \_\_\_\_\_(*name of person*), I am willing to ask my Angels to assist me. I now turn my unforgiving thought to my Angels now. Amen."

Say this twice a day and try not to place any emotion in it. Consider it turning it over to a higher authority to determine the best method to release unforgiving thoughts. As the days, weeks, and months go by, you will start to notice a change in your attitude toward this person. When you do feel even a slight shift, draw a line through the name on the 1<sup>st</sup> bucket and move them to the 2<sup>nd</sup> bucket.

### **Bucket II - *I don't know how to forgive this person***

This bucket will represent slightly easier opportunities for forgiveness, but I did not say it would be easy. This bucket is typically for when you feel it is time to move on and that you have held these negative feelings too long. Or, it could be that you just locked it deep inside and "threw away the key" so to speak. A lot of

times these are very old past events but eventually, you will have to release the unforgiveness to find true peace.

To start this exercise, say the following prayer:

"I do not know how to forgive you \_\_\_\_\_ (*name of person*), but I am willing to try. I know the Angels are assisting me at this very moment because I have asked them to help. I see you completely covered in the bright, white light of God's pure love and I surround you with it now. Amen."

Say this prayer five times each day for the next 14 days. After 14 days, you should be feeling completely different about this person. If you do not, continue saying it five times a day until you do. When you feel your emotions or forgiveness starting to set in, take them off the 2<sup>nd</sup> bucket and move them to the 3<sup>rd</sup> bucket.

### **Bucket III - *I want to forgive person***

This bucket is characterized by your willingness to forgive this person. You know that you need to forgive and are making a conscious effort to make it happen. This bucket consists of either a lot of forgiveness work from buckets I & II or they are quite milder than the first two. Just by being willing to forgive, you open all sorts of doors to help you find peace within yourself.

Try this prayer for this bucket:

"I want to forgive you \_\_\_\_\_ (*name of person*), and I am starting now. I will no longer have harsh feelings for you since we are all connected in God's eye. To see

you as separate from me is to deny myself the love God has offered me. Thank you for showing me how to grow. Amen."

Say this prayer twice a day but this time try to reach an emotion that you feel a burden being released. Picture yourself carrying a full bucket with you during the day and then pouring out any unforgiving thoughts. When you have your bucket "empty" you are ready to move it to the FINAL bucket, #IV.

### **Bucket IV - *I can and I will forgive person***

This bucket typically represents the final opportunity for forgiveness. It is the last step you take before being release of these negative feelings and emotions. Once gone, you will be liberated from any negative thing that you held over this person. While some people may start in this bucket, most of the time they will have worked from the previous three. However, *any* negative emotion offers an opportunity for forgiveness so do not discount those. Use your emotions as an indicator to determine when and where forgiveness should occur.

Say this prayer for your final bucket:

"I thank you \_\_\_\_\_ (*name of person*) for being a great teacher to me. You have taught me a lot about myself and my capabilities for forgiveness. I now surround us both with the pure white light of love sent directly to us from God. I now choose to celebrate our major accomplishment together. Amen."

Say this prayer twice a day and try to get the feeling of happiness and gratitude when saying it. Picture yourself sitting on the beach with this person and bright golden sunlight purifying both of you as you soak in the beauty of the scene. You

can now take this person off your list and give yourself a pat on the back for making great progress toward reaching your goal of forgiving others and yourself.

### Final Notes:

Do not get discouraged if this process takes a longer than you think. I would expect that it would take 6 months to a couple of years before you can take a person from the 1<sup>st</sup> bucket all the way to and out of the 4<sup>th</sup> bucket. This may not be easy at first, but I can tell you that once you start, you will have fewer people in the first 2 buckets and with work and dedication, you might not have to add anyone to those buckets in the future. You will typically have plenty of opportunities to practice forgiveness. The key is to not put anyone in the first two buckets after you get them emptied.

I would like to end with a quote from "A Campaign for Forgiveness Research" at [www.forgiving.org](http://www.forgiving.org) which shows scientific research on the act of forgiving. The quote below was taken from "Power to Forgive: Forgiveness in Action."

"...Each time we witness an act of forgiveness, we marvel at its power to heal, to break a seemingly unending cycle of pain. Forgiveness is something virtually all Americans aspire to—94% surveyed in a nationwide Gallup poll said it was important to forgive—but it is not something we frequently offer. (In the same survey, only 48% said they usually tried to forgive others.) Perhaps this is because forgiveness is something we don't fully understand. Perhaps, as Friedrich Nietzsche did, we associate forgiveness with weakness. Or perhaps we view forgiveness as an almost saintly quality that imbues only the very special and most certainly cannot be learned.

In fact, the opposite is true. Those who have studied it can tell you without qualification that forgiveness is a sign of strength. Not only is it a very human quality, displays of forgiveness and reconciliation are common among monkeys, apes and other primates, and suggest this behavior has been around for over thirty million years. And research conducted at the University of Wisconsin in 1997 indicates that forgiveness can be taught and with positive results."

And here is one final quote from the same website: "[Four case] studies, taken as a whole, suggest that forgiveness may be taught and learned, and that the outcomes can be quite favorable. Across all of the studies, there was not one instance in which a group experiencing forgiveness education showed a decline in psychological health. In fact, statistically significant improvement in such variables as hope and self-esteem, as well as significant decreases in anxiety and depression, were more the rule than the exception." Robert D. Enright & Catherine T. Coyle

Go forth and live your dreams. You deserve it. Start with forgiving. It is your final task for finding your inner peace, which leads you to view the rest of the world's outer beauty.

## The Exercises



### How to Start your Building Block Exercises:

- Meditate or quiet your mind for 2 minutes before starting
- For the next 3 minutes:
  - Reflect on the Building Block. Notice how you **feel** about it and what **emotions** are tied to it. What positive **emotions** or **feelings** could come out of the experience? What **actions** come to your mind as you think about applying the building block for the day?
  - Repeat the building block thought again and again, slowly, as you consider its meaning in your life.
  - Put yourself in a position of thankfulness. Have an expectation that great things are going to happen during the day.
  - Picture a successful event taking place in your near future. It is very important to visualize it and notice the positive feelings you associate with it. Positive feelings = taller building blocks which in turn = quicker results.
  - Start your day doing this and repeat before going to sleep at night.
  - Practice the 1<sup>st</sup> building block for 7 straight days before you start on the second one.

Throughout the day, you can use a piece of paper with the Building Block Exercise on it. Put it in your pocket or purse and read it often during the day.

## Building Block - Forgiveness

"Today, I forgive all that I have judged." As soon as a judgment thought occurs in your mind, release it immediately by saying, "I forgive (*the situation, person, or event*). I forgive myself for this judgment thought."

### Extension of Building Block Love and Gratitude

In the true meaning of forgiveness, always forgive yourself for having any judgment thought. As part of the forgiveness process, the first step is to identify the judgment thought. Secondly, forgive the person you have just judged. And, *do not forget the final step* of forgiving yourself. Forgiveness is one of the hardest steps to accomplish as judgment occurs so often during each day. Forgiveness is recognizing that there really was nothing to judge in the first place. During a judgment thought, your mind is closed and so forgiveness cannot be initiated.

*If you struggled today:*

Most people struggle with Forgiveness. People often believe that if they say the words, it should be ok now. Forgiveness can be quite a difficult thing to accomplish so do not get caught up in trying to Forgive everyone today, start with one person. Then choose another one for the next time you do this exercise. Keep in mind that one of the basics for finding true forgiveness is forgiving yourself. Start by saying the words "I forgive \_\_\_\_" and finish with "I forgive myself for my part in the situation." This should get you started on your way to releasing the unnecessary burden of keeping un-forgiveness trapped inside you.

## Building Block - Love and Gratitude



"Today, I am at peace and I share my peace with everyone around me." Any thought that invades your peace today, stop and say the Exercise of the Day again.

### Extension of Building Block Love and Gratitude

Love and Gratitude are the most powerful forces you can experience. As you start to appreciate the wonderful things around you, more of what you want will start to emerge as part of your life. You can also say, "I am thankful for the love and peace in my life."

When doing this exercise, it is important to have a mental picture of what your future will be. If you are going to school, you might visualize graduating with honors and getting that dream job. If you are working in a shoe store, you might picture yourself going back to school and receiving a degree. Whatever **FEELS** good to you is what you should visualize.

During the meditation portion for this exercise, it is suggested that you use the "Sha & Lom" technique. "Sha" is the sending out of the request, while "Lom" is the gratitude or the thank you for granting your request. This is a very, very powerful meditation process and the more often that you use it, the easier the meditations will become.

*If you struggled today:*

If you are having problems today, you might try saying something like, "Isn't this interesting that these thoughts want to interfere with my peace? Do these

thoughts have a purpose? Or, are these thoughts old tapes replaying?" Another idea is to simply say, "Thank You, God, Thank You," 5-6 times in a row and repeat it 10 separate times during the day. This will naturally get you in sync with the wonderful gifts God has given you.



## Kindness Challenge

Can you make a difference? You feel called to make the world a better place, but when you watch the news you think, "How can one person possibly affect real change?" You are the answer you seek! You can make a difference by personally practicing random acts of kindness everyday. A fun way to track the impact you're having is to participate in the **Kindness Challenge** at [www.idontstink.com](http://www.idontstink.com). (Stinkin' Thinkin' Stinks!) Are you up to the challenge? Every time you do something kind, go to [www.idontstink.com](http://www.idontstink.com) to log your kind acts and watch the total skyrocket! No kind act is too small, and together we can make the world a better place, one random act of kindness at a time!

Go to [http://www.idontstink.com/index.php?p=idontstink\\_kindnesschallenge](http://www.idontstink.com/index.php?p=idontstink_kindnesschallenge) to view detailed information about how you can make a difference in the world. Thank you from the bottom of my heart and start doing kind deeds today!