

MONTHLY FOCUS
Month Two : Forgiveness
with Nat Sharratt

"Forgiveness is that key that opens the door to loving yourself, and loving yourself is the answer to uplifting your life. If you could truly get this, experientially and not just intellectually, the positive changes would be so profound." -from [Transcending by Nathaniel Sharratt](#)

1. **Choose an area** of your life (finances, work, health, etc), a relationship (parent, partner, kid, co-worker, yourself, etc), or a situation (lawsuit, audit, moving, finding a new car to buy, etc). Preferably something that has "charge" for you, that presents a challenge, or takes you out of your experiencing peace and loving.
2. **Describe in your journal** the area/relationship/situation, and why you have chosen it, as well as any challenges you have.
3. **Everyday this month**, say forgiveness statements about the area, relationship, or situation.

Specifically, you will say, **"I forgive myself for judging _____"**.

You will fill in the blank with however you are judging yourself, others, and the situation in relation to your chosen subject.

Cycle through forgiveness statements **at least once a day for one minute**.

When doing forgiveness, it is not the actual person or situation that you need to forgive but your judgments of them. I define judgment as a thought with negative emotional charge that rests on the idea that it/they/you should be different. It is your judgment about the person, their behavior, or the situation that you hold inside of you which alters your perception negatively and keeps you caught in the material levels. Your judgments can create illness and disease, not allow hurts to heal, and hold you back from having the life of loving and joy that is yours to live.

Forgiveness is the key to letting go of your judgements and healing the hurts.

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Forgiveness allows you to go free and reside more fully in the higher consciousness, experiencing greater loving for yourself and others.

4. At the end of the forgiveness statements, **finish with: “I forgive myself for forgetting that I am divine, and I let it all go into the Light for the highest good.”** (Alternatively, if you relate to the Christ spiritually, you can swap out “Light” for “Christ”)
5. **Track each day** you do (or don’t do) forgiveness. You can use the included tracking sheet. Print it up, write “Forgiveness” in left column, and mark in the box for each day you do forgiveness statements.
6. At the **end of the month, review** and write down any shifts and changes to this particular situation or how you have changed inside towards it.
7. Join the online gathering by signing up on my website transcend.online

