

5-PART FORGIVENESS SESSIONS

with Sarah Salter Kelly

Session Information:

When we are holding someone else responsible for what is not resolved within our lives that energy impedes our ability to live as whole and healthy human beings. In these sessions we focus on one person you want to forgive (inclusive of ourselves) and take time to explore what is needed for this to unfold.

It is based on my experience in forgiving the person who killed my mother and inspired by the affirmation on her bathroom mirror at the time of her death...

"I forgive myself"

"I forgive everyone"

"I am free"

Sessions are broken down as follows:

1 - Who is it

The person you need to forgive is attached to you energetically. In this session you enter non ordinary reality through shamanic journey, to get a clear 'felt sense' of what happened, who this person is and how the issue at hand is affecting you on a day-to-day basis - body, mind and spirit.

2 - Victim self

Our experience of shame, guilt, suffering, and helplessness seek expression. When repressed they surface subliminally in resentment or anger. Today we take time to tend to the needs of the victim self as the first act of reclaiming your power.

3 - Wolf Medicine

It is through body of the wolf all may be transformed. In this session you learn to metabolize your experience of suffering from the perspective of the predator rather than the prey, tracking heavy energy and beginning to digest its impact.

4 - Seeing the other

The courage to 'see' the person who hurt us as a human being and recognize their humanity changes our point of view. Understanding and compassion are fundamentals in forgiveness. In this session we explore these topics and how to authentically experience them without feeling like you are giving a part of yourself away in the process.

5 - Medicine

In this session we journey to discover medicine of this wound - what exactly are the unique gifts and teachings it has brought into your life - and what is necessary to claim them.



Preparing for Your Session:

PREPARING FOR YOU SESSION:

- BE SITTING UPRIGHT IN A COMFORTABLE POSITION WHERE YOU WILL NOT BE DISTURBED. YOU MIGHT WANT ACCESS TO A SPACE TO LIE DOWN OR REST DURING THE SHAMANIC JOURNEY (GUIDED MEDITATION).
- HAVE A BOWL OF WATER OR SMUDGE, JOURNAL, PEN, AND STONE YOU HAVE GATHERED FROM SOMEWHERE ON THE GROUND.
- SIT QUIETLY IN SILENCE--IN MEDITATION IF YOU HAVE A PRACTICE--OR JUST TUNE INTO YOUR BREATH. USE YOUR EXHALE TO LET GO OF YOUR DAY AND YOUR INHALE TO CONNECT WITH YOUR INTENTION FOR WORKING WITH ME.