



# How Do I Forgive?

Transcription of Introduction  
and Six-Part Video Series  
By Erica Marie Glessing



## **How Do I Forgive?**

Hi, this is Erica Glessing. You may have met me through my Happiness Quotations that I write everyday, or you might have met me through the Happiness Telesummit that I built to bring happiness to the planet.

One of the things I'm most passionate about is teaching forgiveness. I really feel so strongly that when you forgive, you free up your life force, and this is one of the easiest ways you can shift into feeling better. I haven't met anyone yet in any of my classes, when we walk through their life and timeline, and we figure out all of the things that happened in their life, I haven't met anyone yet who had nothing to forgive. I haven't met anyone yet who is so incredibly clear and beautiful in every facet of their life that there wasn't something that they had not held onto that they could forgive.

Anytime you hang on to something, it has all the opposite effects of being healthy. That's how it works when you don't forgive. It increases blood pressure, it stops your life force. They say lack of forgiveness causes a sort of acidic tone to your body. So as we bring in this forgiveness, as we start, we don't want to start with the big, big, big one, we just want to start kind of small, and as we build up our forgiveness muscles we can shift into a daily practice.

On this video, what I am doing, and I think most of you are here because you've heard that I'm teaching a six-week course about this, and I'm going to tell you more about that later, but really right now I want you to see it as a daily thing. What can you do today? Is there something that you did with yourself? I have a for instance a 10-year-old son,

he does things sometimes that cause me to act in certain ways that then I have to go back and I have to forgive myself for, if that makes sense.

I have to say, “Erica, forgive yourself. You didn’t really know quite what to do when he behaved a certain way.” Give yourself a break, that is the sort of feeling I am seeking for you.

The other thing you can do is forgive people who act in a way that’s out of alignment with honor. If they cut you off on the freeway, or if they just do something minor that shows a lack of being in grace, and being in flow that we all like to be in whenever we can.

As you start shifting the little things, you just slowly start feeling better about your day, and the stronger you get in your forgiveness muscles, the more you can give this forgiveness to others, the more you can start forgiving yourself, and it becomes like this huge roll of goodwill and good feelings. Then *more* energy can come into your life, more inspiration can come into your life.

I’m just going to give one example, for myself. I was in a workshop in 2006, and I’m sitting there and I’m listening to the instructor, and he’s really talking about things his father did that were just hideous, these things his father did were awful, I mean his dad sued him. You know, what father sues their child?

I’m sitting there and I’m listening to this conversation going, “My dad really messed up, but he didn’t sue me,” and I shifted, and I just forgave my dad. I forgave him, and I could go on about all the ways that my dad, you know,

made a lot of mistakes in his life, and I could go on about the way he said mean things about my writing, and the things he did that he could have done better.

As soon as I forgave him there was kind of this time where nothing happened, but then a year later my first book was published. A year later after the forgiveness, almost to the day, my first book was published, and that was called *Prospect When You Are Happy*, and I really feel that that flow of forgiveness with my dad is what enabled that book to get born.

So I'm just going to ask you here to take a challenge with me. First of all, think about joining my six-week course. It will start after the next two videos that you get to experience. Think about that, but take time to write down an easy forgiveness for me right here below in the challenge. Just see if you can write down something easy. Like someone in traffic, or something fun. Some way you forgave a boss that passed you over for that promotion that you should have had. Something like that. Step into that place right now, and forgive someone, and then write me a note about it.

Thank you so much for listening.

### **Does Forgiveness Condone a Behavior?**

Hello, my name is Erica Glessing and I am here in sunny California at one of my favorite beaches. This is where I grew up, and I love it here still.

What I came to talk to you about today, when I start say-

ing the word forgiveness they get all freaked out and they think, “Oh no, if I forgive I have to say that that was okay.” People get really caught up. When you don’t forgive it acts just like a sickness, and it blocks your life force, and it stops you from being everything you could possibly be on the planet.

When you do forgive, you get this feeling. What I talk about is, just like how you can’t really see it, it is like these rocks. They sit in the middle of a river, and when you get rid of them, and you’re in forgiveness, the river opens up and it’s just amazing.

I built this class, it’s a six-week course, and you can do this from the comfort of your home, and the pieces of it are some video, and some audio meditations, audio that’s kind of guided that you can listen to, to help you shift out of, and let go of stuff that’s just been kind of clogging you up. Usually, when I talk about forgiveness and I teach this, people really get if it’s the right time for them to forgive, and if it’s the right time for them to let go. We’re going to use some tools that I’ve built that are a little bit tricky, and we’re going to talk about things like disappointment, and we’re going to talk about things like sorrow, and feeling sad about something, and about how some of the ways that not forgiving kind of hides and gets stuck under things, and again, blocks our life force.

The mission really is very simple, it’s to free ourselves so that we can have more, be more, do more, and let go of that stuff that’s just been clogging up your life. I welcome you to come and take the next couple of trainings. These are completely free, and I invite you to do these. Initially I started teaching forgiveness because I wanted to forgive

myself. So these are the things that I do, these are the things that I teach. I'm teaching you on the beach because that's something that heals me, and inspires me.

Welcome to the Steps to Forgiveness course, and just have a beautiful day.

## **What Lie Did You Believe? Discover Your Own Resilience**

Hi my name is Erica Glessing. You're joining me here as I talk about stepping into forgiveness.

I'm really passionate about this. I feel like there's one thing we can do, even as we're standing in line at the grocery store, we can forgive something or someone, and this will open up avenues of energy in our own lives, and it actually also gives someone else's energy back to them. It not only nourishes us by freeing up space for us to do more, it also returns whatever chi of someone else that you're holding inside, it returns it to them.

So it's kind of a fantastic process that I like to say can change your life in an instant. It has that capacity to initiate healing in you, and how wonderful is that? That you can just heal from something, that you could just in this shift into forgiveness, and even some of you just listening to this might make the shift. It might be all you needed was someone to remind you of the power of just letting go of that crap that you've just held onto.

I'm just going to tell a story. I don't know, it's kind of funny in this morbid way I have, because I used to be a

news reporter and I sometimes laugh at the wrong things. I remember I was really upset at this one editor, and I won't say his name, it was in Santa Barbara, and he would just rip apart anything I did. He would say that I was too positive. He would say I wrote too many good stories. He would always ask me to find dirt.

You know, I'd do this really beautiful paper about this principal and how they had changed this school and he'd hand me a 500-page budget document and say, "Can't you find something bad in this?" We didn't get along.

I kind of held on to some of that grudging, and it was maybe like 20 years later and I was talking to one of my friends who I used to work with in Santa Barbara. I was writing a column for her at another newspaper. It turns out he had died, and he had passed on. And what good was all that stuff I had held inside? How did that help anybody? He'd actually shifted. He'd moved to a different place. His body was done. In that instance I just got even deeper into forgiveness, and I really stepped into forgiveness being a practice that I wanted to teach.

And so I started teaching people how to forgive. I built a six-week course, and every week takes you through steps of learning how to forgive as a daily practice. Learning how to forgive something that someone has done to you in your career space, learning how to forgive someone who hurt you as a child. We've all maybe had teachers that just really said we were terrible at something, and it stuck in our head and it was a lie that we believed.

**WHAT LIE DID YOU BELIEVE?**

So I want to ask you right now, what lie did you believe? What lie? Are you ready to let go of that lie? What's a lie that is stuck in your head? You weren't good at something. Anything that is a part of you not feeling your own perfection was a lie, by the way. Any part of shutting down, feeling bad, constricting, that was a lie. I just want to tell you right now, you were lied to a lot if you're like most people on the planet. What I do is I teach this practice of stepping out of that and letting go, and stop believing the lies that most of us were told for pretty much most of our lives.

Some of you haven't seen all of the videos, so I'm going to address something that comes up every time I teach forgiveness, and that is, "How can I forgive my mom or my dad?" "How can I forgive my mom?" Not all of you have issues with parents, so just make up someone else who maybe has done something where they didn't see the light in you at all, where they didn't get you *at all*, and so they didn't treat you in a way that honored that true beauty that is inside each of us, including you.

So just kind of for a moment, pull away from your present. Step out of this immediate reality we all have right now, step out of that, shift out of that, and kind of look over your life, and just kind of let go of any need to *understand* why anything happened. That can mess us up big time. You know, "They must have done that for a reason," or, "I must have done something wrong to cause that behavior to happen."

**So often it is just not at all about you. It's some story they've played out in their head and you were the unwitting con.** Nine times out of 10 the forgiveness that needs to happen the most is in a family relationship, and

of course that's the hardest thing because if you forgive one, the other ones could, you know, not understand that you could condone that behavior. I'm just going to ask you today, to forgive one thing that's actually pretty big. I'm going to ask you right now to just allow yourself to free yourself and accept the learning from that, be it as hard as possible. I don't care if it was just the worst things in the world you can imagine.

I have a beautiful client, and when we looked at her life, we did a whole scan of her life, and it was really 18 years of Hell, I mean more or less. Every part of her life was just this puppet. She'd been dragged around by people, and mistreated, and left in different states, and it was amazing to me that she had come through with the spirit she had. So in this moment right now, step into your resilient you, and that's what this video is all about, is just really understanding that resilience you have.

### **Forgive: Write Down Your Intentions**

Hi, and thank you so much for joining me on this journey, my name is Erica Glessing.

I teach forgiveness because it is something that has done so much for me in my life. It's given me freedom. It's helped me not feel fear when I encounter new and exciting experiences. I'm shooting this video today on the beach, on Half Moon Bay just a few miles from where I grew up, and I just love this moment that you are taking to forgive.

I'd like you to sit down, with a pencil or a pen, or a com-

puter to type, or your phone, and write down your intentions for taking this course. We are going to work together for six to eight weeks on forgiveness. I'd just like you to write down, "I'd like to forgive someone," or, "I'd really like to understand forgiveness." Maybe your intention for taking this course is to free up some situation that occurred a long time ago. Just take a moment now and write that down.

I'd like you to pay attention to songs you hear on the radio, and I'd like you to be aware of what you are noticing on a movie or TV programs, or books that you read, because you have set your reticular activation system for forgiveness, and the Universe is now going to bring you more than just this, the Universe is going to bring you oceans and waves, and the beauty of forgiveness, and tools. Just be on the lookout for that this coming week. Thank you so much.

## **Forgive: Tricky Business**

Hi, this is Erica Glessing, and this is week two of your forgiveness journey.

I just want to let you know that forgiveness is tricky. It hides. It hides in words like "regret," it hides in words like "disappointment," it sneaks around and holds you back and keeps you from living your full potential. I talk about a river that is our life force that gets clogged up when we haven't forgiven someone.

So today I'm going to ask you, more work I'm sorry, but this work is really rewarding, I'd like you to write down

some regrets. Right now I'd like you to take a moment and write down some things that you regretted. I'd like you to write down the people in your life that you'd like to forgive. That's your homework.

I feel like I want to give you a gift today, so let me just sit here and let God talk through me for a minute. I guess what I want to say is thank you for coming here, for opening up your heart to forgiveness.

**When you're standing in forgiveness you are standing in love. This is a place that is a very beautiful place. Really no one can mess with you in this place. When you are standing fully in forgiveness it's a freedom, it's a joy, it's an energy that is kind of, when you are the most yourself, is when you are standing completely in forgiveness. Just kind of lead with that today. Lead with that feeling of standing in forgiveness.**

## **Forgive: All the Way Back to Birth**

Hi, this is Erica Glessing and today this is a really exciting day, because what we're going to do is we're going to go back to your birth and we're going to forgive the first ten years of your life.

If you could just right now get rid of the distractions. Turn off things, turn your phone off. You're going to want to take at least ten minutes of complete quiet time. I'd like you to in this moment just think of yourself as a baby, and think of the environment when you were born, to the degree that you can, and forgive everything around that. Forgive anything that wasn't perfect or ideal. Forgive everything in the first years of your life. Any memories that weren't perfect, that weren't in some way in connection with what you feel your highest self is.

A lot of the people I work with had already had a lot of moves in the first couple of years of their life, or maybe something happened when you were four, or your parents split, or one moved to a different country.

People have memories that sit there inside of them and they don't really get how much they close off because of these memories. In this kind of space, in this sacred and quiet place let go of anything that happened up to age five, age six, age seven, all the way up to ten. This would have been, if you were the United States, in the maybe third, or fourth, or fifth grade. Just kind of in your mind's eye look over your life, over those beginning years, and forgive anything that just wasn't just right about those years, and forgive anything that shows up for you that needs to be

forgiven.

If you're a journaling person sit down and write some notes about this time, about what showed up for you, anything you need to forgive.

Remember again that it's not about you. Carrying around bullets, and carrying around old things, and carrying around ways that things weren't good, carrying around of that stuff is not allowing yourself to heal.

As you let go and release things that showed up in your life that you had no control over, know at that time you were just an innocent baby or an innocent child, and really let go of anything that you held inside of you that wasn't right. Ways that your parents weren't perfect, maybe your grandparents did something, or said something, or promised something and didn't deliver, said they'd show up and didn't show up, said you'd get something for a birthday and you didn't get it. Just kind of in this space put a big blanket around those first 10 years of your life and forgive, and let go, and that's your assignment.

### **Forgive Ages 10 through 20! Forgive More Lies You Believed**

Hi, this is Erica Glessing, and I just want to ask you one question right now. What lie did you believe? What lie were you told that you held inside of you?

Because today we're going to forgive age 10 through age 20. So many of us were lied to in this time in our life, and it was just maybe in an instant that you shut off from your

absolute excellence, and your absolute potential, and what is really phenomenal inside of you.

This happens so often in these years of 11, 12, 13, as you're getting a physical body that's different from a child body. As you step into your teens, and you are 17, and you're 18, and you're really exploring and expanding, and you want to figure it out, and there's just so many lies that were told.

We're told lies by teachers who didn't do what they wanted to do so they figure you can't. We're told lies by parents constantly because no one can see the whole world, everyone can only see what's in front of them. No one can tell you the whole truth. It's almost impossible.

If you look at what lie you believed, and I want you to just kind of start stepping into the core of the essence of you in those instances where you glimpsed your own fabulous potential, and reconnect with that part of you, that fire that you had for something. I just want to ask you to be aware that people have lied to you and that you can now shift that out, and let go of those lies, and I'll join in that.

Today we're going to forgive ages 10 through age 20. So just relax. I'm going to take you just quietly through.

I'm at the beach in Half Moon Bay, and I'm really happy to be here today. I'm happy to be sharing this with you today, and I hope that something shows up for you that you can forgive. We're going to start around age 11 or 12, age 13, and just kind of float over that part of your life if you can, and just think of what happened between those ages of 10 and 13 that you could let go of, that you could forgive.

Think about that, and then look at 13, 14, 15. Maybe you had a first date, or a first kiss, you started thinking about careers, or maybe you started thinking about your talents. Just kind of let go of any lies, let go of anyone who held you back, let go of any negativity that you can find in that space while you were a teen.

Go on to those ages 18, 19, 20. These were years where full expansion was possible. Just kind of forgive anyone that held you back, any constraints that showed up, forgive any poverty that you experienced. In this space of 10 to age 20 you made a lot of choices, you made some decisions, and send that 10 to 20-year-old person, that person that made some of those decisions a hug. Send them a warm embrace for knowing they did the best they could with what they knew. Some of you may have made a choice about college or university, going or not going, or choosing one that was very shaped by controlling people in your life, and you can let go of that right now. Just let go and trust that whatever showed up did, and forgive everything ten to twenty.

That's our assignment. It's pretty exciting, and I hope that you are just getting so much out of this process. I do every single time I teach this. I've taught this for six years now, and I just love helping people shift out, and let go of the lies and the crap that they held on their backs, and it's just such a good feeling.

You know, it kind of makes me think of something at the beach, of barnacles sitting on a rock, and a rock can't really be its perfect self when it's all covered in barnacles, but they hold on really tight. I'm just kind of encouraging you right now to do what you can to let go of some of that

crap. I'm so thankful that you're going to join me next week, because next week, oh my gosh, next week we take on the unforgivable people, situations, acts, parents, the big deep, deep wounds. Next week is really important.

So get through this week, have an enjoyable week. If you can listentake some notes in your journal, and just stand in this place of love, stand in this place of forgiveness. It's a great place, and I'm so thankful that you're here with me.

## **Forgive the Worst**

Hi, this is Erica Glessing, and I am so excited that you're here with me today.

Today what we're going to do is we're going to talk about ugliness, and we're going to talk about really hideous behavior. We're going to talk about things that have happened that could never have happened, should never have happened. Then we're going to really just break down into those nuggets of forgiveness that stop us all. I guess I'm going to start by thinking of one of my clients who's parents split up and moved her to different parts of the country. The mom moved to a different part of the country and shut off the dad. And really, in that space, how can one forgive someone who does this unnecessary roughness?

You might have a story in your life that's worse. You might have known a situation where there was sexual abuse, or you may have known a situation where someone killed someone, murdered someone in your family. These are unforgivable acts, and the question that I get asked is, "How

do I forgive an unforgivable act?”

It's a hard question, because in the beginning I don't want to sanction it, I don't want to say that ugliness is okay. I don't want to stand in this place of, "I forgave and therefore it's alright." Because it isn't alright. Someone taking someone else's life, I'm a believer that that is never acceptable. When you look at forgiveness, when you really step down into the core of it, it's going to that level of consciousness where you begin to see beauty, and I'm just going to move around a little bit.

Because ugliness as it exists does not mean to take up so much of your brain. If you look at your thoughts, your thoughts are a way that you achieve things. Your thoughts are a way that you get guidance. Your thoughts are a way for you to have your life work. If you keep giving your thoughts to ugliness, it's like cash energy, to situations that were hideous, this isn't a gift to anybody.

I'd just like to ask you today to step into forgiveness as a life practice, just as a way of being, and to realize, "Yes, there are acts that are unforgivable, and yet if I am not standing in healing, how can I give my gifts to the world? If I'm stuck on a situation, or if I'm focusing on a person who is not in their right mind when they committed an act that is unforgivable, if I'm stuck there, I'm not here with you, I'm not present with anyone. I can't give love anymore, because I'm so stuck."

**I'd just like to ask you that just in that space allow that you can forgive without sanctioning, you can forgive without condoning, you can forgive without saying that the act was okay, but you can stand in love**

**just anyways. Just because.**

Just because forgiveness is part of your healing journey, and I don't think you'd be here with me if you weren't ready to take that step into healing, and for letting the light in. Once the ugliness is gone, then there is so much more room for beauty.

That is what I am going to invite you to embrace today. I've also given you a worksheet where you can start working through some of these things that held you back. Forgive so that you can become yourself again. You know, you can get yourself back, you can step into your chi, and have your life power, and have your life force. That's my intention. So enjoy your day, enjoy this moment on the Earth.

### **Forgive Your Own Self**

Hi, this is Erica Glessing, and welcome to week six of the forgiveness course.

I'm so glad that you stuck with this, and this week is really, really exciting because we're going to work through forgiving yourself. We're going to help you with some practices that are going to take you into that place of deep forgiveness, not only for everyone else, but deep forgiveness for your own things that you've done that you need to forgive.

You are listening right now because there is something that you could forgive in yourself, that would be my belief. If not you can use this tool with people that you help, and people that you love.

What we're going to do and I'd like to just kind of guide you through the overview of it, so you can leave with some key learnings, and what I'd like you to do is really pretend in this instant that you're about to leave the planet. Pretend that you're about to die, and you're looking back at your life.

You're doing the life review, and you know, you are where you are, but something is happening, you're either in a car crash, or you have a sickness, or something that shows up, and you're going to leave. Look at your life through the eyes of one who is no longer you. It's a little deep, I guess, but forgiveness doesn't happen just like that snap, you need to go through some processes.

In this moment where you're doing a life review, look at yourself more kindly, because you're about to leave, and so really, the attachment isn't there anymore. Come from that place, come from that place of looking through your life and really get compassionate about your life, get compassionate about the choices you made, get compassionate about the places you went and the things you did, and even if there is an instance where you know that you did something that really hurt someone, hurt their feelings, intentionally, or inadvertently let go of that in this moment. Let go of anything you didn't do that wasn't perfect, anything that you didn't do that you wanted to do.

See if you can leave the planet without regret, see if you can step into that. It's asking a lot, I understand that. It could be that just right now you're going to launch off into your forgiveness journey, or it could be in six months

you're going to really click with this, and that's okay. So forgive yourself for not even being able to forgive everything that you came here to learn, or grow, or change. Because it's my belief firmly that we showed up on the planet with things to learn. So in things to learn we may make mistakes, and in mistakes we may have regrets, and disappointments.

So really, just ask for forgiveness for yourself, ask for that feeling of letting go of anything that was holding you back. Go forward on this journey kind of full, more of who you are, more of who you could be. Really step into that right now, see what that feels like. I am just so joyful that you took this class with me, I'm so thankful, and I just wish you everything you could ever have on your journey, and that you really just become your greatest, greatest self. Thank you so much for joining me.

**Please go to [www.EricaGlessing.com](http://www.EricaGlessing.com) for more of Erica's offerings and free daily originally created happiness quotations to inspire more forgiveness in your life!**