

# Forgive Me

A GUIDE TO COMPASSION &  
SELF LOVE



Adam Robertson

# FORGIVE ME

*For many of us, forgiveness, love, and emotion has been seen as a weakness. Society has told us that we have to be a certain way in order to love ourselves.*

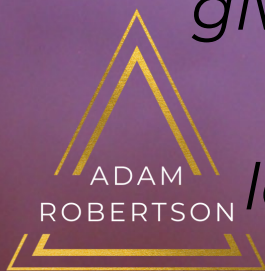
*In doing so, we have put such pressure on our body, mind, and soul. We've repressed our emotions, and we've essentially been eating ourselves alive.*

*Through this guide, you will be given the steps to*

*fully embrace,*

*love and forgive*

*yourself.*



# Journaling

JOURNALING IS AN ESSENTIAL PART OF YOUR JOURNEY TO FORGIVENESS AND COMPLETE ACCEPTANCE OF YOU.

WHEN WE ARE ABLE TO WRITE DOWN THE EXPERIENCES THAT WE LOOK BACK ON AND SEE A TRAUMA ATTACHED TO IT, YOU START A PROCESS - A PROCESS OF HEALING AND REMOVING.

HOW THIS WORKS IS BY STARTING TO REMOVE THESE THOUGHTS OUT OF OUR HEADS AND INTO A PHYSICAL FORM. WHEN WE SEE THINGS IN A PHYSICAL FORM, IT'S EASIER FOR A BRAINS TO PROCESS BECAUSE IT'S ACTUALLY THERE IN FRONT OF US.

NOW I'M NOT SAYING THAT THIS IS GOING TO BE THE CURE FOR YEARS OF AN ABUSING RELATIONSHIP, HARDSHIP, OR SEXUAL ABUSE, BUT IT'S A START! THROUGH THESE PROCESSES I'VE BEEN ABLE TO FORGIVE AND ACCEPT MYSELF FOR WHO I AM, AND THAT'S WHAT I WISH FOR YOU.

## TASK:

JOURNAL ABOUT WHAT YOU DON'T FEEL GOOD ABOUT IN YOURSELF. THIS COULD BE PHYSICAL, MENTAL, EMOTIONAL. IT COULD BE A CERTAIN WAY YOU FEEL BECAUSE OF AN EXPERIENCE. WRITE ABOUT WHAT YOU REGRET, YOUR MISTAKES THAT PLAY IN YOUR MIND.

JOURNAL IT ALL!



# Write a letter

WITH ALL OF THE ABOVE POINTS WRITTEN DOWN - YOU'RE NOW GOING TO WRITE A LETTER TO EACH AND EVERYONE OF THEM.

FOR SOME OF YOU, THIS MAY BE 30 LETTERS, AND THAT'S COMPLETELY OKAY! REMEMBER THAT IF YOU'RE TRULY READY TO MOVE FORWARD FROM THIS POINT AND TO FORGIVE AND LOVE YOURSELF, THIS WILL BE A PRIORITY.

THESE LETTERS DON'T NEED TO BE LONG, THEY DON'T NEED TO BE SHORT EITHER, JUST LET IT FLOW, AND EXPRESS YOURSELF COMPLETELY.

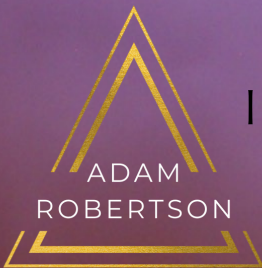
AN EXAMPLE OF A LETTER I WOULD'VE WROTE A YEAR AGO -  
DEAR STOMACH

HONESTLY, I FUCKING HATE THE LOOK OF YOU, I WISH THAT I WAS SKINNIER, TONED, HAD ABS, AND FELT CONFIDENT ENOUGH TO TAKE MY SHIRT OFF. I WANT TO HAVE A REALLY GOOD RELATIONSHIP WITH YOU, AND I WANT TO FEEL SO MUCH MORE GRATITUDE TO THE WAY YOU LOOK AND YOU FEEL,

HOWEVER I'M STRUGGLING!

I WANT TO MAKE AMENDS, I REALLY DO, I WANT TO START OVER AND I WANT TO BE ABLE TO FEEL TRUST AND CONFIDENCE IN YOU.

I WANT TO APOLOGISE FOR THE WAY THAT I'VE TREATED YOU, AND THE SHIT I'VE PUT YOU THROUGH, I KNOW THAT YOU WOULD NOT HAVE APPRECIATED THAT EITHER, AND I JUST WANT TO SAY THANK YOU FOR

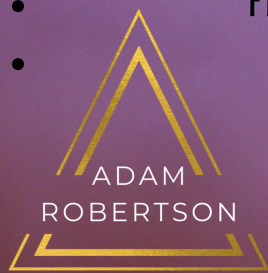


# Reminder

NOW THAT YOU'VE WROTE THOSE LETTERS, IT'S TIME TO REMIND YOURSELF OF WHO YOU ARE, AND WHAT YOU'RE TRULY WORTH. THIS IS SOMETIMES NOT AN EASY TASK, AND YOU CAN DO IT AS MANY TIMES AS YOU NEED - SAME GOES FOR THE REST OF THEM.

CREATING A QUIET SPACE FOR YOURSELF - MAYBE THIS SPACE HAS CANDLES, ESSENTIAL OILS, CRYSTALS, A BLANKET, OR MAYBE IT JUST HAS YOU. CREATE A SPACE WHICH FEELS RIGHT FOR YOU AND YOU ONLY.

- CLOSE DOWN YOUR EYES
- TAKE 3 DEEP BREATHS, IN THROUGH YOUR NOSE, AND OUT THROUGH YOUR MOUTH
- PLACE YOUR HAND ON YOUR HEART
- TAKE 3 MORE DEEP BREATHS, FEELING THESE BREATHS FILL YOUR HEART SPACE
- EXHALE ANY EMOTION OR FEELING THAT COMES UP THAT DOESN'T SERVE YOU
- REPEAT THE MANTRA BELOW
- FINISH OFF WITH 3 MORE DEEP BREATHS
- OPEN YOUR EYES



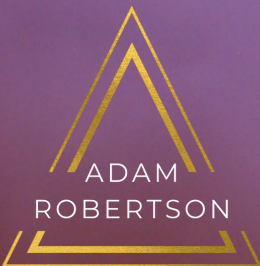
# Mantra

I AM ME

I MAY NOT HAVE IN THE PAST ACCEPT ME FOR WHO I AM  
I MAY HAVE PUT PRESSURE ON MYSELF TO DO, BE OR HAVE BETTER  
WHAT I REALISE NOW, IS THAT

I AM ME

AND I AM SACRED IN ALL FORMS AND ALL WAYS  
FROM THIS MOMENT FORWARD, I COMMIT TO  
LOVING  
FORGIVING  
AND NOURISHING ME  
BECAUSE I DESERVE IT  
I DESERVE TO BE ME  
BECAUSE ALL OF ME HAS SOMETHING TO OFFER  
ALL OF ME IS PERFECT  
AND WHILE I MAY NOT SEE IT LIKE THAT EVERYDAY  
MAY THIS BE A REMINDER THAT I AM  
THE WORLD NEEDS ME  
THE WORLD NEEDS ME!  
I LOVE MYSELF  
I FORGIVE MYSELF  
AND I EMBRACE MYSELF  
BECAUSE  
I AM ME



# Burning

BURNING YOUR LETTERS IS SUCH A FUNDAMENTAL PART OF THE RELEASING PROCESS!

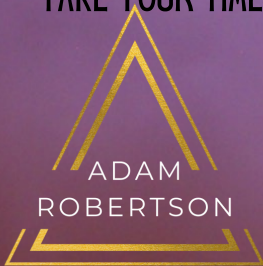
PLEASE ENSURE THAT YOU DO THIS IN A SAFE MANNER, AND THAT YOU HAVE WATER DIRECTLY NEXT TO YOU AS A PRECAUTION IF YOU NEED IT. I ALWAYS BURN MY LETTERS IN A POT, AND HAVE THE LID HANDY TO PUT OVER TO COVER THE FLAMES FROM BURNING TOO HIGH.

NOW, WITH EACH INDIVIDUAL LETTER THAT YOU WROTE, IT'S TIME TO BURN IT AND RELEASE IT TO THE UNIVERSE, SURRENDER THIS ALL OVER.

LIGHT THE LETTER ON FIRE AND WHILE DOING SO, SAY "I FORGIVE MYSELF" & "I FORGIVE YOU" - EVEN IF IT'S GOT NOTHING TO DO WITH SOMEONE ELSE.

DO THESE LETTERS ONE BY ONE - AND TAKE THE TIME TO REALLY SEE THESE LETTERS BURNING, WHAT YOU'VE WRITTEN BEING RELEASED, AND FEEL, FEEL IN YOUR BEING, THE ENERGY THAT FLOWS THROUGH YOU WHEN YOU SAY THE WORDS.

TAKE YOUR TIME WITH THIS PROCESS AS IT'S HIGHLY HEALING AND THERAPUETIC.



# Movement

USE THE NEXT 15-30 MINUTES FULLY EMBRACING MOVEMENT - MOVEMENT OF YOUR BODY, MOVEMENT OF ENERGY, AND RELEASE IT ALL.

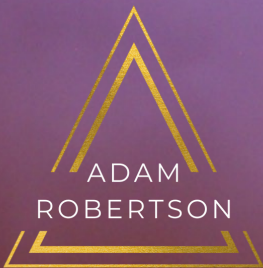
THERE IS NOT RIGHT OR WRONG WAY TO EXPRESS MOVEMENT. FOR YOU THIS MAY LOOK LIKE SLOW, DEEP, CONNECTING MOVEMENTS. FOR OTHERS, THIS MAY LOOK LIKE RAPID SHAKING, FLICKS AND KICKS.

ALL IS WELCOME AND ALL IS SAFE.

IF YOU FEEL UNCOMFORTABLE MOVING - ALL THE MORE REASON TO DO IT! IT'S TIME TO STEP OUTSIDE YOUR COMFORT ZONE.

STAND, SIT, LAY, ANY AND ALL POSITIONS OF MOVEMENT. IT'S ABOUT WHAT FEELS RIGHT FOR YOU.

HERE ARE SOME SONGS THAT I LOVE TO LISTEN TO ON SPOTIFY FOR THESE SORTS OF EXPERIENCES -



- I AM SURROUNDED BY LOVE - BEAUTIFUL CHORUS
- BOUNCE - SOLACE
- UNHARNESSED - THE HUMAN EXPERIENCE
- PACHAMAMA - BEAUTIFUL CHORUS



# Mirror Talk

USE EVERYDAY AS AN OPPORTUNITY TO EMBRACE YOURSELF, TO GIVE YOURSELF LOVE AND TO HONOUR EACH PART OF YOUR BODY.

TO ADD THIS INTO YOUR DAILY ROUTINE - EACH DAY AFTER YOUR SHOWER, STAND IN THE MIRROR, NAKED, LOOK AT ALL OF YOURSELF, LOOK YOURSELF IN THE EYES, AND SEE HOW YOU FEEL.

WHAT EMOTIONS COME UP? WHERE ARE YOU FEELING SHIT? WHAT THOUGHTS ARE RUNNING THROUGH YOUR MIND?

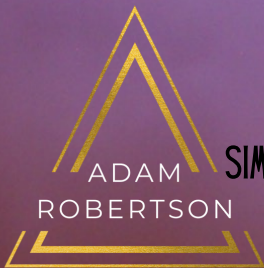
NOW SEND THOSE PLACES LOVE!

PLACE YOUR HAND OVER THAT PART OF YOUR BODY, INTENTIONALLY SEND LOVE THERE, AND SAY "I LOVE YOU", REPEAT THIS AS MANY TIMES AS YOU NEED.

IF THIS FEELS SO UNCOMFORTABLE FOR YOU, AND YOU WANT TO PULL AWAY, KEEP GOING!

EMBRACE AND SEND LOVE TO EACH AND EVERY AREA

THEN LOOK YOURSELF DIRECTLY IN THE EYES AND SAY "I LOVE YOU, I LOVE YOU, I LOVE YOU"



SIMPLE TASKS LIKE THESE EVERYDAY, THEY SUPPORT OUR BRAIN IN CREATING NEW PATTERNS AND PATHWAYS.

# Divine Support

ASK FOR DIVINE SUPPORT - IT DOESN'T MATTER YOUR BELIEFS, WHETHER YOU BELIEVE IN GOD, BUDDHA, SPIRIT, SOURCE, MOTHER EARTH.

THE KEY HERE IS TO ASK.

EVERYDAY, MORNING OR NIGHT, PERHAPS BOTH - ASK FOR DIVINE SUPPORT.

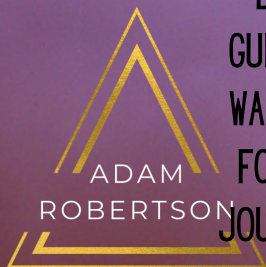
PERHAPS YOU'VE STRUGGLED WITH HOW YOU'VE FELT TODAY, PERHAPS SOMEONE HAS MADE YOU FEEL LIKE SHIT, PERHAPS YOU'RE JUST FEELING LACKLUSTRE.

THIS IS HOW I ASK FOR DIVINE SUPPORT -

"DEAR UNIVERSE, SPIRIT, GOD, GUARDIAN ANGELS AND GUIDES. PLEASE GIVE ME STRENGTH, LOVE & ABUNDANCE. TODAY HAS BEEN ONE OF THOSE DAYS, AND I NEED TO BE FILLED WITH THE DIVINE ESSENCE. PLEASE SUPPORT ME ON MY JOURNEY OF LEARNING AND GROWTH. I THANK YOU FOR STANDING

BY MY SIDE"

"DEAR UNIVERSE, SPIRIT, GOD, GUARDIAN ANGELS AND GUIDES. TODAY HAS BEEN AN UNBELIEVABLE EPIC DAY!! I WANTED TO CONNECT AND SAY THANK YOU. THANK YOU FOR YOUR CONSTANT GUIDANCE AND SUPPORT ON MY JOURNEY. IM SO GRATEFUL FOR ALL THESE EXPERIENCES, AND MY EVERY LASTING GROWTH AND EXPANSION"



# Adam Robertson

Adam Robertson is a Personal & Business Energetics Healer & holistic practitioner that works with people & business's worldwide.

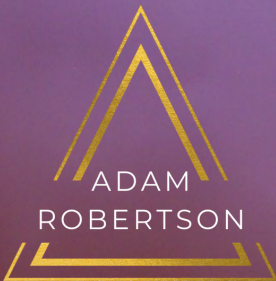
Adam brings components of beauty, material and spiritual together to create an incredible reality.

Reputed for his work in holistic health practices (Reflexology, Reiki, Cacao Ceremonies, Essential Oil Wellness and more).

Adam has an energy known to be contagious (always ready for a dance party).

Adam also brings a completely transparent, emotional realness to his work. Whether in personal conversation, online, or at live events.

Adam's life experience has taught him the power of being abundantly present in the moment, while achieving the greatest future possible, aligned with his higher self and vision.



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