



Relationship Reconciliation

Breathe in your choice of Essential oil and say:

I am forgiving. I forgive with ease. I forgive for no reason. I Forgive and give and give and give. Forgiving is giving. I forgive. I Give. I am forgiving and giving. (repeat three times)

Date: _____ Day: _____ Essential Oil(s): _____

Relationship to be reconciled: _____

The back story:

What was their part:

What was my part:

What do I wish happened instead:

What belief did a create in this experience:

What was the trigger and emotions brought up:

Reconciliation Process (breathe in essential oil with hand over heart say out loud while alone with self):

I forgive myself for the hurt I have held onto, for the feelings, thoughts and words I sent towards (person). I now let that go. I forgive (person) for (situation above) and the hurt that has caused to myself and them and any others , and I now let that go. *If you believe in a Higher Power add this. (Higher Power) I ask thy forgiveness for any and all hurt this has caused and was held onto and now ask thy forgiveness and I now let this go. Thank you , Amen(or however you end communication with your Higher Power)