

Forgiveness Ritual

This is an outline for a simple and potent “Forgiveness Ritual”.

Traditional Ritual

You'll need:

- A roll of string, hemp string or a simple white spool of string from the hardware store will also work.
- Fabric cut into 10-20 small 3” x 3” squares of colored fabric. If there is a color that feels potent to you I invite you to use that color or colors. Printed fabric works too.
- Loose tobacco
- Scissors
- 30 minutes to an hour of undisturbed time.
- A fire pit, wood stove or pot in which you can create a fire in.

Performing the ritual:

1. Lay out all of your materials in a quiet place where you won't be disturbed.
2. Take one of your fabric squares in front of you and take a small pinch of tobacco and put it in your left or right hand (whichever feels good to you).
3. Now close your eyes and allow yourself to go back in time to review a time in your life where you felt as though you let yourself down, didn't honor your worth or experienced a traumatic event.
4. Observe the scene as it plays out and take a few seconds to be with yourself in the memory and say “I'm sorry, please forgive me, thank you, I love you.” (Ho'oponopono)
5. Now place the tobacco in your hand into the center of the fabric square.
6. Gather the ends of the fabric and pull them together making a small bundle.
7. Take some string while it's still on the roll and secure your bundle at the top so that the tobacco doesn't fall out.
8. Do not cut the string, as you'll tie your next bundle 2-3” from the bundle before.
9. Repeat steps 2-6 as many times as you feel to, when you feel complete and have secured the last bundle to the string you may cut the string after the last bundle leaving you with a string of your prayer ties (bundles).
10. Create a fire with the intention of release and transformation (you can simply say as you're building or lighting the fire “Thank you fire for supporting me in releasing and transforming this energy.” Offer a pinch of tobacco to the fire.
11. Once the fire is going and when you feel ready, give your string of bundles to the fire.

Other Options:

Instead of making prayer ties/tobacco bundles you can also cut up small pieces of paper and draw a symbol or word on the paper to capture the essence of the moment. Then burn the pieces of paper.