

Miracles, Forgiveness, Love and Light
by Philip H. Friedman, Ph.D (c) 2004
www.philipfriedman.com

- 1. I am entitled to miracles. You are entitled to miracles.**
- 2. Miracles are always there.**
- 3. Miracles are a correction.**
- 4. Miracles replace grievances.**
- 5. Miracles occur through forgiveness.**
- 6. Forgiveness releases grievances.**
- 7. Forgiveness reveals the miracle.**
- 8. Miracles come from love.**
- 9. Miracles are seen in light.**
- 10. The light has come.**
- 11. I am the light. You are the light.**
- 12. The miracle reveals the light.**

God.Self.Being.Spirit.Universe.Angel...

What miracles would you have me experience today? this week?

What miracles would you have me feel grateful for today? this week?

What miracles would you have me perform today? this week?

FORGIVENESS AFFIRMATIONS

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**I forgive myself for my contribution to the problem.
I forgive myself I am doing the best that I can.
I forgive myself, I release all judgements against myself.
I forgive myself I release all criticisms against myself.
I forgive myself I release all grievances against myself.
I forgive myself I release all attack thoughts against
myself. Forgiveness is the key to happiness.**

**I forgive him/her (use the person's name) for her
contribution to the problem.
I forgive him/her (use the person's name) he/she is doing
the best that he/she can.
I forgive him/her, I release all judgements against him/her.
I forgive him/her I release all criticisms against him/her.
I forgive him/her I release all grievances against him/her.
I forgive him/her, I release all attack thoughts against him/
her. Forgiveness is the key to happiness.**

**Forgiveness is the key to happiness (2 times). There is
forgiveness in my heart for myself and for him/her (2
times-usually use the person's name). There is love in my
heart for myself and for him/her. (2 times) Deep down I
am the Presence of Love. (2 times)
I thank God/the Universe, all my problems have been
solved and I am at peace. I thank God/the Universe, that I
am healed and at peace.
I am at peace (2 times); I am calm, relaxed and at peace.
(3 times)**

A 16 Step Forgiveness Process by Philip H. Friedman, Ph.D (c) 2004
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1. Set the goal first: peace, love, harmony in relationships
2. Have a "little willingness"; choose to be willing to forgive
3. Choose consciously to forgive, i.e. to begin to let go/release judgements, grievances, attack thoughts, shoulds
4. Choose to see things differently: e.g. choose to see that anger covers up fear and fear is a call for love.
5. Realize that forgiveness (of self and others) is a process that unfolds over time
6. Choose to let go of the hope of a different and better past
7. Choose to be happy rather than right
8. Choose to be compassionate with yourself and others
9. Choose to see things from the other person's point of view and empathize with them
10. Remember that an inch is a cinch, a yard is hard: take one small step at a time.
11. Turn the forgiveness process over to the holy spirit or a higher power or force within you. (the "ego" doesn't want to forgive.) Remember forgiveness is a learned process, attitude and shift in perception/beliefs and most people need help from a higher part of their Mind/Being.
12. Change the grievance/attack story (self or others) to one of acceptance or preference.
13. Let go of "unenforceable rules" and shoulds. (they should have done X: I should have done Y etc.)
14. Lighten up. Don't take things so seriously or so personally.
15. Remember that what you focus on expands. What you pay attention to grows. Focus on seeing/feeling the Christ, Buddha, Jehovah, Allah, God, magnificence/greatness in each person including yourself.
16. Remember that forgiveness is a key to happiness, holiness, innocence, peace, joy, divinity and love which are the essence of your Being and you "can" learn to recognize/remember that essence.