

Blanket Forgiveness

by Jim Fallon

The practice of Blanket Forgiveness, outlined in Dr. King's book, *Instant Healing*, is essential to your healing ability development, yet it is a technique that many find hard to do because it involves an emotional place they prefer to avoid.

The technique itself is very simple. When you become aware of a problem in your body like a toothache, a headache centered in a particular spot, a sore muscle, or a place of pain anywhere in your body, you touch the area with two or three fingers and say to yourself, silently or aloud, "Whatever this is related to, I forgive it completely and it doesn't matter anymore." And you keep repeating that for a minute or so, unless you get some kind of relief or insight before that.

The idea behind this is that, very often, body problems are the result of your resistance to what someone else has said or done. Such resistance causes tension, which produces the pain or unpleasant effect. The statement of forgiveness reduces the tension and either diminishes the problem or makes it go away. With some people, however, the idea of forgiveness itself causes tension.

The key reason for this is that most people do not understand the true meaning of forgiveness. They believe forgiveness is something they do for someone else, but there is a deeper, more spiritually mature way to understand forgiveness.

In fact, it has nothing to do with other people. It has nothing to do with how you think you have been treated. It has nothing to do with right or wrong. Forgiveness is a spiritual process that neutralizes negative thought forms, accelerates your spiritual unfoldment, and brings greater satisfaction, insight, and freedom into your life.

To experience true forgiveness, you need to forgive yourself as well as others. The act of forgiving is one of the most liberating experiences you can create for yourself. It helps you to release the negative thoughts and momentum of the past and live in the present.

In the Huna tradition, the principle of Manawa means that Now Is The Moment Of Power. Acting to forgive in the present moment allows you to leave behind the negativity that binds you to your pain and enables you to replace it with a compassion that elevates you and all whose lives you touch, and that's Aloha.

Forgiveness is transformative; it moves you from a state of judgment, guilt, confinement, and fear to one of acceptance and peace. When you can move to that gentle place, the Manawa principle of being centered, you reconnect with your true Self and trade limitation and pain for contentment, freedom, and joy, and that's achieving the principle of Kala, freedom.