

# Effective Forgiving

To cleanse yourself of memories of negative life experiences, we suggest that you use the method "Effective Forgiveness".

## ***Let's Foregive.***

To independently cleanse your body of any unnecessary memories ( and any accompanying emotional blocks), **we suggest that you use the technique of foregiveness.**

This might be simple formula for forgiveness, consisting solely of two phrases:

**"With love and gratitude I forgive (name) and accept him (her, it) as he (she, it) is. I ask (name) for forgiveness for my thoughts, emotions and behaviour in relation to him (her, it)"**

This formula has to be repeated many, many times in regard to every object of forgiveness in order to remove from the body any memories of your conflicts.

A significantly better result is achieved with the Expanded Formula for Forgiveness (EFF), consisting of five sections.

In itself the writing down, subsequent listing or frequent repetition to yourself of all of the phrases of EFF is a good instrument for cleansing the body of emotional blocks. Nevertheless, it requires several months, even years, of repetition to cleanse yourself of chronic emotional blocks generated by conflicts you've been involved for many years.

Something quicker is needed.

## ***Why aren't we listened to?***

Why aren't our inner commands for forgiveness and cleansing of emotional blocks carried out instantaneously?

Because inside us there exists quite a powerful defense mechanism against various changes.

On first receiving an order from you to forgive a specific person or situation, your Subconscious simply doesn't believe you! Because it sees a total divergence in meaning between previous commands and this one.

The majority of previous commands ("it's the last time I get mixed up in business!...It's the last time I ever fall in love with anyone!...How I hate myself for my lack of confidence") were given in an intense upsurge of energy. They were MOMENTOUS, overflowing with energy.

And your present soft muttering to yourself "I am electing to forgive my husband (wife, boss, myself, etc.) and will no longer fight with any of them" looks extremely unconvincing against the background of the earlier commands. Such a strange desire is not worth paying attention to. That is, the command might not be carried out.

Such is the logic which normally informs the processing of our thoughts and desires.

This means that, in order to be heard, we have to add WEIGHT to our command. So that the Subconscious understands that we have taken a DECISION which is REAL and VERY SIGNIFICANT TO US. And demand that it carry it out.

That is, we must demonstrate the SIGNIFICANCE of our decision.

### ***How can we do this?***

How do we demonstrate the significance of a command?

Each of us experiences a multitude of emotions and desires, and the organism (Subconscious) has worked out a precise criterion as to whether it's worth carrying out any given command, or whether it's just a passing fancy.

This criterion is simple – we must show how IMPORTANT THIS RESULT IS TO US.

But with what do we usually demonstrate the IMPORTANCE for us of any result?

Remember how you feel when you go to a meeting and you don't know how it will go.

When you're waiting for the result of an important exam.

When you are striving to get accepted in a post, and make every effort to achieve it.

When you are ready to enter a competition and hunger for victory.

You are in an intense state of excitement. The organism raises your energy level so that you don't falter at a crucial moment. It has recognized your goal as IMPORTANT (and slightly dangerous) and has undertaken to help you.

Why has it? Because you have thought about this result a lot. You have planned your future. You HAVE DEVOTED A LOT OF TIME AND ENERGY to achieving this result.

That is, you have invested your energy, time and, sometimes, a lot of money in the result. And by the same token you have demonstrated its importance and significance for you.

We get what we value.

In other words, you have shown that it was not some fleeting desire which you'll have forgotten about after five minutes. It wasn't a random emotion which sprang up and then disappeared without trace.

It was a result which you had spent a lot of time pondering on (at the level of Reason). And by doing that, you have shown the Subconscious that it is necessary and important to you.

And it has activated its resources, including putting you in a state of arousal, in order to achieve your result.

This is how natural processes unfold in our organism, in accordance with an algorithm developed over the course of evolution. With your mind concentrated, think, value, make real efforts – and you can achieve the result.

If you've only dreamt about it a couple of times, the chances of achieving it are negligible.

Unless it was a completely new desire, to which there were no attitudes in the Subconscious which might inhibit it. In which case the desire might be miraculously realized, to the envy of other people.

But usually only once.

It turns out that the usual path is a long one, where we have to doggedly reflect, over a long period of time, on our command to "forgive", i.e. clear our body of an emotional block, and to repeat many, many times the simple or Expanded formula for forgiveness.

We really want something quicker.

To find a way of speeding up the process, we have to understand who carries out the functions of defender of the Subconscious against new ideas and random desires.

Or, put another way, which part of the control system of our body carries out the functions of the "inner filter" or "inner monitor".

Apparently, it's our reason (the rational, logical part of our consciousness), which specializes precisely in the weighing up and making of decisions.

For example, if a desire to buy something arises in us, then our Reason sends an enquiry to the Subconscious: but what is

available there to deal with the matter?

The executive department of the Subconscious (read about this in the book "The open subconscious. How to influence yourself and others" ), after running over various memory blocks, presents information concerning whether we need this purchase, what your husband (wife) might think about it, whether you can afford it, etc.

Reason processes these data and makes a final decision.

Recall your musings when you've been standing in a shop next to some article which has taken your fancy and weighing up whether you can buy it: "I really like it, but it's a bit expensive for me. And my husband will be grumbling again about how I waste money on rubbish. And we've got to repay a debt within a month, and this purchase would make that difficult. OK, I won't buy it today, I'll pop back when money's not so tight".

This is how Reason deliberates. And on the basis of its reasoning it makes the decision: "I mustn't do this".

Precisely thus, after a command to forgive a specific person, Reason requests information about him from the Subconscious. And receives memories of all of your innumerable conflicts, resentments and other unpleasant matters. And, most likely, takes the decision that you can't simply accept him and forgive him. And no doubt you have been unable so far to convince it [Reason] of the rightness of this course. But you need an emotional block in order to realize those ideas for the sake of which you've been struggling against Reason for so long.

But we really wish to forgive and remove the emotional block. How can we overcome this mechanism of resistance to new commands? And by the same token speed up the process of forgiveness.

Of course, it's possible to speed up the process of carrying out our commands if we can somehow stop our "inner critic", i.e. our Reason, interfering with the process of installing a new command.

In that case our commands will pass straight into the Subconscious and be accepted for execution. In our case, this means that the Subconscious will remove "combat energy-charges" – emotional blocks – ,which we no longer need, from the body.

But how do we switch our Reason off? Not completely, so that we lose consciousness, and only to the extent that it's still functioning and helping us to download the commands required by us into the Subconscious, but has stopped evaluating and rejecting them.

### ***What switches Reason off?***

We already know that Reason is switched off when we have intense Emotion. When you are in the grip of passion or rage, you behave unthinkingly (irRationally).

But what is intense Emotion? It is, above all, an aroused state of mind. Or, to put it differently, a high energy state.

This means that we have to somehow raise our energy level without using emotion.

### ***How do you raise your energy level?***

But how do you raise your energy level whilst remaining conscious, that is, under the control of Reason?

We could use a technique of intensive breathing. This is the basis of such psychotherapeutic practices as "holotropic breathwork", or "rebirthing". But in this, the breathing carries out a purifying function and definitely requires the presence of a specialist.

We merely need to switch off our “inner controller” and the process of cleansing will proceed as a result of the giving of the command to forgive.

So we can use intensive breathing to consciously put the organism in a state of arousal in which our Reason loses its “controlling” functions. And stops rejecting commands to forgive on the basis of past experience.

But Reason should still be partially functioning in this process, so that we can install the commands required by us in the Subconscious.

It certainly doesn't require us to go into trance states in which we lose control of ourselves, as with holotropic breathing.

Thus we will only breathe standing up.

When you are standing, some part of your consciousness is always functioning in order to maintain a vertical posture.

It will help us install the commands we require in the Subconscious.

This technique is called Effective Forgiving.

### ***The Technique of Effective Forgiving***

The gist of it is simple.

To start with we breathe intensively for three minutes, and by doing so we switch off the control function of our Reason.

We breathe standing up so as to maintain full consciousness.

Then we begin to repeat to ourselves the Formula for forgiveness, simple or Expanded.

If there are bodily reactions, then in the beginning we work them off with the help of corrective breathing, then continue

with the mental repetition of the formula.

And that's it.

The recommended time for working with the method of Effective Breathing for one session is 20 – 25 minutes. It's best to spend this time working on only one object of forgiveness.

If there's spare time and the desire, you can work for another 20 minutes – perhaps with another object of forgiveness.

You should not restart the work earlier than the following day.

Our commands will start to be carried out.

When we start to give ourselves commands in a higher energy state, they will be carried out immediately.

In other words, the Subconscious will actively begin to annul the emotional block present in your body (and no doubt, several interrelated blocks), which was generated in the course of a conflict with the object of forgiveness.

And what is taking place in the body when hitherto compressed "springs" in the body (In fact, emotional blocks – read about this in the book "The Open Subconscious", or [Uncovering The Mechanisms Of Emotions](#) ) are released?

The body will start to react physically.

Quite often the reactions will be painful.

Ouch! That hurt.

Here are several descriptions of states which people have experienced when working with the method of Effective Forgiveness:

*Hello, Alexander. In the first minute I experienced a strong pain in the kidneys and spine, and after five minutes I*



stopped, but not because I can't put up with pain, I can, it's just that a strong feeling arose in me "that's it, enough, stop". Nastya.

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Dear Alexander Gregoryevitch! The fact that I was able to endure 10 minutes of EF made me very happy. It means that I'm on the right path!... during the session it was very difficult, I felt as though my head was in a vice, my face cramped up so much that it seemed to turn to stone, my mouth was turned inside out, there were tears, an incomprehensible growl came out of my throat, I could scarcely open my eyes, the pain was terrible... my feet were aching, my hands seized up, my fingers were twisted...15 minutes after the session I came to...but then I broke down and cried...Obviously, I'm in a mess psychologically)))))) A huge thank you to you! Vika

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Alexander, Hello! A huge thanks to you for the technique! I was looking forward to it, I had decided immediately to try out this method out on myself. I was already familiar with holotropic breathing. This is something else.. it's a bomb! I wept torrents of tears, my hands were so cramped that 30 minutes after the session I couldn't straighten them up, I was shaking like a leaf. I thank you, Alexander, for your huge efforts and for the help you give to people. Many thanks, Irina

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Hello, Alexander! I'd like to describe my sensations after the sessions of EF. The first time I was simply stunned by the effect, I hadn't really believed the testimonials I'd read about twisted hands...but mine were so cramped that 15 – 20 minutes after the session I couldn't move my fingers..., and when I came to the text, every phrase burst out of me with sobs...and after the session as well...I started on the second

*session in the hope that it would be easier!...but it wasn't...this time, as well as my hands, my whole face seized up...I had to breathe through nearly gritted teeth and look at the screen with my eyes virtually closed. Natalya*

*\*\*\**

*Alexander, THANK YOU!!! I did the forgiveness technique for the first time. The breathing was easy, I quickly went into a trance, "spoke the attitudes" , and felt that I went even more into a trance... really I just read them and concentrated more on the breathing. BUT WHEN I came to the bit about forgiving my child...here I just flipped out! And it took my breath away, and I was struggling to breathe, I wept floods of tears, and the back of my throat was dry...even though this [part]only lasted several seconds...BUT WHAT POWER!!! Viktoria*

*\*\*\**

*Alexander Gregoryevitch, Thank You, Thank You, I Thank You and the Universe for this wonderful technique "Effective Forgiving"! After doing it for only 20 minutes, I was in the 7th heaven, I felt a sea of energy inside me. And during the effective forgiving after the reading of each mood my cheekbones hurt from yawning and my tears flowed without emotion, my legs ached and my whole body was frozen. And also I sometimes had a sharp convulsion and coughed. Now I feel wonderful, With Love and Gratitude, Nelly*

Naturally, not everyone has such reactions. But, when embarking on the cleansing of emotional blocks, you must be prepared for the fact that you might experience some pain in the initial stages. But then, in effect, happiness awaits you afterwards. After it's been completed , naturally.

What should you do, if you felt that, whilst dealing with the emotional block, you experienced some pain?

How should you deal with painful reactions?

That depends on the severity of your unpleasant bodily reactions.

If they are very intense, you mustn't persist, stop the intensive breathing immediately, and postpone the work on cleansing yourself of emotional blocks until the next day. Or abandon the breathing completely and use the technique of writing down and the subsequent listing of the Expanded

Formula for Forgiveness.

If there are painful reactions, but they're completely tolerable, then you need to work on them.

The discharging of the emotional block has taken place, your bodily "spring" has been released, and your bodily tissues have been slightly traumatized.

***The body's reaction to this was pain.***

But what is pain? It is the organism's cry for help. In whatever place in your body it occurs, the organism is not able to deal with it independently.

It's asking us for help.

How can we help it ourselves, without using tablets, ointments or other external means?

We can send additional energy to the place where the organism is not coping with it on its own.

We use breathing to heal.

For this we can use the ancient Indian technique of healing breath.

The idea behind it is simple.

You breathe in air as usual, through the mouth into the lungs.

Exhale exactly along the same pathway.

But mentally represent this to yourself as the air passing from the lungs through the sore spot in the body and then into the outside world.

In other words, you as it were exhale the air through the sore spot in the body, wherever it might be. Inhale normally.

On doing this you will have the clear sensation that the sore spot is getting warmer.

The breathing is intensive as before , allowing one to maintain a high energy-level and shut off the critical function of Reason.

But you mentally direct all of your intensive exhalations to the place in the body where the emotional block has manifested itself inside you.

After a certain time the pain will go away, usually after 2-3 minutes. But sometimes it's necessary to spend 20-40 minutes to remove the painful sensation.

Whilst using breathing to heal the pain, you can stop repeating the Formula for Forgiving, and concentrate purely on directing the energy to the sore spot in the body.

When the pain passes, you can return to the mental repetition of the Formula for Forgiving.

You needn't repeat the Formula aloud – this will interfere with the intensive breathing.

### ***The safety technique***

By no means everyone can use the method of Effective Forgiveness.

The following categories of people are prohibited from using this technique:

- those who are pregnant, at any stage of pregnancy.
- people registered with a psychiatrist for any mental illness. Or people taking tranquillizers.
- people with high blood pressure, especially if critical.
- people with very low blood pressure.
- people who have recently (less than 3 months) undergone complex operations (including eye operations).
- people who are suffering because of any illness or serious trauma.

In general, the method of Effective Forgiving is not recommended for anyone over the age of 45 who is prone to intense emotional reaction to various events or to their own thoughts.

Of course, most people in this age-range are completely healthy and may feel wonderful. But some people who are prone to intense emotional reaction might, by this age, have accumulated a huge quantity of blocks. And on using Effective Forgiveness, they might start experiencing very intense bodily reactions, which require urgent medical intervention.

So, if you are over 45 and your past is full of unpleasant memories, we recommend that you refrain from using Effective Forgiving.

You must make an independent decision as to whether you will work with Effective Forgiving or not. It will be your choice, and you yourself are responsible for it.

***What can you do if you fall into any of the above categories?***

What can people in these categories do?

If you belong to the list of those who are categorically contraindicated for the use of Effective Forgiving, you should simply use the gentler techniques for the cleansing of emotional blocks, at least at the beginning of the work.

What can be used instead of Effective Forgiving?

Above all, the frequent mental repetition of the EFF without intensive breathing.

It's a very good idea if you can write it out frequently by hand, taking it down from the computer screen.

It is definitely recommended to work with all of your EFF's not less than 10 times over a period of 3-5 months.

This method has already been used by thousands of people, and the most surprising positive changes have taken place in their lives.

P.S. To work with Effective forgiveness is very convenient on the website Assistant to self-transformation [www.selftrans.ru](http://www.selftrans.ru) But for now it only works in Russian.