

Forgiveness, A Path, A Promise, A Way of Life Study Guide

Designed by Michelle Wadleigh

My purpose for this book and for the complementing courses is to bring peace to the hearts and minds of the masses. The kind of peace that allows you to feel settled, calm, and able to make good and grounded decisions because through forgiveness you can settle much of the unrest in your body temple.

Ingesting the material in this book is no small feat. Going through this in a group will support your process. Having a safe place to share is critical. You are encouraged to use all the forms and exercises for your greatest experience. I encourage you to take at least six weeks to do the work, while longer is better. Please sign up on our website for our newsletter and course options.

Choices to make regarding this book study:

- Have your attendees order the book in advance so they can get familiar with the material.
- Should this be online or in-person? Today's atmosphere since Covid calls for either/or options, but you will need to make this decision upfront. If you are not completely confident with Zoom, or whichever online platform you use, I would not offer a hybrid version. (Hybrid meaning both simultaneously.)
- How many weeks should it be? The study is broken up into a 10-week program but can easily be pared down to a 5- or 6-week option.
- How long should the class be? Because it is a book study and it is free, the guide should make this decision for their convenience, it can be 60 – 90 minutes. Less than that doesn't give you quite enough to add spiritual practices. Your decision should also take into consideration the number of people.
- How many people? Research suggests the maximum for a study group should be 8 but we have worked well with 10 people.
- What spiritual practices will be offer and who will run them? We highly recommend beginning each week with a set of spiritual practices, primarily meditation and prayer/treatment/mindshift. This is critical to sync everyone up together. You might decide to ask participants to offer the opening meditation and prayer or simply keep it with the study Guide.

Please introduce everyone to our [www.https://PlannedHappinessInstitute.com](https://PlannedHappinessInstitute.com) site.

Also, if you provide the names of your participants we will invite them into our Forgiving the Shadow Facebook Group, a private group. Send an email with their names to:
PHI.infocenter@gmail.com

Initial Preparation

Prior to the first night.

Read pages V - X

If you want to understand the power of this work, you might also want to read Michelle Wadleigh's Preface: My Story. This is a true personal life testimony for this deep and powerful work.

Page 1 A Path page 1

Read the path and discuss the bottom of the page beginning with the paragraph. *"We come to forgiveness from a spiritual and metaphysical approach that contains within it some innate agreements."*

This is a foundation for all the work, so it needs to be discussed and fully ingested.

Recommendations for your best experience:

1. From the very beginning of the course, begin to WATCH YOUR MIND. This will help you to get to know yourself better.
2. Practice non-judgment, non-gossip, and non-complaining. This is great to do throughout your life, but it will also help you to WATCH YOUR MIND.
3. Use the scripts in the book regularly.
4. Meditate daily, even if only for 5 – 10 minutes a day. This will help you to get grounded and have your body settle.
5. Never let the agenda be more important than what is happening in the room.

For the facilitator – Never ever attempt to take someone beyond your ability to support them. If you are not a therapist or a trained professional, keep the work to the nature of the study and nothing more.

PHI Study Guides – We have trained guides available to support you in your groups/churches/organizations. They are on our website.

Chapter 1 Page 3 - A 360-DEGREE HOLISTIC VIEW

During the week: Read the entire chapter and do the exercises.

Opening meditation and mindfulness practice.

In class, discuss:

- Pg. 4 FIRST, The 360-degree holistic view: We look Outward
- Pg. 6 SECOND, We Look Within
- Pg. 7 THIRD, We Seek Innocence/Purity

The Third: seeking innocence and purity within us and within others can be a sticking point for many people. While a critical aspect for the work, move slowly through this, sensing your body.

- Pg. 9 – Watch Your Mind

There is nothing in this book more important than my encouragement for you to watch your mind, to learn how you react, to track your emotions. Discuss this in class and follow the exercise on pg. 10.

- Pg. 10 – bottom – Three Prong Approach, discuss in class.
- Pg. 22 – The Main and Most Important Ingredient. Mindshift, Spiritual Mind Treatment/Prayer/Affirmation, by any name the way to open yourself to forgiveness at the deepest level is to take your intention into your prayer practice.

For home: Journal Prompts/Questions to Ponder

- What do I want to come away with from this practice of forgiveness?
- Am I willing to forgive myself and practice self-compassion?

Commitment to change. What actions are you committed to so you can actualize what you have learned in this chapter?

Chapter 2 Page 13, YOU ARE A HEALING POWER

During the week: Read the entire chapter and do the exercises.

Opening meditation and mindfulness practice.

In class, discuss:

- Pg. 13 Unless you bring forth what is inside to be healed, you will continue to walk around in your life exactly as it is. While taking inventory of your pain is not something you might look forward to, it is necessary. Do the exercises but take time in class to share with at least one other person some of the things on your list.
- Pg. 14 Complete the Journal Prompts.
- Pg. 15 Talk about your motivation, your WHY for being part of this book study. Complete this in class and share with all.
- Pg. 17 Discuss the power of choice and, before leaving tonight, write a statement regarding your choice.

For home: Journal Prompts/Questions to Ponder

- Write your why in your journal. Be clear. Make sure that the statement motivates you.
- How can you be a healing power within your family/community?

Commitment to change. What actions are you committed to so you can actualize what you have learned in this chapter?

Chapter 3 Page 21, NON-JUDGMENT AS A PRINCIPLE OF FORGIVENESS

During the week: Read the entire chapter and do the exercises.

Opening meditation and mindfulness practice.

In class, discuss:

- Pg. 21-25 Discuss the power of non-judgment and how it will support you going forward, not only in your forgiveness work but in all of your life.
- Pg. 24 Discuss micro-judgments and how they show up in your life.
- Pg. 27 In class, facilitate an open eye meditation. In perfect silence, look around you, see everything and do the best you can to not form an opinion about what you are seeing. Just see. Just notice. Just observe.

For home: Journal Prompts/Questions to Ponder

- I judge because . . .
- When I am judged I feel . . .
- If you ceased judging right now, what might change in your life?

Commitment to change. What actions are you committed to so you can actualize what you have learned in this chapter?

Chapter 4 Page 29, THE POWER OF RESPONSIBILITY

During the week: Read the entire chapter and do the exercises.

In class, discuss:

- Pg. 29 Read this page in class and fill out the forms.
Discuss:
 - The difference between taking responsibility and taking blame.
 - What can you anticipate will change in your life by taking responsibility?
- Pg. 31 Read the Mindshift aloud in class by a volunteer.
- Pg. 32 What have you learned to pay attention to since the beginning of this study?
 - What have you noticed about your body and its reactions to what you are learning?
- Pg. 35 IN CLASS, spend another period of time – at least five minutes, collectively get perfectly silent. During that silence, pay total attention to your body, what sensations have you never noticed? What places of stress are in your body? Are you breathing shallowly from your upper chest or are you belly breathing?
Stop, breathe, feel.

For home: Journal Prompts/Questions to Ponder

- Write about how taking responsibility might empower you to be free.
- Be honest, write about your attachment to blaming another or making someone wrong.

Commitment to change. What actions are you committed to so you can actualize what you have learned in this chapter?

Chapter 5 Page 39, TAKING INVENTORY

During the week: Read the entire chapter and do the exercises.

In class, discuss:

- Pg. 39 Take time in class do discuss who is on your inventory – not the details, but the themes and trends. What do you notice about your inventory? How does it make you feel?
- Pg. 41 As a child we had to endure broken promises, some small, some large. We had to endure disappointment. Discuss in class, what is your coping mechanism?
- Pg. 44 In class practice **The Broken Promise Forgiveness Practice**
 - KEEP TO THESE RULES – please no stories. Everything you are dealing with lives inside, there is no reason to discuss the people or the broken promise.
 - Pg. 45 Intention is a powerful spiritual practice. Combine intention with determination and you have a winning formula for change.
 - Pg. 46 Read the mindshift at the bottom of page out loud. Feel your body as you read it. How does it feel?

For home: Journal Prompts/Questions to Ponder

- As you take inventory and begin to notice the number of feelings that you have stockpiled, journal about what you are noticing.
- By releasing these broken promises, how can I now move forward?

Commitment to change. What actions are you committed to so you can actualize what you have learned in this chapter?

Chapter 6 Page 49, THE POWER OF BLESSING

During the week: Read the entire chapter and do the exercises.

In class, discuss:

- Pg. 49, Para. 1 Read aloud in class and discuss the value of blessing. What does this practice make possible?
- Pg. 49/50 Go over the examples on these two pages and now practice in class with the support of your study buddies.
- Pg. 50 Para. 6 Read and discuss shame, its issues, and its impact in your life.
- Pg. 51 Para. 7 Read this paragraph aloud. Discuss and create a mantra that you can use every time you feel shame arise in you.
Examples: I am more than what I feel.
I learn what I need to learn and release all shame.
Try and create a response before leaving class. This will be very helpful in the future.
- Pg. 56 Read the two mindshifts out loud in class. Always monitor how your body is responding to anything that you read.
- Pg. 58 Blame: A Great Tool of Deflection – Read and discuss in class.

For home: Journal Prompts/Questions to Ponder

- What have you felt guilty for in your life but have never spoken about?
- Journal about how blaming another disempowers you.

Commitment to change. What actions are you committed to so you can actualize what you have learned in this chapter?

Chapter 7 Page. 61, ALL FORGIVENESS HAS TWO PARTS

During the week: Read the entire chapter and do the exercises.

In class, discuss:

- Pg. 61 Read the opening page of this chapter.
 - What does it mean: There is no outside, there is no other? How does this support you in your growth?
- Pg. 64 What is the impact you have experienced from your nuclear family? Try not to judge too harshly, just take notice. Before you forgive, you need to raise your awareness of what happened.
- Pg. 66 Were you ever bullied? Were you a bully? Again, what was the impact and who do you need to forgive to be free of that impact?
- Pg. 68 Secrets are often the reason that certain pain and suffering continue. As children we want to protect our family from the pain in the room, so often we lie to protect everyone. Was this your experience? Can you forgive others for their impact and yourself for keeping the secret/the lie alive?

For home: Journal Prompts/Questions to Ponder

- Am I done suffering? When is suffering complete?

Commitment to change. What actions are you committed to so you can actualize what you have learned in this chapter?

Chapter 8 Page 71, TAKE BACK YOUR POWER

During the week: Read the entire chapter and do the exercises.

In class, discuss:

- Pg. 72 Have a volunteer read the statement on the page out loud.
 - Discuss your reactions to this reading.
- Pg. 73 Discuss in class what you think might be buried in your subconscious and how forgiveness might help you to free what is there.
- Pg. 74 or 75 Choose one of these scripts to read aloud while all others sit in a meditative posture. Feel. Debrief together.

For home: Journal Prompts/Questions to Ponder

- Journal about your feelings about prayer/mind-shift.
- List the new healthier messages that you want to impress upon your subconscious.

Commitment to change. What actions are you committed to so you can actualize what you have learned in this chapter?

Chapter 9 Page 79, BE WILLING TO FEEL FIRST

During the week: Read the entire chapter and do the exercises.

In class, discuss:

- Pg. 79 Read the opening four paragraphs in class then discuss feelings & emotions. What feelings do you enjoy? What feelings do you try and avoid and what is the problem with avoidance?
- Pg. 80 Under Deepening the Practice, while holding your inventory in hand, use the affirmation there and open to your realizations and reactions. Share.
- Pg. 84 Read the bottom of the page and list the stories you tell most often. Discuss in class what retelling of these stories keeps alive in you.
- Pg. 90 What does finding your innocence mean to you? Can you find it within? Are you willing to find it in others, in your perpetrators?

For home: Journal Prompts/Questions to Ponder

- Journal about a time when you sensed your innocence. Tell a story about where you were and when. Try to recall the feeling completely.
- What new story would you like to tell that becomes possible from your commitment to forgive?

Commitment to change. What actions are you committed to so you can actualize what you have learned in this chapter?

Chapter 10 Page 91, SELF-FORGIVENESS

During the week: Read the entire chapter and do the exercises.

In class, discuss:

- Pg. 91 Read the opening paragraphs to this chapter and then read out loud the self-forgiveness list.
- Pg. 92 If you haven't already, fill out the blank self-forgiveness lines, break into groups and share.
How does that feel?
- Pg. 92. This exercise, Conscious Confessions, should not take place in the group, however, while together try this practice facilitated by the Study Group Leader.
 - With your list in hand begin to read your self-forgiveness list out loud but, in a whisper, – ALL AT THE SAME TIME. This will prevent anyone from hearing each other. (Please soft music in the background for white noise.)
 - Use statements such as: I forgive myself for _____ and I bless everyone in this book study to do the same. Repeat and repeat for about five minutes. Slowly, quietly.
- Page 97 In the twelve-step world, they practice making amends as long as it does not cause harm. Discuss making amends, what it might do for you and what it might do for the one you are making amends with.
 - List some actual amends you might be willing to make.

For home: Journal Prompts/Questions to Ponder

Commitment to change. What actions are you committed to so you can actualize what you have learned in this chapter?

Chapters 11 and 12, Pages 109 & 121

During the week: Read the entire chapter and do the exercises.

In class, discuss:

BE PROACTIVE: THE EVERYDAY WORK / PRAYER TREATMENT / MIND-SHIFTING EXPLAINED

- Read the entire chapter, do the exercises, and discuss:
 - Share about any rituals you might have tried and your experience.

- **Tonight is a night of celebration.**
 - What have you learned?
 - What are you willing to do going forward?
 - Where in your life have you experienced the greatest growth?

Commitment to change.

What actions are you committed to so you can actualize what you have learned in these chapters?

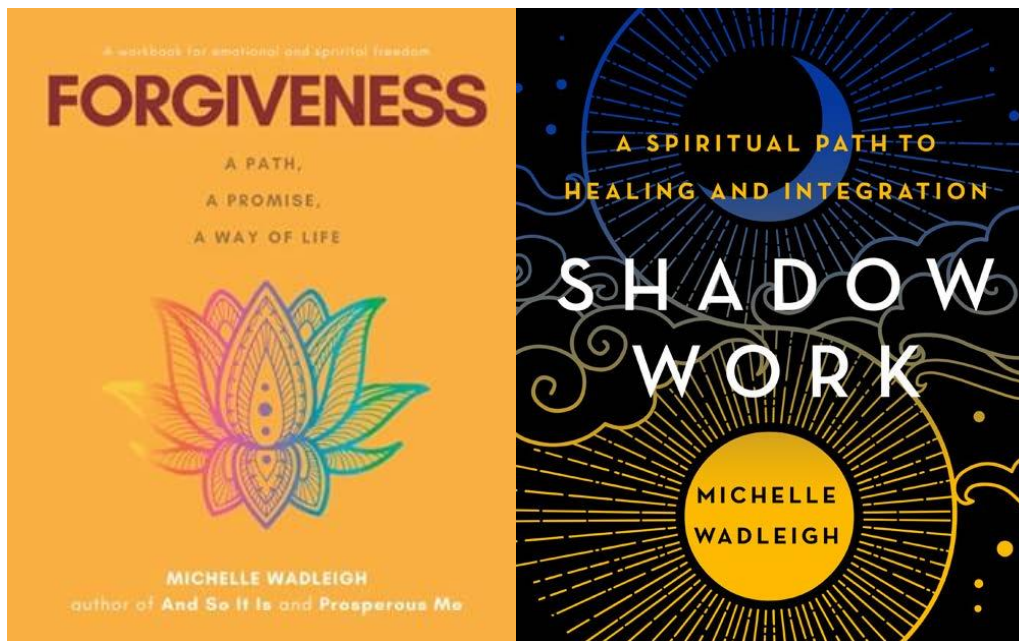
Discuss your commitment and speak it into the class.

- Make this last day/night, a time for celebration and testimony.
- Tell your stories of triumph.
- Share gratitude with your cohort, for what you have learned from others in this class.

Thank you for participating in this life-enhancing book study. Please check out our other offerings at Planned Happiness Institute.

We have Forgiveness courses designed for the novice and the advanced metaphysical students.

Check out all of Michelle's books on Amazon.com and get on her newsletter list. Contact her today to bring her to your local community or to schedule a course for your specific community.



Both books are available on Amazon, and the *Shadow Work* Workbook is available on 9.24.24 in Barnes and Noble.

Michelle is available:

- For talks both online and in person.
- Will teach to your community online.
- Retreat facilitation.
- Private Forgiveness Coaching.
- Semi-private Cohorts for qualified participants.