

thank you



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CHAKRA MEDITATIONS

In any situation where forgiveness needs to be achieved, there are three points of view: the victim, the perpetrator and the witness or bystander.

Therefore it stands to reason that trust needs to be rebuilt from all three points of view as well.

VICTIM

I forgive those who wronged me
I ask that peace and forgiveness are
chosen for all; I'm sorry, I love you,
I forgive you, please forgive me



I see a vision of a positive future
in which I am freely able to
express my trust and be an
honest and trustworthy being



I express my emotions freely
I express forgiveness to my
perpetrator and embrace
him/her with love



I connect to my higher power,
myself and the people around
me in love and forgiveness



I embrace my own personal
power and draw strong
boundaries that I adhere to
and enforce with love



I create a positive future filled
with loving and trustworthy
beings



It is safe for me to trust again
I feel secure when I give and
receive trust freely



PERPETRATOR

I ask forgiveness of those I have
wronged and I ask that peace and
forgiveness are chosen for all;
I'm sorry, I love you,
I forgive myself, please forgive me



I see a vision of a positive future
in which I have made amends
for my wrongdoings and have
achieved atonement and forgiveness



I express my deep love and
remorse to those I have wronged
and ask for their mercy and
forgiveness



I connect to my higher power,
myself and those around me to
make amends for my wrongdoing



I choose to express my power
in a positive and loving way
and I humbly seek forgiveness
for the wrongs I have committed



I create a positive future in
which I am a completely
trustworthy being



It is safe for you to trust me
You can feel safe and secure
around me



BYSTANDER

I forgive the injustices I have seen
I ask that peace and forgiveness
are chosen for all; I'm sorry, I love
you, I forgive you, please forgive me



I see a positive future in which the
people of the world will defend,
love and protect each other
I will lead the way by example



I express myself clearly when I
see an injustice committed
I speak up and protect those who
need my voice to speak for them



I embrace my connection to the
people around me and act on
injustice when I see it happen



I intervene with love and use my
personal power to act against
injustices when I see them
being committed



I create a positive future in
which I am safe to against
injustices and free of guilt



It is safe for me to trust others
It is safe for me to take action
when I see an injustice



RAMPAGE OF TRUST

I am a divine expression of light and love.

Love created me like itself and love holds no
grievances.

It is a reflection of my highest self when I offer
trust to another being and make myself
trustworthy in their eyes, and I adore reflecting
my highest purpose.

It brings me joy and peace on every level when I
can extend trust to someone after a betrayal and
heal the separation that has occurred.

Every day I open myself to feeling greater love,
trust and compassion for every human being that
is around me. I see them all and welcome them
with love.

I love to be a trustworthy soul who says what I
mean and walks my talk. It thrills me to be a
positive motivation and inspiration to the others
around me.

It warms my soul to draw to me other trustworthy
divine beings of light who can feel the trust I
exude from every pore.

I love to fill my life with warm, caring,
compassionate, loving and trustworthy people
and I am truly grateful for all the joy, love and
laughter I share everyday with these wonderful
beings.

All is right with the world and we are loved.



categories



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Life Coaches Toolbox has a number of free diagnostic tools and resources that coaches, trainers, mentors and managers can use with clients, or that you can use on your own.

- Affirmations
- Anchoring
- Belief Systems
- BodyTalk Tapping
- Boundary Setting
- Building Trust
- Chakras
- Chinese Medicine
- EFT Tapping
- Eliminating Ego
- Energy Work
- Energetic Protection
- Fear & Anxiety
- Feeling Stuck
- Fighting & Arguments
- Focus & Motivation
- Forgiveness
- Gratitude & Appreciation
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- Mudras
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