

Letter of resentment and forgiveness

These are letters of resentment and forgiveness when you want to remove emotional blockages, let go of fear, resentment, anger, shame, guilt and anything that might keep you stuck. A resentment letter works well when you cannot tell a person directly about your grievances, maybe he/she is no longer alive, not around, or you do not communicate.

Letters can be written to:

1. Yourself
2. Parents, grandparents etc...
3. Girlfriends / friends who have grudges
4. Husbands / wives, loved ones, ex
5. Brothers and sisters
6. People who have offended us
7. People whom we have offended.
8. To God or a Higher Power, the Universe

You need to retire for an hour or two. Take a paper and a pen with you and write a letter to a specific person according to a specific scenario. Please pass through all the senses in the letter in the order indicated below. Write every paragraph, every emotion until you feel a slight emptiness, when there is nothing to write about. This is a signal to move on to the next.

1. Dear name, dad, mom, etc.!
2. I am angry with you for the fact that you ...
3. I take offense at you for what you....
4. It hurt me a lot when you....
5. I am very scared that ...
6. I am disappointed that ...
7. I am sad that ...
8. I'm sorry that ...
9. I am grateful / to you for the fact that....
10. I apologise to you for the fact that....
11. I let you go (if ex) or I love you (mom, dad, husband / wife, current partner, etc.).

Do not take it formally, write everything, even if it seems nonsense to your mind. This can take many sheets of paper and several hours - especially the first time. You may cry. This is not bad, because cleansing also occurs through tears. Try to breathe deeply - it also helps to experience all the emotions.