



Forgiveness:

A Ritual for Releasing Mistakes

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There are so many moments in life worth celebrating!

Growing numbers of people are reinterpreting the traditions of their childhood and leaving behind faiths that no longer serve them.

After setting out on this path myself more than 20 years ago, my own longing for rituals took me on a long search and landed me here, sharing some of what I learned along the way.

I am glad you are here.

And I am truly at your service.

Welcome!

-Deborah, *LaPadre*



Forgiveness: A Ritual For Releasing Mistakes

Each and every mistake I've made hurts. Every time I feel as though I haven't lived up to my potential it's another "ouch" in a long line of "ouches." And I find they pile up. Sound familiar?

I've tried being reasonable with myself. But my guilt is not reasonable, so that doesn't work.

I've tried things like affirmations and looking on the bright side of things. But I can still sense the hurt there, draining my energy.

I've tried ignoring how very much this collection of ouches hurts. But I spend so much energy trying to hide from them that I end up emotionally exhausted.

What I really needed was a way to release all the pain I was holding and unable to let go of.



This ritual will guide you in building a strong container where you can do powerful emotional work.

Guilt is a strong emotion. And, for me, owning up to my imperfections and the mistakes I've made is incredibly difficult, intense work.

To make it easier I create a space where I feel protected and safe to explore these emotions. I want to feel like someone I love and trust is holding me in their arms in a judgment-free zone. I want to feel like there will be no harm done to me when I open myself up, let down my guard and give myself over to this vulnerable state.

Creating a protective place to work is what we're really after when we "create sacred space." We are drawing a line (figuratively and energetically) between our regular, everyday life and this special time where we intend to address our emotional needs.

By setting aside dedicated time for this work, we alert the subconscious that something out of the ordinary is going on.

This activates a whole other level of engagement.

We are asking ourselves to do deep healing and this takes trust – a sense of safety. By creating this sacred space we assure ourselves that it's OK to be doing this work now.

Part of the way to build a strong sacred space for yourself is to surround yourself with objects that symbolize protection and safety to you. What makes you feel at ease? You want these objects to be visual reminders and representations of your intention to create a safe place to do this work.

Because visual representations are based on something deeper than language.

So they speak directly to the subconscious.

This allows the work you're doing to happen at a much deeper level than it would if you were journaling or talking yourself through it.

Cool, huh?

The questions below will walk you through finding objects that represent a sense of safety and protection for YOU.



Choosing the Elements and Focus for your Ritual

Safety First.

Ask yourself, ***What would make me feel safe? What symbolizes protection to me?***

No rules here except yours! These items could be a stuffed animal, a scent, a photo, a crystal, or a book, for example.

Who could I call to my back energetically that would make me feel supported?

This is perhaps a family member, friends, teachers, even a character you admire from a favorite book. (Note: Only call to your back people you feel absolutely comfortable with calling. If they're at all questionable and make you feel the least bit shaky then do not list them.)

Focus.

What objects need releasing? What am I feeling guilty about?

Examples might be the pile of paperwork on the desk, the broken alarm clock sitting in the back of the closet. That pair of pants you bought with the intention of losing weight.

Maybe it isn't an object at all. Perhaps it's a mistake, a thought pattern or a situation that needs releasing. **If so, what item could stand in for it during the ritual?**

For example, the outline I did for the workshop I promised to put together 8 months ago - but never did. Or a baby blanket or **object from your past that perfectly represents the source of your pain.**



Gather What You'll Need for your Ritual

- An altar cloth (napkins and/or scarves work well for this purpose.)
- A candle for the center
- A lighter
- The items you've chosen to symbolize a sense of protection on your altar
- Amethyst crystals (or you can use common ivy leaves if you can't find the amethyst.)
- Tea lights
- The item needing release
- Journal and pen (optional)
- Tissues (just in case)



Create Your Ritual Space

I like to do this ritual on the floor of my office but if your body requires a chair or some other form of support then work with that.

It is important to be physically comfortable during this ritual.

As best you can, given the space you have to work with, alternate the amethyst/ivy and the candles, creating a circle wide enough to hold you, your altar and your object.

Set up your altar in the center of the circle. Settle yourself down in front of your altar. Ground and center yourself with a few deep breaths.

Now, In a clockwise direction light the candles in the circle surrounding you.

Then light the candle in the center and, if it feels right, ask Spirit to join you. Use whatever name for the Divine you feel comfortable with, or omit this part if it doesn't apply to you.

Declare your intention.

“I am here in this sacred, protective space to beg forgiveness from _____.” The wording is less important than the emotion behind it.

Focus for a moment on feeling safe and protected. Look at the items on your altar; call to your back any energies that you want to support you in your work. When you feel confident enough, begin the work below.



Begin.

Start by focusing on your object.

Notice all the negative feeling around it. Allow yourself to feel all the guilt and pain that have become connected to it.

Tell yourself the story of this object.

Where did it come from? How did it begin? What was it supposed to be? What could it have been if you had been perfect?

Detail all the ways you've come up short. Be specific if you can. Enumerate all the ways that you've let this object - and what it represents - down, all the mistakes that were made, all the times you said you'd give it attention, deal with it and then didn't.

Spill your guts. Gush. Be overly dramatic.

If your rational mind tries to interject ask it to hush. Don't hold back – the more you can let this out the greater the release will be when you're finished. Feel the hurt. You're safe in your sacred space. It's OK to feel the “ouch” now.

Take a breath. Pause.

Now, apologize.

Say how sorry you are. Allow yourself to feel how important this object (and what it symbolizes) means to you. Let it flood into your heart and out of your mouth.

Beg forgiveness for not having been enough. Let it know that you feel it deserved better, that it deserved different.

If this is something that you will never be returning to, you may want to take time and grieve it's passing. Maybe it represents a life you thought you would lead and didn't and you feel a need to grieve what never came to be. Cry if you need to.

If this is something you need to or want to get back to then detail how you'll do better in the future. If you need more time, then say so. If asking for time makes you feel guilty apologize again. Imagine you are repairing a damaged relationship with a dear friend and you're rebuilding the trust. Be specific if possible.



Keep at it until you have no more emotions.

Accept Forgiveness.

Now, know that your object absolutely accepts your apology. You are forgiven.

Let this item forgive you. Let it tell you that it understands that you did your absolute best. It knows that you really do love it and cherish it.

It accepts that you didn't mean to hurt it. It really doesn't want you to feel bad. It loves you as much



as you love it. It wants what is best for you. You are forgiven.

NOTE: Sometimes your object isn't ready to forgive you. You may not get to this feeling right away. Try apologizing again - from the bottom of your heart and with gusto.

If your object still won't accept your apology then know that you have done all you can to make things right. You are enough.

Breathe deeply and savor the feeling of being forgiven. Sense all the energy that arrived when the guilt and negativity was released.

Accept it fully. Enjoy it.

Close Your Ritual

When you're ready, say "thank you" and extinguish the central candle.

Then, extinguish the candles in your circle. Spend time journaling if it feels right.

Transition Back Into Your Daily Life

There's a word for the time we spend in sacred space – Kyros – Spirit time. As opposed to Chronos, the time we spend in the everyday world.

When we perform rituals for ourselves we have a set structured way of moving into Kyros. We mindfully create sacred space for ourselves and put ourselves into it.

We also close that space mindfully at the end of each ritual, consciously closing and stepping out of the container we created to hold our sacred time and sacred space and sacred intention.

Transitioning from Kyros to Chronos isn't always as black and white. Kyros can linger, even when we close the space we have created.

Changes happen when we take the time out of time and give it to ourselves for the purpose of healing, growing and addressing our emotional needs. Sometimes we don't see it or feel it but it can still be there.

These changes are tender and they need a certain amount of gentleness and protection to fully incorporate – become part of you.

As you're starting out on this path of bringing personalized rituals into your life more regularly, remember to build in time after your ritual. Try not to close your sacred space from the grounding ritual 5 minutes before the kids are due off the bus. Plan on leaving an hour or more to acclimate yourself to Chronos again.

Be gentle with yourself. Be gentle with those around you.

And keep an eye out for the changes and differences as they crop up in the hours and days after your ritual. Let a little bit of your mind keep on the lookout for how things are different for you in the wake of Kyros.

You have given yourself the gift of sacred time devoted to your emotional needs, to self-awareness and growth.

You have done powerful work.

About the Author

My name is Deborah Globus, and I am *LaPadre* – a non-denominational minister who is passionate about helping women find rituals to honor and celebrate the transitions and milestones of their lives.

When I was 18 I got together a group of friends and we celebrated the first day of summer by chasing away all the mosquitoes in the backyard. Ever since that night I've been creating and officiating personalized rituals to meet the emotional needs of myself and others.

When you walk your own path, finding ceremonies that express who you are and what you believe can be challenging but rituals that reflect your deepest beliefs are possible and so is the help you need to bring them to fruition.

As *LaPadre*, it is my deepest wish to give ritual back to all the women who have gone without it for so long.

To those who despaired of ever being able to have ritual for lack of help along the way.

To those who may feel the longing in their deepest depths without being able to put a name on it.

It's for those people that I do this work, with the hope that everything good that has come to me through the practice of ritual may now be experienced by them.

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