

# Divine Money

a digital program to  
Elevate Your Money Mindset  
[www.intuitivecoachingwithamy.com](http://www.intuitivecoachingwithamy.com)

## Forgiveness & Money

Forgiveness is an important part of getting more of what you want because it allows you to release any emotional holds a person or situation may have on you.

Forgiveness is emotional clutter-clearing. For the sake of this program, I want you to focus on forgiving anything or anyone related to money. This does not mean you condone what happened. Forgiveness is not an act of reconciliation or an excuse for bad behavior. Forgiveness is about letting go of what is keeping you from moving forward.

Forgiveness stops you from mentally and emotionally replaying a negative situation over and over again. Every time you think about a person or situation that has caused you pain, you are re-living a past experience in your present moment. This keeps you on the negative side of life and closes off your ability to receive.

Forgiveness is a way of taking your power back. Please know that if a situation or person has shown up in your life, you are in some way responsible. Now, this is not to make yourself wrong or to blame yourself in any way. It is simply a matter of not being present in *your* life (this lack of presence can be very unconscious).

Sometimes your decision-making is not based on the present moment, but instead is a reaction to something that has happened in the past or a limiting belief like "There is not enough." Forgiveness helps you focus more and more on the current moment because it frees you from the emotionally charged experiences of the past.

You will do some forgiveness work in this lesson, but know that it is an ongoing process. Any time you are not experiencing the financial abundance you desire, then you may need to do some forgiveness work. Make forgiveness a regular practice in your life. Be willing to forgive anything and anyone that may be blocking your flow. You can forgive people, place and things.



6. Are you *blaming* or *angry* at a person or situation or experience for a financial problem?
  
  
  
  
  
  
  
  
  
  
7. Do you need to forgive your parents? Siblings? Romantic partner? Friends? Colleagues? (This does not need to be money related.)
  
  
  
  
  
  
  
  
  
  
8. Is there something around money that happened (or didn't happen as you wanted) when you were in your teens that you need to forgive? 20s? 30s? 40s? 50s?

**Note:** You do not have to write down the answers to these questions, but you may want to. These questions are just to help you think about what or who you need to forgive. Always trust your intuitive knowing of what or who to forgive. Anything negative needs to be forgiven.

**An Easy Forgiveness Practice:**

1. Sit quietly. Breathe deeply.
2. Ask this question: "Who or what do I need to forgive so I can be free?"
3. Intuitively, become aware of what or who you need to forgive. You may want to imagine this person, thing or situation is sitting in front of you.
4. Then clear the energy by saying out loud or in your mind: *I forgive and release you for my highest and greatest good.*
5. For the next month, try to do this process daily for 2-3 minutes.

**Note:** You may have to clear an experience more than once. This is because there may be many emotional layers involved. Just be patient with yourself and keep forgiving. Spirit will do a great deal of the clearing work for you. Just be willing to forgive. Please know that there will come a time when all the negative energy surrounding a particular will dissipate. You will start to feel lighter, freer and able to take actions that you've never even considered to create the life of your dreams.