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Releasing Judgment
Forgiveness exercises for self acceptance and inner peace

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THE RELEASE

What Is The Release?

The Release begins "It's OK to..." It is a practice of forgiveness and acceptance. When we find ourselves feeling judgment of a particular behaviour, feeling or thought, we can use this technique to help us release judgment and return to peace.

I developed this practice back in 1993 to allow me to apply forgiveness to any situation in which I was judging myself or another.

Is The Release A Moral Judgment?

Whilst it sounds like a moral judgment, "It's OK to..." is not intended as such.

Instead it asks us to consider that no behaviour can separate us from God's love. It encourages us to follow God's example by allowing God’s love to flow through us, both to ourselves and to the other.

On reading or saying the release, we relax in the understanding that we are accepted as we are; we relax in the practice of accepting another as they are.

What Does Forgiveness Mean As Taught In A Course In Miracles?

The practice of the release is compatible with forgiveness as taught in A Course In Miracles (ACIM).

The use of the release is also very much compatible with forgiveness as taught in the Bible.

A Course In Miracles teaches that this world is a dream. Since God is all powerful, we do not have the power to create our own separate kingdom of sorrow, pain and separation. This world seems real to us, but reality remains perfect as God created it.

The practice of forgiveness puts us in touch with reality: our Innocence and the Innocence of the other.

Please note the release does not ask you to see a behaviour as innocent. It is about holding to the belief that we are more than our behaviour. We exist as a reality beyond the body. This is the Self God created and since God only creates like himself, this self is innocent.

What Benefits Does Forgiveness Bring?

When we practise forgiveness, we first experience peace in the midst of a difficulty.
As we continue, the seeming evidence for 'our sins' or 'their sins' eventually dissolves, and our world shifts a little more in the direction of heaven.

The practice of forgiveness is our purpose in being here.

We can look on each of our challenges and irritations as assignments. We stand in the darkness. Yet we choose to believe in and call on the Light. As we give God access to transform our minds, we are giving God access to transform the world.

I Developed The Release At A Time When I Felt Anger

In 1993, I got too ill to work. I was told to rest. People helped, but no one came forward to help consistently, and so I had to continue to look after myself. I got more ill.

For all of the fourteen years I spent bedbound, I had to push through my physical and mental limits each day to survive.

I often felt angry.

Angry that I did not have a chance to rest and recover.

Angry at the way people treated me when I was unable to speak or move.

Angry at myself for feeling anger!

Angry at myself for being ill!

I knew if I were to find the strength to stay alive, I needed to find a way to be at peace.

And so, I developed and lived a practice of forgiveness and acceptance, both of myself and others.

I call this practice Releasing Judgment. It is based around the use of the Release.
But I Can't Just Let Them Get Away With It!

The release may seem counter-intuitive. We may feel a resistance to it, as if we are condoning a hurtful behaviour and thus weakening our ability to prevent such behaviour in ourselves or another.

However, the opposite is true. Once we release judgment we are no longer blinded by our emotions. We gain an ability to accept, see and therefore judge the behaviour more clearly.

Are You Saying I Shouldn't Judge?

I wish to be clear: I am not suggesting that we should try to go through life without making judgments, as can sometimes seem to be advocated by Christianity and Holistic Spirituality.

As we merge back into God we will, and do, drop our judgments. In the meantime, we need to work to some extent at the level of our current belief in the world by making judgments about the best approach for ourselves and for others.

As we practise the release, more and more we are able to make our judgments from a place of Love.
We let go of
our fear,
our anger,
our guilt.
We are released.
How Do We Form The Release?

1. Notice when you are feeling judgment.

2. For example, you may feel fear, guilt, turmoil, anger, you may lose your sense of humour.

3. Step back from the judgment. Be willing to be the witness. “Oh look, this is me having a judgment.”

4. Identify the behaviour or feeling you feel judgment of. There may be several things. Choose one, or you may write down many and then choose one to work with. You may be surprised by your lack of clarity over what you feel angry or upset about.

5. Say and write down “It's OK to...”, followed by the behaviour or feeling that troubles you in yourself or another.

6. For example, if you are feeling judgment of someone for feeling anger, you might say: It's OK to feel anger.

7. Remember, this is not a moral judgment. You are simply allowing a space in which no behaviour would make yourself or another unlovable.

Now you have the release.

How Do We Apply The Release?

NB. When you work out what you feel upset about and write the release, it sometimes results in one of the following quick solutions:

- you realise you are upset about nothing and laugh and let it go.

- you become able to communicate your upset easily to another and you get relief from communicating how you feel

- you become able to communicate your upset, and the response you get from another brings you back to a place of peace

- you realise that you are being unreasonable. You apologise, acknowledge that you are in the wrong here and forgive yourself.

If you still feel upset, that is normal. You can continue with the steps below.

1. Each time the behaviour or feeling occurs, keep saying the release to yourself. It's OK to...
   Out loud is best.
   Remember not to make yourself wrong about feeling a judgment.
   This is how it is here in this physical form and physical world. We make judgments.
   Now we are doing a wonderful thing. We are choosing to gently accept and replace this judgment.
It's OK to...

2. Is it difficult for you to say the release? Do you feel an emotional response? Allow yourself to feel any feelings that come up and gently keep saying the release.

3. Allow yourself, to the best of your ability, to imagine falling into a place of such peace and joy that you are able to just allow this situation to be exactly as it is. You are rooted in a reality beyond this one: a reality in which you are safe and healed. It's OK to...

4. You are creating a space of non-judgment in which God has access to your mind to work in you to reveal the next step. It's OK to...

Invite God into your mind. For example, by saying this powerful prayer for forgiveness from ACIM:

“Say this to yourself as sincerely as you can, remembering that the Holy Spirit will respond fully to your slightest invitation:

I must have decided wrongly, because I am not at peace.

I made the decision myself, but I can also decide otherwise.

I want to decide otherwise, because I want to be at peace.

I do not feel guilty, because the Holy Spirit will undo all the consequences of my wrong decision if I will let Him.

I choose to let Him, by allowing Him to decide for God for me.”

(T-5-VII, ACIM)

The prayer above reminds you you do not have to forgive in your own strength. In fact, you cannot forgive in your own strength.

5. Practise willingness: I am willing to believe it is possible for me to be at peace in this situation.

6. Practise trust in the process and in God: I don't need to know how I can feel at peace in this situation. God is guiding me.

If you feel resistance to this process, identify your judgment and release judgment on that as well.

“It's OK to judge myself or another.”

“It's OK not to feel at peace right now.”

“It's OK to feel I need to do something.”

“It's OK to worry this isn't working.”
You can also use the release to give yourself permission to work with any new beliefs you are practising.

For example: “It's OK to believe that God is working in me to bring me to a place of peace.”

What Are The Benefits When We Release Judgment On Something We Do And Do Not Wish To Do?

Example: Feeling anger

Let us take an example:

Suppose we often feel angry and we judge ourselves for feeling this way.

We might say:

It's OK to feel angry.

Each time we feel anger, we can meet it with this release:

It's OK to feel angry.

The possible consequences of releasing judgment on our anger are as follows:

1. The release gives us permission to feel angry. We may initially pass through an increase in anger. Then, as we continue to use the release to gently give ourselves permission, we start to feel calmer.

2. We may see that to feel anger was forbidden or unwise within our family of origin, and so we made a decision not to feel it. Yet now we can make a new decision. We can choose to allow ourselves to feel anger.

3. We may see that whilst we do not want to feel anger, we have tried forbidding it for most of our life and this hasn't worked. We can now allow the feeling – It's OK to feel angry.

   (Trying to control our feelings doesn't work very well. We do much better when we take charge of our feelings.

4. The more permission we give ourselves to feel our feelings in private, the more we are able to take charge of how or whether we express these feelings to others.)

   By the way, it is important to distinguish between feeling and expressing anger. We might also want to use a release to make sure we have permission to choose not to express anger – It's OK to refrain from expressing anger.

   As we continue to use the release, we may find we can now feel (and even express) anger without it being a big deal. We may find that where once feeling anger seemed to ruin our day, now we feel it, accept it, and it passes; we move on.

5. We may find we have less need to express anger.
6. If we have been controlling our anger very tightly, we may have manifested a world where others felt our anger for us. As we give ourselves permission to feel anger, whether we express it or not, we may find that those around us become calmer. They magically respond to something in us which is different.

What Are The Benefits When We Release Judgment On Another's Behaviour?

When the judgment we feel is towards another, the results of releasing judgment are equally wonderful.

Let us take the same example:

Suppose someone in our lives often feels anger and we judge them for doing so.

We say:

*It's OK to feel angry.*

Each time they feel anger and we notice our discomfort, fear, guilt or anger, we notice we are judging their feeling and we meet this judgment with the release:

*It's OK to feel angry.*

The possible consequences of practising forgiveness on the anger of another are as follows:

1. We see we are behaving the same way - We realise that we too feel angry. (Even if we didn't feel angry before, we may feel angry when they feel angry, so here we are feeling the same thing. We are judging both of us!)

   As we see that we are feeling the same way, we may find our judgment melts away. In this case, forgiveness happens easily.

   Maybe their level of anger doesn't seem a problem anymore. Now it is just a feeling we allow another to have.

2. When we give someone permission on some deeper level to feel anger, we also give ourselves permission to see the anger more clearly.

   We move from:
   “But they shouldn't be angry” (denial) to
   “Look, they are angry.” (acceptance)

   As we send another person love and permission to be who they are, we naturally also give ourselves love and permission to be who we are. Who we are may be someone who does not want this level of anger in our life. From a place of greater peace, we may become better able to communicate to the other person that their anger is a problem for us.

   This communication (from a place of love – to the best of our ability) may result in a
change in the other and/or in ourselves.

Or, from a place of permission, we may make a decision to move away from that person.

3. Another consequence of forgiveness can be that we see some magical change in the other person's behaviour. They may simply shift to expressing or feeling less anger.

Many times, with or without a conversation, when I have released judgment on a behaviour I have seen miraculous changes in the other, or changes in the people I attract into my life.

Whatever the consequence, when we practise the release, we have a sense of moving forward with more grace and light on our spiritual journey.

Notice that the release is the same whether our initial upset is over our own anger or someone else’s.

We may form a release because of someone else’s behaviour and find that behind our upset is a feeling of guilt that we do the same.

Or we may release judgment on our own behaviour, only to find that the behaviour of the other is more of an issue.

The beauty of the release is that we do not need to know who is “at fault” in the world. From a place of acceptance, we are guided to the solution we need.

**But How Do We Know What To Release Next?**

**Loosening The Knot**

You may find that even within a single situation, there are many things you feel judgment on. You can't work on them all at once, so which do you choose to release?

It is useful to think of the release as loosening a knot in a ball of string.

You do not know which part you need to thread through next. You do not need to know. You simply loosen. As you do so, you create a space of non-condemnation within which God can enter and work in you.

Whatever is annoying you most right now is suitable to work with. Whatever judgment you have, the experience of forgiveness reminds you that you are one with your brothers and with God.
Releasing Judgment Helps Us Choose The Advice That Is Right For Us

The release serves another important purpose.

There is a story which goes something like this:

**The Monk, The Students and The Path**

Once there was a monk who was renowned for his ability to guide his students on the spiritual journey. They studied with him at the monastery under one condition – they were not to discuss his teachings with anyone else.

One day a student broke this rule and came to the monk with great indignation, saying, “You are a fraud. You are giving me advice which is the direct opposite of the advice you are giving someone else.”

The monk replied, “My friend, it is like this. It is as though I see you walking towards me along a path. Some of you are veering off to your left and I tell you to go right. Some of you are veering off to your right and I tell you to go left.”

There is a risk that we filter advice to reinforce the very patterns of behaviour which we need to challenge.

For example, the lazy person hears advice to rest, the workaholic hears advice to work harder.

In addition, if the advice comes from a person or book we respect we can be particularly vulnerable to following it even though it may not be right for us, or we may have misunderstood it.

We may not have the benefit of a one to one consultation with a wise monk choosing the right advice for us!

The release allows us to be open to behaving in different ways. It reduces the pressure to behave a certain way.

Now instead of being influenced to do more of ‘the right thing’, which may be ‘the wrong thing’ for us, we are free to choose the advice that is right for us.

For example, It's OK to work harder. It's OK to rest more. Which is more relevant to your life right now?

There may be areas in your life where one piece of advice applies and another where the opposite applies. You are the expert in your life. The choice is yours.
Why Do I Include A Release With Each Poem in My Books?

I noticed that as I read popular psychology books and spiritual books, I sometimes felt more restricted. Instead of moving towards the freedom available in God, I was giving myself more rules to live by; things I had to do to be good enough.

Sometimes these rules even added themselves to contradictory rules I had from the past.

For example, I grew up believing “You shouldn’t feel angry”. I then read in popular psychology that “It’s good to feel your anger.” I actually ended up feeling wrong if I felt anger and wrong if I didn't!

As a spiritual author, it is important to me that my writing leaves the reader with a greater ability to accept herself and the other.

The release under the spiritual poems helps myself and the reader to remember:

- We are free to take the advice that works for us, where we are in our life right now.
- We are loved by God exactly as we are.

Let us not try to grow from a place of “We should be better.” But instead from a place of “We are wonderful, and learning is fun and natural.”

Look at little children. They feel accepted, and their level of learning is extraordinary.

The more we accept ourselves as we are, the better placed we are to grow and learn.

For more on “How can I accept myself?” go to the following pages at www.A-Spiritual-Journey-Of-Healing.Com:

Motivational Poems – I See And I Accept Where I am Now

The 7 Stages of Grief Over Illness: Acceptance
DEFINITIONS OF FORGIVENESS FROM ACIM

The following pages on Definitions Of Forgiveness appear on A-Spiritual-Journey-Of-Healing.com. A Course In Miracles (ACIM) gives the definition of forgiveness as the only workable path to happiness. The practice of forgiveness is a very practical way to return us to the knowledge of our reality – our Unity and our Innocence in God. These pages share some wonderful forgiveness quotes from A Course In Miracles.

Forgiveness is the path to happiness.

“What could you want forgiveness cannot give?
Do you want peace? Forgiveness offers it.
Do you want happiness, a quiet mind, a certainty of purpose, and a sense of worth and beauty that transcends the world?
Do you want care and safety, and the warmth of sure protection always?
Do you want a quietness that cannot be disturbed, a gentleness that never can be hurt, a deep abiding comfort, and a rest so perfect it can never be upset?
All this forgiveness offers you, and more.
It sparkles on your eyes as you awake, and gives you joy with which to meet the day.
It soothes your forehead while you sleep, and rests upon your eyelids so you see no dreams of fear and evil, malice and attack.
And when you wake again, it offers you another day of happiness and peace.
All this forgiveness offers you, and more.
Forgiveness lets the veil be lifted up that hides the face of Christ from those who look with unforgiving eyes upon the world.
It lets you recognize the Son of God, and clears your memory of all dead thoughts so that remembrance of your Father can arise across the threshold of your mind.
What would you want forgiveness cannot give?
What gifts but these are worthy to be sought?

What fancied value, trivial effect or transient promise, never to be kept, can hold more hope than what forgiveness brings?”
(W-122.1-3, A Course In Miracles)

Forgiveness is the healing of the perception of separation.

“Forgetness is the healing of the perception of separation.
Correct perception of your brother is necessary, because minds have chosen to see themselves as separate.”
(T-3.V.9, A Course In Miracles)

Forgiveness is looking beyond error.

“Forgetness that is learned of me does not use fear to undo fear.
Nor does it make real the unreal and then destroy it.
Forgiveness through the Holy Spirit lies simply in looking beyond error from the beginning, and thus keeping it unreal for you...
What has no effect does not exist, and to the Holy Spirit the effects of error are nonexistent.”
(T-9.IV.7, A Course In Miracles)
Forgiveness is not loss. Forgiveness leads to the only thing of value - the knowledge that you are one with God.

“He will teach you to remember that forgiveness is not loss, but your salvation. And that in complete forgiveness, in which you recognize that there is nothing to forgive, you are absolved completely.”
(T-15.VIII.3, A Course In Miracles)

Forgiveness is a selective remembering, based on the selection of the Holy Spirit.

“To forgive is merely to remember only the loving thoughts you gave in the past, and those that were given you...
Forgiveness is a selective remembering, based not on your selection...
Be willing to forgive the Son of God for what he did not do. The shadow figures are the witnesses you bring with you to demonstrate he did what he did not.”
(T-17.III.1, A Course In Miracles)

Forgiveness takes us to a place where nothing interferes with love, and God has access to take the final step unhindered.

“Yet even forgiveness is not the end.
Forgiveness does make lovely, but it does not create.
It is the source of healing, but it is the messenger of love and not its Source.
Here you are led, that God Himself can take the final step unhindered, for here does nothing interfere with love, letting it be itself.
A step beyond this holy place of forgiveness, a step still further inward but the one [you] cannot take, transports you to something completely different.
Here is the Source of light; nothing perceived, forgiven nor transformed. But merely known.”
(T-18.IX.10, A Course In Miracles)

Forgiveness is a path to return to our holy home through the experience of holy relationships.

“Beyond the body that you interposed between you and your brother, and shining in the golden light that reaches it from the bright, endless circle that extends forever, is your holy relationship, beloved of God Himself.
How still it rests, in time and yet beyond, immortal yet on earth.
How great the power that lies in it...
Here is no separate will, nor the desire that anything be separate...
Every illusion brought to its forgiveness is gently overlooked and disappears...
No misery is here, but only joy.”
(T-22.II.12, A Course In Miracles)
Forgiveness is a practice to be applied to everyone we encounter or think about. It is the end of making ourselves special—whether specially good or specially bad. It is a way for the giver of forgiveness to understand that he himself is saved (innocent).

“Forgetfulness is the end of specialness. 
Only illusions can be forgiven, and then they disappear. 
Forgiveness is release from all illusions, and that is why it is impossible but partly to forgive. 
No one who clings to one illusion can see himself as sinless, for he holds one error to himself as lovely still. 
And so he calls it “unforgivable,” and makes it sin. 
How can he then give his forgiveness wholly, when he would not receive it for himself? 
For it is sure he would receive it wholly the instant that he gave it so. 
And thus his secret guilt would disappear, forgiven by himself.” 
(T-24.III.1, A Course In Miracles)

Forgiveness is what we are here to do.

“Forgetfulness is the only function meaningful in time. 
It is the means the Holy Spirit uses to translate specialness from sin into salvation.” 
(T-25.VI.5, A Course In Miracles)

These beautiful forgiveness quotes flow over me and strengthen my commitment to the practice of forgiveness.

May they do the same for you.
PRAYERS FOR FORGIVENESS

1. A Spiritual Prayer For Forgiveness of Self

Dear God,

I feel bad about feeling/doing_____________.
Sometimes I feel I will never get it right.

But my feeling of guilt is not helping. In fact, it is making things worse. Feeling wrong is so unpleasant that I look to someone else to blame.

Sometimes I make a mistake and I then get angry with someone for feeling upset about it. I am really sorry about this. They are already coping with my mistake and then they get my anger as well.

I feel like I am doing my best. But, I also believe I can do better. There must be a better way.

Feeling/doing__________is affecting my sense of worth.
Feeling/doing__________is affecting someone I care about.

Dear God,
I can't do this on my own.
I am beginning to realise that I don't need to; that the humility You need is the moment when I realise that I can't do it on my own.

Help me. Give me an understanding that I am not this body that does things in the world, but part of your unending Love.

Allow me to see the beauty that you see in me. Allow me to understand that since you created me Innocent and part of You, then that is what I am.

Father, this feeling of guilt has brought me to you, so I am grateful for it. I now replace these thoughts of guilt with a quiet trust.

I hand this over to you, God. When I find myself feeling/doing__________, I remember that you are working in me to bring change. I am not on my own with this.

Thank you God. You are a big God, and this problem is small for you.

I place myself in your hands. Thank you for the peace you bring to my heart.
May I be blessed and be a blessing.
Thank you. Amen.

2. A Spiritual Prayer For Forgiveness of Someone Else

Dear God,

I am feeling some judgment of someone right now.
The behaviour which upsets me is this:
it upsets me when she/he________.
I feel they are different from me.
I feel I do something better than they do.

I am thinking that I really need them to be different for my peace of mind or body.

Or perhaps, I am thinking that I will just have to compromise here. That I have to adapt myself in a way that doesn't feel right to me.

Dear God,

I don't know how to be at peace here.

I realise that I don't need to know;

that the humility you need is this moment when I realise that I can't do it on my own.

I allow these feelings.

I allow these thoughts.

I allow You to love me complete with these thoughts and feelings.

I stop.

I pause.

I remember that this world is not all there is.

I remember that I am not a body, but a part of Your Infinite Love.

Dear God, I create a space in my mind and I invite you in.
You ask:

Would I rather be right about this and stuck in a difficult situation, or be happy in the certainty that you can work in my mind to bring me to a place of peace?

Dear God, I would rather be happy.

Please work in my mind. Please bring Your Peace to my heart.

I am willing to see this person as a part of me.

I send blessings to this person, in the knowledge that as I give, so I receive.

Dear God,

Help me.

Give me a revelation of your Love.

Give me a revelation of my Innocence.

Give me an understanding that this person is not this body that does things in the world, but part of your unending Love.

Show me the beauty You see in them.

Allow me to understand that since you created them Innocent, and part of You, then that is what they still are.

Father, I replace my thought of judgment with a quiet trust.

When I find myself feeling judgment or hopelessness, I remember that you are working in me to allow me to see this differently.

Dear God, I place this in your hands.

You are a big God.

You are far bigger than this problem.

Thank you.

Amen.
3. A Short Forgiveness Prayer For Help With How To Forgive

Dear God,
Help me to forgive....
Thank you.
Amen

Prayers don't have to be complicated. :-)
POEMS ABOUT FORGIVENESS

This first poem about forgiveness is from the page on Prayer For Forgiveness.

Acquitted

If you persist in feeling guilty
let God take the stand.

He’ll have you eating out of
His hand.

Before you know it
you cry out:

“Acquitted.”

_It’s OK to believe God when He says you are innocent._

“You need not fear the Higher Court will condemn you. It will merely dismiss the case against you. There can be no case against a child of God, and every witness to guilt in God's creations is bearing false witness to God Himself.”

*(T-5.VI.10, A Course In Miracles)*

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Why Pray For One Who Hurts You?

Why pray for one who hurts you?

Because with enough God in her life, she will stop.

There is nothing like love to show up darkness.

Besides, you soon realise when you pray for her you pray for yourself.

*It's OK to ask God for the courage to see a way in which you are hurting someone, and for the love and guidance to allow you to do better.*

“I tell you: Love your enemies, bless those who curse you, do good to those who hate you, and pray for those who persecute you, that you may be sons of your Father in heaven. ...If you love those who love you, what reward will you get?” (Matthew 5:44, 46, NIV)

For a discussion on how to use the [spiritual quote](https://www.a-spiritual-journey-of-healing.com).
THANK YOU

Thank you so much for learning about this powerful practice of forgiveness called the release. The beauty of the release lies in its simplicity. Whatever irritates you – in another or in yourself – it is an easy way to practise stepping back and allowing things to be as they are. Use it alongside any other forgiveness exercises you use already, and let God work in you to bring you to a place of peace.

You are part of this world. When you become more peaceful, the world also becomes more peaceful. You are helping. Thank you.

God blesses you on your spiritual journey,

With the Love we are,
Katherine

Katherine T Owen, Writer and Poet

PS. If you have enjoyed this booklet, I would very much appreciate you leaving a comment on the website. It can be a brief comment about this booklet, or you may want to bless others with your own stories of forgiveness. Alternatively, please pass on news of how to access this FREE ebook to anyone you feel would be blessed by it.

PPS. You may have received this booklet as a result of signing up on the website www.a-Spiritual-Journey-Of-Healing.com. If so, thank you and welcome. I am honoured to be your companion on the spiritual journey.
If you have received this booklet in another way, please feel free to sign up now.

BOOKS BY KATHERINE T OWEN

It’s OK to Believe– A Journey With Faith and Reason (193 pages, 15cmx 23cm)

We all have beliefs. Some of us believe we are spiritual beings. Some of us believe that we are a body. Katherine T Owen takes us with her on her journey to question our belief in body identification.

The more closely we look at the body, the more we find out how little is there. Using everyday metaphors, Katherine T Owen explores the idea that our spiritual self is our true reality.

Whether you are a new or well seasoned traveller on the spiritual journey, this is a book to come back to at times when your faith is low, when you are coping with disbelief or opposition from others, or when you feel uncomfortably different from those who do not share your spiritual perspective.

With a forgiveness exercise and a spiritual quote on every page, the book invites both thought and meditation. Let yourself be reminded: It's OK to believe in a God of love.
The book is not yet launched on Amazon, click here to view or buy a pre launch copy of


"I am grateful for this book. It is bright with healing and freedom. I know that many who read it around the world will find an open door of permission to explore the infinite possibilities of grace and God in new ways.

I hear the musical clank of chains falling to the ground and a chorus of liberated laughter rising loud from the souls of humanity everywhere.

Thanks to Katherine T Owen for inquiring so deeply into the nature of Life— for asking questions with her own experience which many are too afraid to consider.

This author is herself a refrain of the great glad tidings resounding in our ears from All That Is. She brings to mind the words of Hafiz: "I am a hole in a flute that the Christ's breath moves through ~ listen to this music".

Jacob Nordby, author, The Divine Arsonist

**Be Loved, Beloved (42 pages)**

*Be Loved Beloved,*

15 Spiritual Love Poems -
God Love, Self Love

This small beautiful book of spiritual love poems takes the reader with me on the journey I have made to know God’s love and move towards self love. This journey was triggered by the testing circumstances of fourteen years living with the illness CFS / ME combined with inadequate care. With little speech or movement, fighting to survive, I explored spirituality to find peace.

I would not trade those difficult years for the knowledge gained of God’s love.

In the tradition of the mystics, I write about direct spiritual experience. The poems take you with me through both my resistance and surrender to the love that brings true healing.

I am a Christian Mystic and a student of A Course In Miracles. I recognise many paths to God. “Go deep enough into God and we are One.”

Each of the spiritual love poems in Be Loved, Beloved is accompanied by both a spiritual quote about love (Bible verse or A Course In Miracles quote) and a release about love.


Read a sample spiritual love poem from the book.
Follow links to buy on kindle or as a paperback on www.lulu.com.

"One thing that struck me was the stripping of ego in the work. Most of us have a comfy ego façade, but weakness and disease tore Katherine’s away. Her poems come from the heart."

*Dana Taylor, Author of Ever-Flowing Streams of Healing Energy*
A Note About UK Spelling

I am a British. Please note that in the UK the word practise is spelled with an s when it is a verb, and a c when it is a noun. Other different spellings in UK English include behaviour, saviour, realise, judgement and humour. I have used the American spelling for judgment.