

# The Forgiveness Sandwich

A Step-by-Step Forgiveness Process



by Ana Holub  
Clear Path To Peace

# The Forgiveness Sandwich

*Our happiness depends upon our ability to forgive ourselves and others.  
As we heal, our world will heal.*

## Introduction

Forgiveness is a deep subject. What do we mean when we say we want to forgive, and how can we succeed?

In my book, ***Forgive and Be Free***, I include stories, science, inspirations and exploration about the different meanings of the word forgiveness. Right now, I just want to give you a barebones, step-by-step process so that you can learn it, use it and give it away to others.

Briefly, what I'm talking about here is not traditional forgiveness. In normal conversation, forgiveness might be defined as a state of mind where we try to let go of past injustices. We let time go by, relax our feelings of betrayal, anger and injustice, and make a decision to (somehow) forgive the crime that occurred. While this can be a healing thing to do, it is possible to go much deeper.

**I call this deeper version Ecstatic Forgiveness**, because it brings us to the bliss of our true nature. It is also the forgiveness taught in the spiritual text, *A Course in Miracles*, in Radical Forgiveness and in Hawaiian Ho'oponopono. In it, we recognize that we are not individuals living temporary, separate lives of pleasure and pain. We are divine, innocent, love-filled children of Spirit, however we experience "Spirit" to be ... a loving power greater than ourselves. We are eternal, whole and constantly in union with Life, even when we think of ourselves as frail, angry and fearful human beings.

This process can also be called a Prayer Sandwich because it begins and ends with prayer. (If you don't resonate with prayer, try using the word intention instead.) In fact, sometimes I refer to it as a peanut butter and jelly sandwich. The prayers (or intentions) are the bread. The peanut butter is the sticky stuff that we decide to release, and jelly is the sweet reward of opening to grace.

Reaching to feed ourselves with the Forgiveness Sandwich, we recognize that we have run out of options, and that the only thing that will bring us peace is a journey within, into the spiritual world. Use this process anytime you feel an upwelling of emotion you'd like to heal. It can be a quick clearing or an extended spiritual retreat into examining your life and its patterns. Either way, its simple elegance will help you to calm yourself, inquire within and transform sadness into joy, and pain into peace.

## Step One – The Opening Prayer or Intention

Your prayer is best if it's spontaneous. **Just talk to Spirit, using whatever name is comfortable for you, and ask for help.** Slow down, breathe and center yourself. This step reminds you to take your healing seriously, giving it respect. It also allows you to create a sacred space, or more accurately, to meet the sacred space that already exists. Ask for assistance and support, enlarging possibilities beyond your painful thoughts and emotions.



If you desire, welcome the assistance and presence of spiritual teachers, angels, masters or saints. They are happy to help, if asked. Welcome them into a council circle, convened just for you.

## Step Two – Releasing

Now that you have entered a sacred space and your celestial team is in place, **you are ready to release whatever is bothering you.** Think about the situation or relationship and examine the painful story that is running in your mind. There may be a few, or just one repeating drama that has lots of discordant emotions that go with it. Your thoughts, when you believe them, bring up the emotions that are now upsetting you.

Take time to examine your thoughts and emotions with honesty, and breathe with them. Be bold and courageous – feel the feelings! As you feel them, breathe them OUT of your body with an exhale. Focusing on the out breath, keep releasing and learning about the contents of your mind.

Certain places in your body may want your attention, or tears may come. Memories may arise, or you may have realizations about certain repeating thoughts and patterns. Keep breathing all thoughts, emotions and sensations out of your body, using **H.O.W.: Honesty, Openness and Willingness.**



**For some people, a visualization helps at this point.** Imagine a sacred altar, complete with candles, a white cloth, and flowers. Or decorate your altar any way you want to. Its energy is pure, eternal, perfect love. Lay your burdens down before the altar, watching as they disappear immediately before the light.

Another image that works well is to release all of your suffering into the vast pool of divine love, where you float in the holy space of Oneness. Or, if you prefer, you can imagine a sacred fire that is the light of the Most High. *Whether you use the altar, the pool of love, the sacred fire or something else that helps you, the main purpose is to allow suffering to arise without judgment. It comes for healing and to teach you about itself. Then, it is gone. Remember to use your breath to help the painful memories move and release.*

When you let go, you will notice that the people in the story don't seem as evil or scary any more (including yourself). You may perceive them as **actors in a scenario that you all created – to help you learn and grow**. Dropping all judgment, release your assumptions about them and focus on clearing out the cobwebs in your heart and mind. Remember that the other people are also perfect, innocent children of Spirit, just like you, equal in love and magnificence.

## Step Three – Receiving and Drinking In

When you've let go of everything that is available to release in this moment, you will notice a natural shift. First, there is an empty feeling, like a **pause** between the in breath and out breath. Then, you will have an impulse to start breathing IN.

**Use your inhale to begin drawing the grace, light and love of the sacred space into your body. With each exhale, relax deeper into the process.** Continue drinking in this pure life force, letting it feed your body, your emotions, and your mind. It has a wisdom all its own. Just say YES! to it and let it do its work.



This is the only true healing we can experience – one of gentle, compassionate, pure Love. Tune in to the space above your head and open up, inviting this Love to come down into your body, letting it settle into your bones, muscles, nerves, cells, and the spaces between cells, and flow out through your feet as a gift to the Earth. Receive love and grounding as it rises up for you from the Earth. Give special attention to any spots that you opened up during Step Two. Keep going until you feel completely saturated with Love.

## Step Four – The Closing Prayer or Intention

By now, you'll be feeling relaxed and peaceful. Your soul will feel satisfied that it did a great job in remembering Spirit as the source of all healing. Your body will be enlivened and your cells will be dancing with joy. Ask yourself – is it possible for you to see the person or situation you worked with as a profound teacher for you? Can you understand yourself to be a profound teacher for this person or situation?

Give a prayer of thanksgiving to Life, to your helpers, and for the wisdom you received from this process. **Love is overflowing from you now, so gather the power of your council circle and together, give this love away to all of creation.** After all, we do not awaken alone – we awaken together!

When you feel finished with your prayer, say something to close the circle, such as "Amen" or "So It Is." This grounds and completes the Forgiveness Sandwich, signaling to your mind that the session is over. **Trust that the healing grace that you welcomed into yourself will keep integrating in your life, giving you further understanding when the time is right.**

This process is a simple, effective way to walk the path of Ecstatic Forgiveness. It turns every feeling of shame, guilt, anger and misery over to Spirit, while showing us the meaning of our life's purpose, which is to live in peace. It fills us with pure love and extends into all of creation, including every awakening soul on our beautiful planet. It brings joy where there was pain, and wisdom where there was ignorance.

**Practice the Forgiveness Sandwich.** After you feel comfortable with the steps, this process can become your ticket to sanity, your way to connect with your deepest self, and a wonderful avenue for profound stillness in meditation. You will find that accessing your intuition becomes much easier as you clean your inner temple, and decisions about your life and service will come to you effortlessly. If you need help, arrange for a private session with me, buy the book ***Forgive and Be Free***, or consider my online courses on overcoming addictions, forgiveness, deep inner healing and more. All of the courses can be found at [Clear Path To Peace Academy](https://www.anaholub.com). All of them will give you more guidance until you learn to do this process on your own.

Write in your journal about your experience, including what worked, what didn't work, if you completed it or if you feel you need help. Try it again on another day, then again and then some more. **This isn't a one-shot deal – it's a way of life. Feel free to share your experience with me via email at [info@anaholub.com](mailto:info@anaholub.com).**

**Thank you for swimming with me in the vast pool of divine love. Many blessings to you!**

~ Ana

[AnaHolub.com](https://www.anaholub.com)

© 2022 Ana Holub • Clear Path To Peace All rights reserved.

