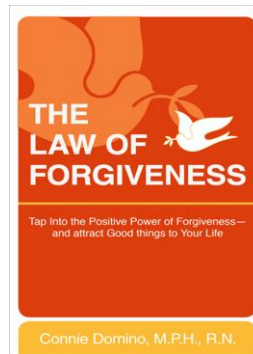


THE LAW OF FORGIVENESS

Facilitators

Book Study Guide



By

Connie Domino, MPH, RN

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THE LAW OF FORGIVENESS BOOK STUDY GUIDE FOR FACILITATORS SMALL GROUP MODEL – THREE WEEKS

This book study guide was developed for those who wish to study the *Law of Forgiveness* (LOF) principles and methods with a group. It has been customized for a “Small Groups Model” so that for large religious or community organizations, many small book study groups may meet during the same time period focusing on this material. However, it is just as useful for individual book clubs, and single book study groups. Pages 2 – 5 explain how to set up one or more study groups for your book club or at your organization. If you plan to use this workbook for your own individual study, you may skip to page 6.

This study guide is meant to be used in conjunction with *The Law of Forgiveness* book. It is preferable that each study group member purchase their own copy of the book so they can highlight and underline passages important to them and they will also have all the necessary exercise forms to complete.

It is suggested that this material be covered over a consecutive 3 week period, if possible. Each session will meet for 2 hours once per week for a total 6 hours. Meeting weekly will give the members a chance to practice using the forgiveness techniques in between sessions. Some members will experience emails, phone calls, texts, checks in the mail and some will even have goals come true by the end of the 3 weeks.

Each study group should plan to meet on a day/evening and time that is best for the members. I have facilitated groups that met in the evening, usually from 7:00 – 9:00 p.m. I have facilitated other groups that met on Sunday mornings before a church or religious service, or Sunday afternoons from 2:00 – 4:00 p.m. There may even be groups that wish to meet during lunch from 11:00 a.m. – 2:00 p.m.

GROUP SIZE

The ideal size of a study group is approximately 10 – 12 people. This size generally ensures that an average of 8 people will attend each meeting. However, don't let a smaller size stop you. All sizes will work.

If a large religious or community group is sponsoring multiple book study groups at the same time, most groups will meet in the group leader/facilitator's home for the full 3 weeks. If this is not possible, the religious or community organization may have space where some groups meet. OR, some groups may want to take turns meeting in the homes of the members. Generally, the group members rotate bringing light refreshments, even if it's in the same person's home the entire 3 weeks.

HOW TO BEGIN AND ADVERTISE A GROUP

If your church or organization has a large number of people that wish to join the book study group, you may wish to first recruit and train your group facilitators.

The coordinator (see job description on the next page) will want to advertise in advance by posting a flyer (see samples on pages 14 and 16 of this study guide). The coordinator will want to advertise in their newsletter, bulletin, website and any email communication that is sent to the membership. The coordinator will want to make a public announcement and post a sign-up sheet several weeks in advance. The sign-up sheet may remain posted for several weeks, and the organization may wish to sponsor a sign-up day where people are encouraged to meet their group leaders.

ROLE DESCRIPTIONS

PROGRAM COORDINATOR (paid or volunteer)

- Obtain the agreement of your organization to sponsor the book study group. With other key staff and/or volunteers, decide on the weeks the study group will meet.
- If you expect more than 15 people to sign up, develop advertising to recruit group leaders/facilitators for the study groups. There should be one group leader for approximately every 12 people.
- From the group leaders, obtain dates and times they will be able to lead a group. You will need a date and time for 2 hours, once a week over four weeks.
- Develop a flyer and announcements for the study groups and place in your newsletter, bulletin and any email or website communication that is distributed.
- Display sign-up sheets. On each sign-up sheet, ask for participants: name, email and phone number. You may ask for their mailing address if you wish. Sign-up sheets are usually displayed on a table with a local map displayed on the wall over the sign-up sheets with a different colored dot for each home on the map, with the same colored dot placed on their sign up form.
- From your local bookstore, order the approximate number of books you will need 3 or more weeks in advance, so that group members may purchase them.
- Have a meeting with the group leaders and group facilitators to discuss their role (see below on pages 2 and 3).
- Have the group leaders contact each person that signs up for their group to ensure the time and location of the first meeting. This meeting may be at the organization's site, at the group leader's home, at a member's home, or at another convenient location with a reserved room.
- Provide printed workbook for each group member. Give a packet of workbooks to each facilitator to give his/her group. For week 2, provide 4 – 5 flip chart pieces of paper (sticky note) type is the best. Provide one or two colored felt pens.
- Follow-up with the group leaders after the weekly sessions to answer any questions and to obtain feedback.

GROUP FACILITATORS/LEADERS

The Group Leader/Facilitator (referred to as the Group Facilitator from this point onward) agrees to:

- Commit once a week for the four week/session period that is chosen for the study group. Let the Program Coordinator know.
- Decide the date and time (2 hour block) that will be most convenient for you each week to lead the study group, and give that information to the program coordinator. Plan to have the group in your home if possible. If it is not possible, decide on the location for at least the first meeting. (If the group decides to rotate homes or locations, this can be decided at the first meeting or in advance).
- Attend the meeting with the program coordinator where your role and logistics are discussed.
- Contact all the people that have signed up for your group to make sure they know the date, time and place of the first meeting. You may want to phone call and email them the first time.
- The group facilitator is responsible for presenting the weekly session plan, leading the discussion and keeping the discussion moving. The session plans are clearly laid out and presented in four separate modules on pages 5 – of this study guide. The facilitator does not need to be a professional facilitator or teacher. They just need to be able to lead the session discussion of content and process questions.
- During the first session, the group facilitator may send around a sign-up sheet for refreshments if the group would like them. If the group rotates homes, the host of each home may wish to provide light refreshments.
- The group facilitator will want to read the lesson outline, and process questions for their session, in advance of the study group meeting. They will also want to read in advance the sections in the book that are designated for each weekly lesson.
- The group facilitator will want to arrive 15 minutes in advance of the group to make any preparations needed such as: arrange seating, set up flip chart (if needed), etc.

STUDY GROUP MEMBERS (agree to)

- The group members will read and complete the weekly assignment in advance.
- The group members will want to arrive on time for the meetings, complete the written exercises and participate in the discussion.
- Group members will respect and maintain the confidentiality of what is said in the group.

- Group members will encourage everyone to share in the discussion without interruption.
- If a group member chooses not to share on a specific topic, they may say “pass” and their wish will be respected and will not be questioned.
- Group members will attend all four sessions to maintain continuity within the group. However, if a group member has to miss a session, they may make it up with another group, if another group is meeting, and available, and will allow it.

CONTENT

The Law of Forgiveness was written based on the tremendous results the participants of my workshops have had in forgiving as well as removing psychological blocks allowing them to improve relationships, feel better socially, emotionally, spiritually, physically, and manifest dreams and goals. This book study guide has been developed based on the format of the book and workshops. To guarantee the best chance for success, you will want to follow this format without adding exercises or material from other sources or workshops. Of course the Centering Activities at the beginning of each weekly session is the exception as you may choose the centering activities you feel will best work for your group.

If you have any questions, please feel free to contact me at:
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SESSION CONTENT AND PROCESS QUESTIONS FOR THE THREE WEEKS

It is best if each group member buys *The Law of Forgiveness* book in advance, so they may prepare for Week 1.

Preparation for Session or Week 1: Participants should have read through **page 29** if possible. If not, they can still attend the **Session 1** just fine.

SESSION OR WEEK 1 (2 HOURS) (PGS 1 - 47)

- I. **Introduction and Welcome (1 hour – may take 1.5 hours)**
 - A. **Arrival, Name Tags, Getting Seated (10 min)**
 - B. **Introductions** – each participant introduces themselves and shares with others what “attracted” them to this book study group. and **(5 min)**.
 - C. **Centering** – You may wish to have a prayer, poem, reading, short meditation or other centering activity. Your Program Coordinator or other group members may have ideas. **(5 min)**
 - D. **Welcome** - Explain the agenda for the 4 weeks, sign-up for refreshments, and any other business items that need addressing **(5 min)**.
 - E. **Semantics** – Explain to the group members that participants may have a diversity of words they use for anything spiritual, and everyone’s words should be respected. **(1 min)**.

- II. **The Law of Forgiveness Activities – Week 1**
 - A. **The Law of Forgiveness Self Talk Exercise-** Explain to the participants that we will begin with a discussion exercise that will allow them to discuss what they already think and feel about forgiveness and their history with forgiveness as they were growing up before we discuss the Guidelines for Forgiveness next week. Make sure everyone has a pen or pencil and allow them 5 – 10 minutes to complete the questions on the handout. Make sure each member has a handout on page 6. **(Writing part - 5 min.)**

The Law of Forgiveness – Self Talk

Complete this statement.

Forgiveness is

What is a positive thing you believe about forgiveness?

What is a negative thing you believe (or have believed in the past) about forgiveness?

How was forgiveness demonstrated in your family as you were growing up?

How do you demonstrate or practice forgiveness now?

Based on your best understanding, what is the Law of Forgiveness? You may choose to read this short section on [pages 5 – 6](#) after the discussion or ask a group member to read it.

Break – (10 min)

- B. Processing the Law of Forgiveness Self Talk Exercise.** Go around the room and you can ask for volunteers to discuss each question or you can go around the room in order and allow each person a chance to discuss what they wrote. Any participants wishing not to discuss their answer can say “pass,” and you will go to the next person. Generally everyone enjoys this exercise. (20 min.)
- C. Scientific Evidence for the Power of Forgiveness (pages 48 – 57)** You may wish to discuss the scientific studies and evidence supporting the power of forgiveness. Discussion question: Ask members to raise their hands if they have ever thought of someone they had not heard from in a while and all of a sudden, they contacted them out of the blue. Usually $\frac{1}{2}$ - $\frac{3}{4}$ of the people will raise their hands. Explain that the same thing is going when you forgive someone. They get it at a soul level or knowing level immediately. Sometimes it percolates up to the conscious mind and they are moved to contact you. You can ask if anyone has had any other experiences like this where they just knew something about someone had happened and it turned out to be true.
- D. Enacting Forgiveness (1 hour). (pages 30- 43).**
- a. Guidelines for Forgiveness -** The facilitator may handle this section in the best way s/he may choose **starting on page 30**. There are 11 guidelines for forgiveness, including self forgiveness. The facilitator may wish to introduce each guideline by reading its section aloud and ask the members to discuss it. Or, the facilitator can ask the members to take turns reading each guideline aloud, and the group can discuss it. Possible discussion questions are listed below each guideline and you may add others.
- 1. Who should I forgive –**
Possible discussion question: What do you think the importance is of forgiving everyone you can think of past and present – alive or deceased?
 - 2. How do I know I need to forgive –**
Possible discussion question: Would it be easier for you to begin with the people you are most angry with or with those you are least angry with? Why?
 - 3. What if someone needs to forgive me?**
Are there people you would like to forgive you? Which list is longer – those you wish to forgive or those you wish to

forgive you? Why do you think one list is longer than the other?

4. Forgiveness is something you do for yourself.

Did this statement surprise you? What beliefs did you hold about forgiveness in the past? Does belief that forgiveness is something you do for yourself make sense to you? Why or Why Not?

5. Forgiveness Breaks a Bond of Negativity.

There is a saying that “To forgive is to set the prisoner free and then discover the prisoner was you.” Anonymous. Define what you believe is meant by this statement.

6. Upon Forgiveness, Energy is immediately released to bring Your Goodness.

A significant number of workshop participants report that they receive one or more blessings (most unexpected) within about a week of working down their forgiveness list. Why do you think this happens?

7. Breaking the Bonds Affects the Others as Well

Most surprising those who forgive often report those they have forgiven (and still have contact with) are nicer, easier to get along with and more generous, many for the first time ever or the first time in years. Since the people forgiving them complete their affirmations in private, what are some of the reasons you believe this may be true?

8. And 9. Contacting the Other Person and You Do Not Have to Reconcile the Relationship in Order to Forgive.

How important do you think these two items are in order to encourage people to forgive? Do you think more people would forgive if they knew they didn't need to contact the person they were forgiving and/or didn't need to reconcile the relationship?

10. Forgiveness is Freeing – After forgiving, some people report feeling as if a weight has been lifted off their shoulders or as if they actually weigh less and feel lighter. What do you think accounts for this physical experience?

11. Forgiveness- Why do you think Self-Forgiveness is just as important as forgiving others? Why do you think some people have a more difficult time forgiving themselves as compared with others?

Break (5 min)

b. How to Enact the Law of Forgiveness – (page 43- 46). (15 min). The facilitator reviews each item on pages 44 and 45 that prepares members to complete their forgiveness affirmations – Make a list; find a quiet space; visualize the person in your mind's eye; state the forgiveness affirmation. One note that needs to be made about visualizing the

person's in your mind's eye. Some people had such painful experiences, they do not wish to visualize even the person's higher self. Also, some people have trouble visualizing. For these people, I say they may wish to visual this person as a "ball of light." This works just as well. Also, please remind any people who may be seeing a therapist or counselor, that they may wish to complete this exercise with their therapist or counselor present. They definitely need to notify their mental health practitioner in advance that they will be completing this exercise and what it entails.

c. The Three Affirmations – (pages 45- 46).

1. Affirmation to Forgive Others

The facilitator asks the members to turn to page 45 if they haven't already in their book. Then the facilitator lets the group know that the affirmation at the bottom of page 45 will be used for anyone they wish to forgive from their past or present, living or deceased. The facilitator reads the affirmation aloud so the group may hear how it sounds. OR, the facilitator may have the group members read it aloud together. Two notes: the facilitator points out that when you say, "all again is well between us," You really mean that the energy is straight between us and not that "we're buddies" or anything of that nature. The second point is that you don't want to change the words of the affirmation too much, especially if they're changed in a way that continues to justify your lack of forgiveness. Therefore, try saying the affirmation the way it is written before adding any changes.

2. Affirmation for Others to Forgive You

The facilitator reads the affirmation aloud, or asks for a volunteer to read it, or asks the group to read it aloud together. Note: This one you fill in the blank with the person's name you wish to forgive you.

3. Affirmation to Forgive Yourself

The facilitator reads the affirmation aloud, or asks for a volunteer to read it, or asks the group to read it aloud together.

4. Process any questions people may have

If the facilitator doesn't know the answer, make a list and please email me the question(s) and I will answer them before next week and you can share the answer with the members when you meet again.

A. Homework Part I for week one. Facilitator will explain to the members --You will read the article (pages 8 – 10 of this study guide) and then make your forgiveness list of everyone you can

think of from the sandbox until today you need to forgive. Next week, you will learn guidelines for forgiveness and the forgiveness technique.

B. HOMEWORK – cont. Week 1, Part 2 – USING THE FORGIVENESS TECHNIQUE (Chapter 2) Instructions for group members.

- a. The facilitator instructs the group members to **review pages 44 – 46** that give instructions on how to use the forgiveness affirmation
- b. For your homework, you will use your forgiveness list that you made for homework from Week 1 (**see page 2 of this workbook**) and following the directions on **pages 43 – 45**, you will say the forgiveness affirmation (**bottom of page 45**) for everyone on that list. (Or, make as much progress on the list as you can).

Next, you will use the forgiveness affirmation at the **top of page 46** for those you wish to forgive you. And, third don't forget to use the forgiveness affirmation in the **middle of page 46** to forgive yourself. You may complete this over several days, or weeks. You can say the forgiveness affirmation for people as you think of them after you have completed working through your list. Please note any changes that happen in your life after saying the forgiveness affirmation. You do not need to work through the whole list before you will see changes. Some changes may be small and some may be big. So, jot them down so you can remember to share the changes you feel comfortable sharing with the group when you meet next time.

Also, if you have time, read **Chapter 4, pages 58 – 75** about the 3 Step Technique as that is what you will learn about in Week 3.

The Law of Forgiveness

TEN PEOPLE OR ORGANIZATIONS YOU MAY WISH TO FORGIVE NOW

by Connie Domino, MPH, RN

On April 17 and 18, 2010, I was honored to have been invited by Rev. Bacon to All Saints (the Church where is Rector) to present a workshop about the powerful Law of Forgiveness. I met Rev. Bacon when I was interviewed by him for Oprah's Soul Series in November of 2009. This article was written for the newsletter at All Saints. We both feel forgiveness is one of the most empowering things we can do for ourselves and others. In fact, a lack of forgiveness may be the largest barrier in your life – it could be blocking dreams and goals in every area of your life from manifesting.

Out of the workshop came the idea of setting up book study groups with trained facilitators to study the material more in depth. In the book study you will learn, a simple technique for forgiving others, and a 3 Step Technique for improving relationships you wish to reconcile. With both these techniques, you do not need to contact the people you are forgiving. And it is important to know that you can forgive without reconciling the relationship. The book study group will discuss how these same forgiveness techniques can also be used to transform the world toward one of peace and reconciliation.

An article about this list appeared in the All Saints newsletter around the time of Lent. Now this list is being included as homework to prepare for Week 2. For your homework you will read over the list below and allow it to remind you of those you need to include on your personal forgiveness list. You will write the names on your forgiveness list on [page 11 of this study guide](#).

As you develop your list of those you wish to forgive, here are 10 people or institutions you may wish to include:

1. Parents

Parents are at the top of the forgiveness list for many people. Most parents did the best they could. However, even if they didn't, you can tie up most of the energy you need to meet dreams and goals in your life by continuing to harbor anger and resentment toward your parents. Forgiveness does not mean they were correct in their actions that hurt you. Forgiveness is not something you do for others, it's something you do for yourself. It releases the hold the past has on your life, allowing you to meet your dreams and goals.

2. Spouses/Significant Others

This is a hot topic in my goal setting and forgiveness workshops. Sociologists who study the history of marriage tell us that there are at least two primary reasons so many of our marriages fail. One is that modern Americans are one of the most marrying societies in written history. We have more marriages than ever recorded leading to more divorces than in the past. In addition, marriage has been so romanticized; we may expect more from our spouses than they can possibly deliver. This unique situation requires more communication, more patience and more forgiveness than ever before.

3. Siblings, and other relatives

Most siblings experience some type of rivalry. As adults we may need some professional assistance to discern if the line was crossed between a normal amount of rivalry and whether the relationship was actually abusive. Forgiveness can provide great healing for anyone who has experienced an abusive relationship with siblings. You may need to forgive other relatives too. Maybe your children made you angry, didn't meet your expectations or never call or come to visit. Forgive your children. Life is much too short and they are much too special.

4. Friends

It can be especially painful when you have been hurt by a friend. Friends are people you have made a conscious decision to be in relationship with. The special relationship we develop with friends usually involves mutual trust. When we are betrayed by a friend, we may begin to question our ability to recognize qualities we hold dear such as loyalty and honesty. We may wonder if we possess some sort of character flaw that makes us susceptible to attracting people who take advantage of our good nature. Forgiveness is especially important to heal when we are hurt by a friend.

5. Supervisor/Boss

People who work full-time may spend more waking hours at work than at home. When at home, most people have some authority over their routine, but at work, the boss is in control. When most people join the working world, it doesn't take long to discover that a significant number of people in supervisory positions are not cut out for the job. Forgiveness, even on a daily basis, can become an important strategy for making peace with the boss.

6. Coworkers

There may be days you feel more like you are in junior high school rather than work. By the time most people are adults, they have developed set patterns for establishing their place in the tribal society we call "the workplace." While many co-workers are actually helpful and supportive, there always seems to be at least one or two who are bent on taking the "fun" out of *dysfunctional*. If your work environment has become emotionally toxic, forgiveness can provide the scrubbing bubbles needed to clean it up.

7. Governments/public agencies and organizations

It's easy to get mad at a non-personal entity such as a government or other public agency. It has become obvious that too many elected officials seem to have forgotten that it is the people who elected them they represent and not lobbyists and their generous donors. Those trying to receive their services may feel like another number or just a statistic. When forgiving a government or public agency it is important to remember that it is still people who make up the agency. It is still people who need to be forgiven.

8. Private businesses/agencies/organizations

As baby boomers we were taught that if we were loyal, hardworking employees that we could expect to be taken care of by our employers with frequent raises, benefits and a retirement package. My husband faithfully worked for a company for 25 years, until the leadership announced they were sending his job and others overseas. Along with many other American workers, we felt betrayed. It took my husband several years to land a job with a similar company. We had both forgiven all the people we could think of from our past and present, but had not thought of forgiving a company. When we fully forgave my husband's company, the company he wanted hired him within two weeks. Forgiveness works when directed at individuals and just as well when directed at businesses.

9. God/ Higher Power /Religions

I am always surprised by the people who claim to be angry with God or their higher power. They believe that God should intervene constantly in human events, preventing bad things from happening to good people. They may be forgetting that it is free will that makes us distinctly human. This includes the free will to do good or the free will to get into trouble. If given the choice, I believe most people would refuse to relinquish their free will, even if it came with a guarantee of a robotic but more peaceful existence. Instead of blaming God, we need to accept responsibility for our actions and hold others accountable for their actions. Forgiveness releases the past to make way for a more positive future.

10. Yourself

Some people have a difficult time forgiving themselves. They feel guilt and shame for events long past. They blame themselves and become their own worst enemy. When you begin working on your forgiveness list, don't forget to place yourself at the top. Forgiving yourself will lighten your burden and make it so much easier to forgive others.

*Connie Domino is an author, life coach, trainer and speaker. Her new book is *The Law of Forgiveness: Tap in to the Positive Power of Forgiveness—and Attract Good Things to Your Life* (Berkley Books, 2009). She lives in Raleigh, NC with her husband and two children.*

My Forgiveness List - Homework for Week 1

Please list people you wish to forgive and those you wish to forgive you. You may also use the back of this form.

SESSION OR WEEK 2

(2 HOURS) (PGS 56-77, 86-96, 97-99)

III. GUIDELINES FOR FORGIVENESS AND HOW TO FORGIVE

- A. Arrival, Getting Seating, Welcome (10 min)**
- B. Introductions** – If there are any new members, each participant introduces themselves. **(5 min).**
- C. Centering** – You may wish to have a prayer, poem, reading, short meditation or other centering activity. **(5 - 10 min)**
- D. Feedback from last week and homework. – Review Feedback, Results, Blessings and Manifestations** - Some of the group members will have already experienced and manifested blessings after working on their forgiveness list. Some may even have manifested a goal. Some may have heard from someone they had not talked to in a while. Some may have had more pleasant interactions with those people they forgave. On week 2, group members will describe how they felt after using the affirmation technique and if they noticed anything different such as: relationships improving, receiving emails, checks in the mail, or phone calls right out of the blue that they weren't expecting. Did anyone have a goal or dream of even something small they wished for come true? Let the group share.
- E. FORGIVING THOSE YOU ARE STILL IN CONTACT WITH AND/OR STILL WISH TO HAVE A RELATIONSHIP WITH (Chapter 4, 58 – 77)**

Introduction

The facilitator explains to the group members that the forgiveness affirmation described in **Chapter 2 pages 44 – 46** that you worked for Week 2 Homework, should be said for everyone you can remember you may feel anger or resentment for from the sandbox until today and say one more affirmations for any anyone you may have forgotten. You do not need to contact these people unless you wish to.

Now, what about the people that you must still be in relationship with whether you like them or not, e.g. for example, your ex-spouse with whom you share custody of children, or your co-workers, or supervisor. OR, the people you desire to be in relationship with but you wish to improve your relationship? What about those of you who aren't sure you're dating or married to the right person?

You will use the 3 Step Technique for Positively Affecting a Negative Relationship described in **Chapter 4 on pages 58 – 75.**

F. THE 3 STEP TECHNIQUE FOR POSITIVELY AFFECTING A NEGATIVE RELATIONSHIP

Review each of the 3 Steps on **pages 59 – 62**

The Group Facilitator instructs the Group Members to look on **pages 20 - 21** of the workbook and to follow the Law of Forgiveness Action Plan while we complete this exercise. This is the Action Plan Form they will use to complete the 3 Step Technique for a person they wish to improve a relationship with.

The Group Facilitator may wish to lead the group through an example of this process on a white board or flip chart. Ask the group to provide the examples of a real or imaginary person. They may change their name if they are a real person. Work through all three steps on a white board or flip chart. Note: If you don't have a stand for your white board, you may place it in a chair. If you don't have a stand for your flip chart, you may place a straight back chair on top of a table with the back of the chair facing the audience. Place the flip chart over the chair dividing the sheets of paper with some over the seat of the chair and some hanging down straight over the back of the chair so to maintain balance. The straight side of the flip chart you are writing will come down the straight back of the chair. If you do not have a white board or flip chart, obtain several large flip chart sheets of paper from the Book Study Coordinator at Church, and tape them to a part of your wall where the tape won't damage the wall. Test writing on several sheets padding the wall to make sure the ink isn't coming through onto the wall. Also, now they have the sticky note type of flip chart paper that is gentle on walls, so try to obtain that first from the Coordinator at Church.

STEP 1 – (pages 59 – 61) FIRST Write an affirmation for the relationship as you wish it to be, not as it currently exists. It should be written like this:

My relationship with their name has the following positive qualities list the qualities by list the goal date 3 weeks from now .

Again, list only the positive qualities you desire to have in the relationship.

NOTE: It generally takes 2 – 3 weeks of saying this every day -- 3 times or more per day --to see results. People generally experience positive results and the relationship improves. The person for whom they are trying to improve the relationship becomes more cooperative, more understanding and easier to work with.

For those who are trying to decide whether to stay in a relationship or leave it, you will generally have results in 2 – 3 weeks. Either your significant other will come closer to you (this happens about 60 % of the time), OR they will move further away and become

more emotionally distant (this happens about 40% of the time). Either way, this will give you information with which to make your decision about the relationship when you are ready. Remember, you are in the driver's seat; you don't have to make any decisions or moves until you are ready.

SECOND – The facilitator asks the group members why this goal hasn't already come true. List the reasons on the white board or flip chart. The group members may say something such as:

"Bob only cares only for himself; Bob works too much; Bob is tired and grouchy when he gets home."

The Leader points out to the group that these negative excuses they have listed are in reality the blocks and barriers preventing their goal from manifesting.

With the group's assistance, the leader turns all these negative statements around into positive affirmations and writes them on the board or flip chart. They should read something like: "Bob is now compassionate and thinks of others. Bob understands the necessity of spending quality time with his family and returns home from work at 5:30 p.m. and we have a family meal together. Bob feels rejuvenated when he returns home and is kind to the family." Make sure all words in the affirmation are positive and forward moving. Make sure to write the affirmations as if they are already true. Do not use words like "will, want, or intend." OR, you will be left "willing, wanting or intending" to meet this goal. Also, do not use words such as "debt-free, pain -free or addiction-free," OR, your subconscious mind will key in on the negative words, "debt, pain and addiction" and not on the word "free"

The Leader now marks out the negative excuses or barriers listed on the board or flip chart now, so the brain and the subconscious mind only sees the positive affirmations to your barriers and blocks. These positive affirmations to barriers and blocks are written on **page 20 of this workbook** under STEP 1, Part C.

STEP 2: (page 61) Say the forgiveness affirmation for the person you have listed in Step 1 (page 45). You may also want to say the affirmation for them forgiving you (page 46) if you feel they may need to. Remember, when you bring them to your mind's eye to say the forgiveness affirmation, picture their happy, smiling, higher self, not their nasty, mean Earth self. Picture them as they would look if they had treated you kindly as they were supposed to. For people who are not visual learners and cannot bring a person's image to your mind's eye, you may visualize the person as a ball of light.

STEP 3: (Discuss pages 61 – 65) Have a soul to soul conversation with the person's soul or higher self. You will visualize the person in your mind's eye just like you did for the forgiveness affirmation. You do not need to contact them in person or get them involved. You may complete this step in the privacy of your own home. You may talk to the person's higher self or you

may write them a letter and read it to their higher self. Remember the person's higher self will not judge you, so you can pour out your heart to them, and visualize them agreeing with you.

Step 3 has rendered the most astonishing results. I am absolutely amazed to discover that we can actually communicate with another person's soul and the person will comprehend it somehow on a conscious level. The person doesn't know what has taken place on a conscious level, they just know they feel different, and their behavior will reflect it. This still amazes me!

It may seem strange at first, but in reality we are communicating with other people's souls all the time and we just don't realize it. (The leader asks the group members) Raise your hand if you have ever thought of someone you haven't heard from in a while and suddenly they contacted you or you ran into them somewhere. In my workshops any where from $\frac{3}{4}$ to the whole group raises their hands. This demonstrates that we are in contact at a soul level whether we realize it or not. People ask me how this works. Well, when you talk to someone's soul you are going past their conscious mind which contains the EGO straight to their sub-conscious mind where you can talk to their soul and their Higher and Wiser Self without their EGO interfering. The EGO resides in the conscious mind and it can become a large obstacle to good communication. The Ego brings up all our doubts, fears, anger, jealousies, insecurities related to the person who is trying to communicate with us, so you can see why this may be a problem and a communication obstacle.

When you say positive affirmations for another person, you need not worry that you are interfering with someone's soul in a negative manner. If something is not in the soul's best interest or for its highest good, it will not accept it. For example, if a young man's parents want him to be a policeman and he wants to be an artist, it doesn't matter how many affirmations they say for him to be a policeman, it likely won't happen.

F. [But I'm Still Angry...Working Through the Cycle of Healing When Forgiving \(pages 86- 96\).](#)

Some people will want to know what it means if they still feel angry after they have forgiven. The answer is most likely "Yes," because they are still working through the cycle of healing described in this chapter. However, repeating the forgiveness affirmation may expedite the healing cycle and make it easier to heal. Also, emphasize that they should let go of the old adage to "forgive and forget." The brain is programmed not to "forget" any incident that was hurtful or upsetting. This applies all the way from eating spoiled food that gives you food poisoning all the way to being with a person who abused you. The brain is programmed to remember in hopes that the person will avoid that particular type food or situation in the future increasing their chance of a long, healthy life. You do not need to forget in order to forgive.

- G. You are the Writer, Producer, Director, and Casting Agent of Your Own Real-Life Hollywood Production (pages 97- 99)** You (the facilitator) or a volunteer may wish to read aloud the first three paragraphs of this section aloud to remind the group of its contents. The group members usually like to discuss this. It is a moment of awakening to discover they have cast all these characters in their life who may be making them miserable. And, it is a moment of empowerment to realize they can fire them and attract in a new cast of authentic friends. **Discussion:** Ask for a volunteer to name their real life Hollywood production and tell the group about the current cast of characters they have attracted and the parts they play. Ask them to tell about any new characters they plan to cast and any old one they may let go to make their production run more smoothly.

HOMEWORK for Week 3 is to Use the 3 Step Technique to Improve a Relationship You're already in.

You may wish to review Chapter 4 pages 58 – 75 first. Complete Action Plan Below (pages 20 - 21) as it will give you a format with which to complete the 3 Step Technique. (See example on pages 70 – 75)

Law of Forgiveness Action Plan Form

(Complete a separate form for each of your desired goals. Remember, this works best when working on 1-3 goals at a time.)

STEP ONE OF THE THREE STEP TECHNIQUE

- A. Topic Area for the desired goal: Relationships
- B. **AFFIRMATION** for the **DESIRED GOAL**. (Use positive words, be specific, make sure the goal is measurable, and include a goal date.): Repeat 3 or more times a day.
-
-

- C. **AFFIRMATIONS** for any **PSYCHOLOGICAL/ENERGIC BLOCKS OR BARRIERS**: Repeat 3 or more times a day.
-
-

STEP 2 OF THE 3 STEP TECHNIQUE

ACTION PLAN (To-Do List) for making your desire manifest.

- A. State your affirmations (B – D Below) ____times each day (3 or more times with no maximum):
- B. State the forgiveness affirmation for the person their name you wish to forgive (See page 45).
- C. State the forgiveness affirmation for this person their name forgiving you (top of page 46).
- D. State the forgiveness affirmation for yourself (page 46).
- E. Other:

F.

STEP 3 OF THE 3 STEP TECHNIQUE

- A. Have a soul to soul conversation with the person's higher self that you are forgiving. (pgs. 60 – 61). (Have 3 times a day at first (if possible) and then decrease as things are improving.)

COMPLETION

- A. **SYNCHRONICITIES** (smaller manifestations), which prove that your desire is manifesting:

- B. **MANIFESTATION** Date/Time that your desire manifested into your life, and how you felt when it happened:

Homework – Week 2 continued – You may also wish to Read and Review (pages 8 – 15, 132-162)

SESSION OR WEEK 3

(2 HOURS) (pages 8 – 15, 132-162)

Note: if you don't get through all the material Week 3, you can add a Week 4 if you wish

- A. Arrival, Welcome (10 min)**
- B. Centering** – You may wish to have a prayer, poem, reading, short meditation or other centering activity. (5 - 10 min)
- C. Review Feedback, Results, Blessings and Manifestations - (15 - 20 min)** More group members will have already have manifested blessings after working on their forgiveness list and the 3 Step Technique. Some may have even manifested a goal. Some may have heard from someone they had not talked to in a while. Some may have had more pleasant interactions with those people they forgave
On week 3, group members will describe how they felt after using the 3 Step Technique and the forgiveness affirmation technique and if they noticed anything different such as: relationships improving, receiving emails, checks in the mail, or phone calls right out of the blue that they weren't expecting. Did anyone have a goal or dream of even something small they wished for come true? Ask them to share anything they feel comfortable sharing even if it's the smallest detail.
- D. The Big Picture: From Personal Forgiveness to World Peace Review Chapter 9 (page 144-162) (10 min)**
- Review Membership in the Forgiveness Revolution **page 147** and invite participants join the forgiveness revolution at: www.JoinTheForgivenessRevolution.com . There is no charge to join this networking site. This is a group of people nationally and internationally who are committed to practicing forgiveness in their own lives and bringing people to the world peace through forgiveness. Members are encouraged to share their stories, poems, ideas and blogs about forgiveness.
- E. Research and Forgiveness in a War Zone (pgs. 156 -57) (10 min)**
Read this paragraph to the group. Facilitator will read this paragraph: John Davies, an internationally recognized expert in conflict management at the University of Maryland has conducted tightly controlled critical research in war zones. His results were published in a professional peer reviewed journal. Dr. Davies found that when just 1 percent of people in a community spend as little as twenty-five to forty-five minutes a day in prayer and meditation for peace, the whole community moves towards peace. His research found as much as an 80 percent drop in violence within the community. He also discovered people not only tend to stop killing each other, but are able to come

together and perceived new possibilities for cooperative work and partnership, even with their enemies.

Discussion Question: If prayer and meditation for peace work to increase nonviolent peace in a community, do you believe praying and meditating for forgiveness will have the same results? How could your spiritual community engage in this practice? Examples: praying and meditating for peace and forgiveness, including repeating the forgiveness affirmation for a specific war zone. Either setting a time of day people pray in their own homes/work, or creating a lunch time (or other convenient time) prayer and meditation group meets one of more times a week, or a combination of these techniques.

F. Forgiveness and World Religions (pgs. 8- 14) (10 min)

Every major world religion teaches about forgiveness and teaches a version of the Golden Rule: Ask volunteers to take turn reading what each religion teaches about forgiveness and take turns reading what each religion says about the Golden Rule.

Discussion Question: What do you think today's major world religions can do to better promote world peace. What role should they play?

G. Forgiveness and Justice (pgs. 134 – 143) (10 min)

I was most surprised by the way forgiveness affected justice. People who forgave those they had legal dealings with (sometimes for years) found that the wheels of justice finally moved. One woman forgave and a 10 year old law suit was suddenly settled and she received a check in the mail for \$25,000. Another women forgave her ex-husband who had abused all 5 of their children and after 11 years he was placed in jail. **Discussion Question:** Forgiveness is not the same thing as pardon. When you forgive you are releasing the person who hurt you and not asking for any particular outcome, except the freedom forgiveness brings to you. Why do you think that when a person forgives their transgressor, that instead of stopping the wheels of justice that forgiveness can actually make them move? Discuss the implications for widespread forgiveness on the legal system.

H. Tomorrow's Peacemakers (pgs. 154 – 155) (10 min)

In *The Law of Forgiveness*, the work of Rev. Desmond Tutu is discussed as a past example of non-violent peacemaking. Rev. Martin Luther King, Jr. and Ghandi are also mentioned. These men were very visable in their peacemaking and often protesters participated in non-violent marches and sit-ins as methods to show their discontent with the current system. **Discussion Question:** How will the new generation (who learned how to use computers as children and are now experts at communicating instantly electronically with

friends both nationally and internationally) change the way peacemaking is accomplished now and in the future.

I. String Exercise/Activity – (15 min)

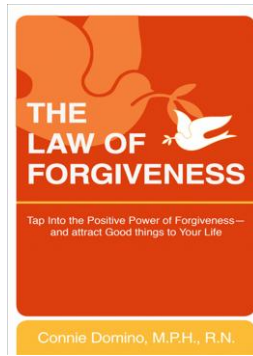
If the group is rather small like 8 – 15 members, you can end with the string exercise. Obtain a ball of rope or thick string. You can even use knitting string. Just find a rubber or plastic ball about the size of a grapefruit and wrap a skein or half skein of knitting string around it. There must be enough string to make a web between group members as they stand in a circle. Gather your group in a circle. The leader begins by holding the ball of string or rope. The leader says one useful thing they are taking home for the book study. Then, while holding the string with one hand, they throw the ball of string across to another person. The leader continues to hold the string with one hand. This person shares one thing they learned or are going to change as a result of the book study. They hold the string in one hand and then they throw the string to another group member. Each group member repeats this exercise until all the string or rope is gone. The leader will point out that the group has now formed an interconnecting web. This web represents how when we reach out to people the world over with forgiveness and teaching the forgiveness technique how we form a positive web of connection. The Leader places a book on a strong part of the web and asks the group to notice how the web holds the book representing the strength of the interconnectedness when we reach out and form a web of connection. Then, the leader asks one person to drop their hold on the web and then asks another person to drop. Soon the book will fall to the floor as the web weakens. The leader points out that this is why we need to keep the web strong by each person doing their part using the forgiveness technique and method and reaching out to others the world over to do the same.

J. Questions/Wrap-Up (10 min)

Your group may wish to keep in touch to support each other in your forgiveness journey. You may wish to touch base as often as you feel necessary to support this process. The Group may wish to end the book study group with a prayer, an affirmation or a song.

You have embarked upon an exciting journey. Email me if I can assist you in any way. Also, let me know of all your exciting results and manifestations. Blessings Galore! Connie Domino

www.thelawofforgiveness.com and www.loa-lawofattraction.com



SIGN UP HERE FOR A BOOK STUDY GROUP

based on the inspirational book:

The Law of Forgiveness

By Connie Domino

Stop struggling to achieve success & happiness.... Learn a secret to reaching goals. It's forgiveness. To practice forgiveness is to unlock the power to attract what you really want—and to receive a myriad of blessings in every part of your life. LEARN two simple techniques for forgiving others, for others forgiving you and for forgiving yourself. You will be on your way to a healthy more prosperous you. The Law of Forgiveness will show you the steps to:

- ❖ Unleash the power of personal forgiveness—with simple steps in the comfort of your own home.
- ❖ Learn to forgive while working through the cycle of healing.
- ❖ Understand the science behind the forgiveness technique.
- ❖ Use the forgiveness technique to meet your dreams and goals.

GROUP FACILITATOR: _____ **EMAIL:** _____

ADDRESS: _____ **PHONE:** _____

DATES OF STUDY GROUP (4 WEEKS): _____ **TIME:** _____

NAME	EMAIL ADDRESS	PHONE NUMBER
_____	_____	_____
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Connie Domino, BSN, MPH, RN



Connie is an internationally acclaimed life coach, and author of the inspirational book, *Law of Attraction: Develop Irresistible Attraction* and her new book, *The Law of Forgiveness*. Connie has been teaching Law of Attraction workshops since 2001. She added the powerful Law of Forgiveness to her workshops in 2002. She is known for the success of her clients who consistently report manifesting dreams and goals quickly from her clear, easy-to-understand and powerful instruction. She is also a trainer, speaker, public health educator, registered nurse and nursing educator. She has twenty years of experience in business, health promotion, and wellness education. She also has training and experience as a support group facilitator, educational counselor, and motivational speaker. Connie is comfortable in front of the camera. She has been interviewed on local and national radio and television talk shows, as well as for the print media. Connie was recently interviewed on Oprah XM Radio Soul Series by Rev. Ed Bacon. In January 2010, she was selected by Southern Living Magazine as one of four of their favorite Southern authors. She received her Bachelor's of Science degree in Nursing from Florida State University, and her Master's degree in Public Health from the University of North Carolina at Chapel Hill. Connie lives in Raleigh, North Carolina with her husband and two children.

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