The 7 Gifts that Give You Everything
Releasing the Last Knot

Rev. Victoria Loveland-Coen, November 30th, 2025

Our willingness to forgive is actually a gift to ourselves. It unties the "big knot" and allows the gifts of peace, joy, abundance and healing to flow into our lives unimpeded. Here are the steps of the process.

1. Take a piece of paper and write a letter to the person you want to work on forgiving. The letter will not be sent to them; it's only for you. Write down everything this individual did to hurt you, how it made you feel, and how it affected your life. Allow the full spectrum of feelings to come up for you. Really be present to what you are feeling. Release your tears or scream into a pillow. Let the feelings move through you and out onto the paper.

2. After you've spent time allowing your emotions to be released, fold the piece of paper and hold it in your hands. Take a moment to connect with your heart center. Breathe into that heart space and when you're ready, say the following intention statement, replacing the words "this person" with the individual's name:

"From the awareness of my highest self, I realize that [this person] is a spiritual being having a human experience. I understand they may have acted from unconscious patterns, wounding or generational trauma. [This person] did the best he/she could with the understanding they had at the time. I accept the part I may have played in the situation. I now forgive [this person] for every mistake I've written here. And I forgive myself. I now claim a blessing from this experience."

3. Finally, burn the letter while repeating the following seven times through:
"I forgive. I release. I let go."

unity
Center of Peace
in Chapel Hill