



# Letter of Forgiveness

Pick the person with whom you have the biggest blame.

Dear .....

1. I blame you for . . .
2. This is how it has affected me . . .
3. I forgive you.  
I forgive you.  
I forgive you.  
I forgive you.  
I forgive you.
4. This is what I am creating now . . .
5. Thank you, God.
6. I forgive you, ..... for all you have done.

I love you as I love myself. God is the love that I am.

Write this letter for 7 days in a row.

## SETTING CLEAR GOALS how to do it!

**Begin in the silence, away from distractions and cell phones. Now ask the question:**

**“If money were no object, if time or responsibility or age or education were no concern, what would my life look like? What would the life of my dreams be?”**

Once you have spent some quality time in the silence, start listing everything—and I mean everything—you can imagine wanting. Now, I didn't say go out and GET everything on your list. This practice is about loosening up the restrictions around dreaming and imagining.

It's about casting aside your limitations.

Don't edit, don't judge, don't think, “Oh, I could never afford that,” just write down all of it.

When you think you are done, write some more. And *only* when you feel like you have exhausted **all** of your wishes and wants, go back and choose 12 that really matter, and that are, as Dr Mark says, “50 % believable.”

Out of *those 12*, choose 3. **Those are the ones that matter now.**

As you select those three that really have your heart beating, there will be some questions you will need to ask yourself:

1. What do I need to do to get ready and to prepare myself to reach this goal? What action do I need to take that would show I mean business?

And then start doing those things *and do with them with intention*. In other words, if you want to go to France and study gourmet cooking, renew your passport. Take a French language course. Learn the geography of the region where you want to study.

2. Next question: What changes do I need to make in order to achieve my goals?

**Maybe** you need to start a regular and disciplined spiritual practice.

**Maybe** you need to change the way you treat your health and your body.

**Maybe** you need to clean house and get rid of all that stuff that no longer sparks joy. Releasing stuff clears the mental, spiritual, and physical spaces of our lives. It creates *room* for what we *really* want.

3. Choose the date by which you desire to achieve each goal. "Putting down a specific date is a strong statement of confidence in both yourself and God.
4. Read your goals at least three times every morning and three times every night. When you focus on something that matters, you draw power to it.  
And as you read these goals, imagine yourself achieving each one. Put yourself in the picture of what achieving them looks like.
5. Act as if you have *already achieved these goals*. Do more of those things that say you mean business. If you want a house, pack boxes, if you want to get married, start looking at locations for the ceremony and honeymoon.
6. Keep your goals between you and God.  
People have a way of deflating us and planting seeds of doubt and unworthiness. Unless you have a trusted practitioner or prayer partner, keep these sacred and private.

And practice GRATITUDE!

***REMEMBER:***

Once you have made your list and are actively doing all that you can to prepare for your good, commit to NO COMPLAINTS whatsoever for 21 days.

The negativity that sources our complaining is like a barbed-wire fence that keeps our good *away* from us, and also sabotages our ability to expect and ACCEPT the good that God is trying to give to and through us.

Complaining, whining, moaning, finding fault, are all things that suck the life out of our energy and our prosperity.

Have fun, and enjoy the journey,

Peace and Blessings,  
Rev Sydney

For more information, read *The Four Spiritual Laws of Prosperity* by Edwene Gaines.