

# Creating Your Dream Life

## Module 9: Exercises & Lifework

### The Power of Forgiveness

Exercise 1: List the benefits of letting go of resentment for just one person in your life.

Exercise 2: Separate the person from the behavior.

Exercise 3: Practice Tonglen

*“To err is human: to forgive divine.”*

*-Alexander Pope*

Exercise 1: Think of someone who has wronged you, who you have not truly forgiven. List 3 benefits that you would see in letting go of this resentment.

Exercise 2: Part of the process of forgiving a person is separating their being from their behavior.

Name: \_\_\_\_\_  
What I like about this  
person \_\_\_\_\_  
\_\_\_\_\_

Behavior: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

In the left box write down the name of the person you would like to forgive. Write their behavior that hurt you in the box on the right. Then write the things you like about them that you will miss if you don't forgive them.

Practice Tonglen: Explained below

Lifework: List three sacred friends and in your life and the ways in which they have enabled your heart to expand. Try to give them grace and understanding that you would want from them for any slight you might have made awkwardly expressing love.



### Phase 1 Planting the Seed

Step 1: Discovering  
Step 2: Designing & Testing  
Step 3: Deserving

### Phase 2 Bridging the Gap

Step 4: Facing Your Fear  
Step 5: The Law of Attraction  
Step 6: Changing Your Paradigm

### Phase 3 Acceleration

Step 7: Listen to Your Intuition  
Step 8: Power of Forgiveness  
Step 9: Creating a Circle of Power

### Step 10: Enjoy Your Dream



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## Tonglen TONGLEN

The Buddhist practice of loving kindness – Tonglen

The core of the practice is breathing in another's pain so they can be well and have more space to relax and open, and breathing out, sending them relaxation, compassion, healing or whatever you feel would bring them relief and happiness.

We start with our self. We breathe in our pain, anger, suffering, resentment, woundedness, we breathe out compassion, healing, love, and joy for our self.

Then we take on the suffering of a person we know to be hurting and who we wish to help. For instance, if you know of a child who is being hurt, you breathe in the wish to take away all the pain and fear of that child. Then, as you breathe out, you send the child happiness, joy, or whatever would relieve their pain.

Then we take on the pain and woundedness of someone who has hurt or wronged us. One of our sacred friends. We breathe in their pain, their suffering, their loneliness, their hurt, and we breathe out love, compassion, and healing for that person.

This practice is powerful and transformative.