



Dr. Keesha

FREEDOM TO FEEL FABULOUS

Forgiveness Program

Contains downloadable audio guide,
downloadable worksheet, and this book



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We are all trapped within our own stories. Freedom requires willingness and courage to self-confront and take responsibility for the parts of the story that do not serve us. --Dr. Keesha Ewers

Introduction

We cannot solve our problems with the same thinking we used when we created them. --Albert Einstein

This book is about freedom. It's about living a life free of pain, disease, worry, anxiety, depression, and disease, or what I call mind-traps. Why is a physical disease a mind-trap? Because if you *believe* you are not free then you are not.

Making Meaning

This is the same life-changing message I got when I read "Man's Search for Meaning" by Viktor Frankl. Frankl was an Austrian neurologist and psychiatrist as well as a Holocaust survivor. After losing all of his family to German Nazi concentration camps and surviving life in a concentration camp himself, he penned some of the most enlightened words I have ever read. He made meaning from his suffering, which created beliefs, which influenced his behaviors in powerful ways. He wrote, "The last of human freedoms is the ability to choose one's attitude in any given set of circumstances, the ability to choose one's own way."

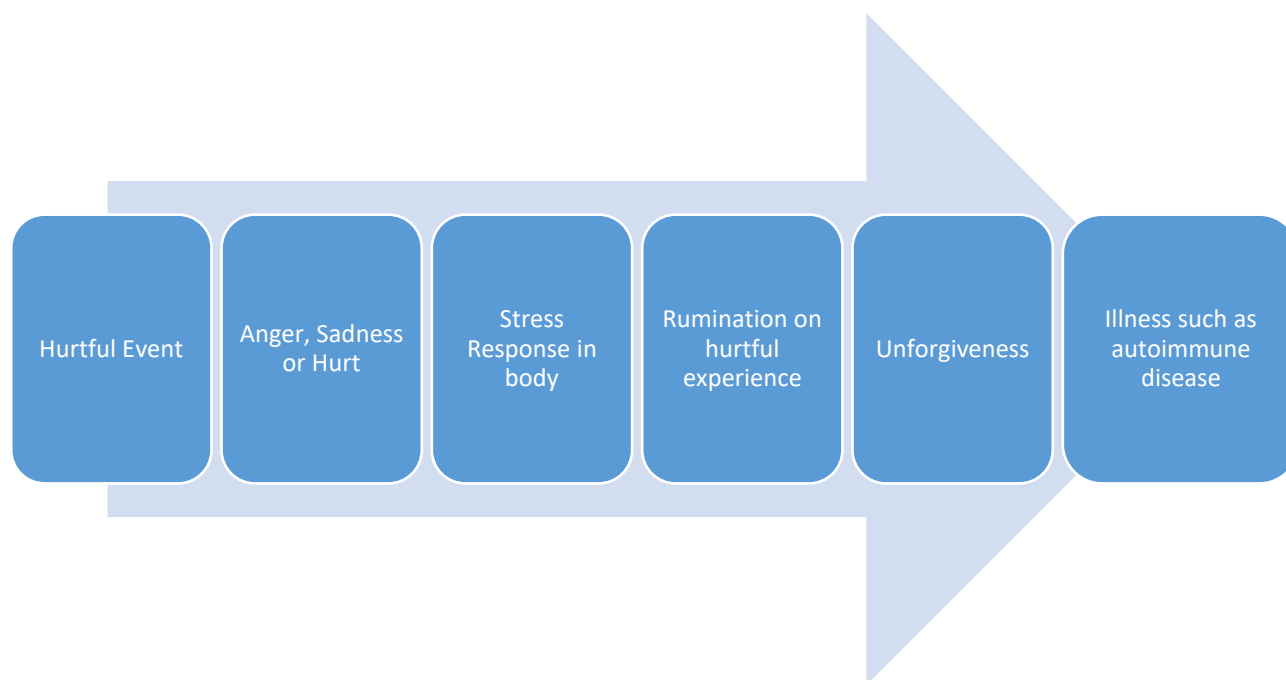
This book is a guide map for you to use to choose your own way out of pain of all kinds because whatever trap you find yourself in has been created by you. I can hear the scream in your head right now as you rally the argument that proves that I am dead wrong. Your boss is *the* boss from hell. You didn't create your boss's bad behavior and the stress that everyone in the office is under as a result. And I have never met your husband because if I had, I would never say that

this marital stress has anything to do with you, right? What about your drug-addicted offspring? Am I saying that the jail sentences she has served, and the fact that he has broken into your house and stolen from you repeatedly is your fault? No, I am not. Not even a little bit. I am saying no one is to blame.

It is the need to cast about seeking someone or something to blame that I am helping set you free from. Everyone feels stuck sometimes. These experiences of getting stuck are the ones that make us grow if we allow them to be of benefit to us. When you get stuck with a flat tire, it is always inconvenient. There is never a good time for a flat tire or to be broken down on the side of the road; both literally and figuratively. We are busy people. We don't have time to break down, run out of gas, or get a flat tire. But when you had to get out of your car and actually change your tire for the first time, didn't you learn a new skill? Did your perspective on your life and schedule shift from the experience? If not, then you will get equally stressed each and every time your forward motion is interrupted.

This book and the exercises I am going to teach you are meant to help you heal. They are not meant to help you reconcile with people who have hurt you. That is another book and another subject entirely. This method is simply to help you undo the damage that years of anger, hurt, resentment, and rumination on past transgressions have caused your body, mind and spirit. That's right, your body takes a big hit every time you get upset. In fact, for every five minutes you are emotionally dysregulated, it takes **eight hours** for your body to recover. Really allow that mathematical formula to sink in for a moment. It should challenge you to ask important questions like, "Is this tempest in a teacup [drama] I am experiencing right now really worth it?"

Not forgiving is like you drinking poison and expecting the other guy to die. Why? Because the stress response that occurs when you feel angry, hurt, or sad breaks down the tissues in your body and creates hormone imbalances. This is what happens:



The good news is that the damage done to your body, mind and spirit is reversible! I reversed the autoimmune disease I was diagnosed with in 6 months from diagnosis using these and other life changing tools I teach in my programs. When I was in my 30s I was diagnosed with rheumatoid arthritis, an autoimmune disease that runs in my family. My doctor told me there was no cure and sent me home to take harsh, cancer fighting drugs and non-steroidal anti-inflammatory medications for the rest of my life. Thankfully, I did my own research and discovered ways to reverse my disease naturally.

The exercises in this book have been revealed and taught to me by teachers, guides and God, the Divine, the Universe...whichever name best suits you, the reader. They are all from that

pool of Universal Consciousness that all wisdom emanates from, and I pass them on to you with the most heartfelt gratitude, deepest humility, and the prayer that you will learn them, do them, and free yourself from pain, disease, and hurt. This little book is meant to empower you to heal yourself from the inside out.

Forgiveness Healed Me

My baby daughter saved my life. Kendyl was my third child and first daughter. She was born when George Bush Senior was the President of the United States and our military was preparing to invade Kuwait. My 3-month-old infant daughter was up for her second feeding of the night. I was sleep deprived and barely awake as I rocked her in the upholstered, overstuffed chair on the landing outside of her nursery. A large picture window allowed the light of the full moon in, bathing us both with its ethereal glow, lending a magical feeling to the late-night silence, broken only by the soft grunts and sounds of deep contentment from my baby.

As I gazed down at this beloved child and watched her eagerly filling her belly, I was struck with the thought that if every world leader had the chance to nurse a child, they just might think longer and more profoundly about sending other people's children off to war. I pictured some of the past dictators, presidents, monarchs, and prime ministers and sent them the love that I felt for this child in that moment. It seemed as if I would faint from the strength of the outpouring of energy I felt to the world as my baby daughter drew from me the love I was releasing through every cell of my being.

My next thought took me by surprise. *My mother had probably felt this kind of love for me at some point!* Kendyl was my third child, and I had loved my two sons just as much and nursed

them in the wee hours of the morning also. Why had it not occurred to me before now that my mother loved me with this kind of strength? Why did it surprise me? My adolescent memories of strife and conflict overshadowed my childhood memories of love and nurturing. I recalled that my mother also had negative memories of her mother during her adolescence and various times of her adulthood. How could I keep this from happening with this child of mine and her siblings? How could I prevent the past from repeating itself?

I thought of all the families I had encountered in my life as a medical provider, and how many of them had irreconcilable differences. How did this happen? What took a parent and child relationship from this place of sweetness and love to lasting discord and conflict? I gazed down at my daughter's moon-kissed face and felt the tiny fingers clutched around my index finger. I stroked her cheek thoughtfully. I made a vow right then and there, "I promise little one, I swear by the light of this moon and the goddess it represents, that you and your siblings and I will remain in harmony for the rest of our lives. I will do *anything* to prevent lasting discord."

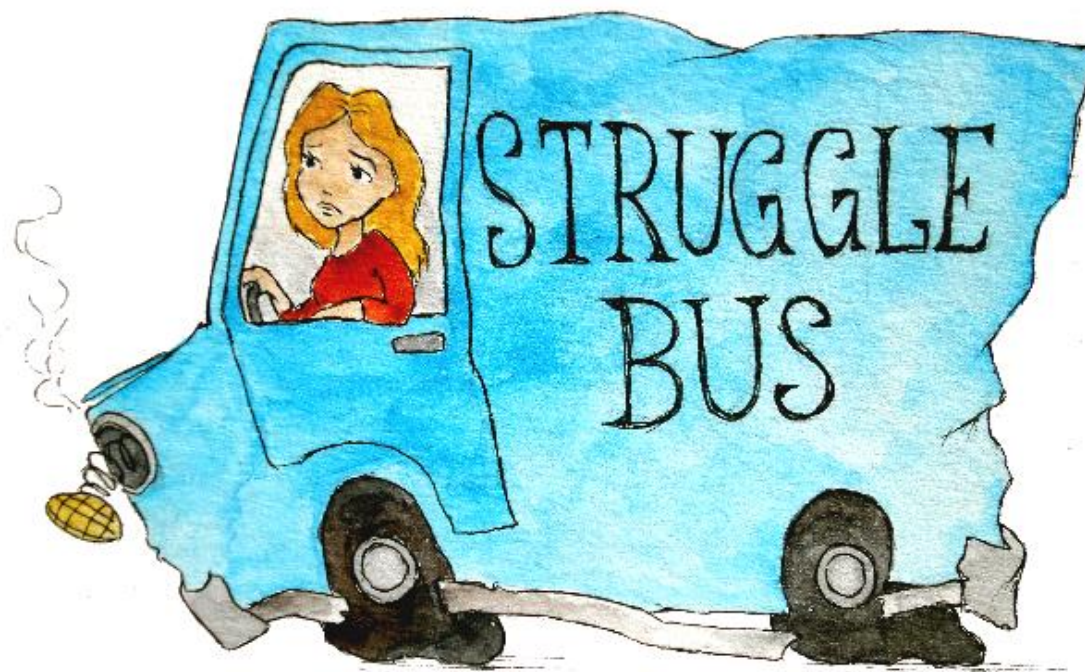
Little did I know that the promise I was making would mean that I must engage in a life of self-reflection, deep spiritual growth, and letting go of old patterns of behavior lest they lead to the same unfortunate reactivity I had seen in so many. It would also mean I needed to heal the past and forgive those that I had issues with.

As my mind went from my vow to the question of "How do I make good on this promise now?", I began my first self-inquiry. I began with my mother and our current relationship. It struck me that at the age of 29, I still saw my mother in the same way I had when I was 15 years old. I *expected* her to react in certain ways, and therefore I *experienced the reaction I was looking for*.

In other words, whatever I looked for was exactly what I saw. I also saw that she did the same thing with me. We had each other trapped in time and had not allowed one another to grow and move beyond negative patterns of behavior that prevented us from having a loving mother-daughter relationship.

Then I had an epiphany... I was doing this with every relationship in my life! I had certain expectations of the people around me and when they didn't fulfill those expectations, I was disappointed in them and let down. My expectations usually stemmed from a projection of what *I would do* or how *I would act* in a given situation. The occasional upset I had with my brother, with some of my friends, and with my husband and his family all clearly unfolded and landed squarely at my feet that night in the moonlight. The words that have changed my life forever were indelibly emblazoned in my mind: ***All unhappiness comes from unmet expectations.***

My unhappiness, my drama, my disappointment, my discontent all had one common denominator—*me*. *I was driving my own struggle bus!*



If I wanted my relationship with my children to be something different than I was experiencing at that point in time, I had to change my expectations; I had to look to *myself*. I had to begin to shift my focus from external to internal and take responsibility for my own emotional regulation. I had to learn to forgive; both myself and others. My baby daughter saved my life because it was soon after the night of my epiphany that I was diagnosed with rheumatoid arthritis. As I mentioned earlier, it is partly through this forgiveness and emotional regulation process that I reversed my autoimmune disease within one year of diagnosis.

The path from that day forward over the next 22 years has not been straight and smooth; it has been ridden with gravel, pot holes, and speed bumps. It has also been the most rewarding time of my life and full of joy, heartbreak, bitterness, pain, illness, love, hope, transformation, dizzying speed, grace, and above all, growth. Through it all I have been blessed with incredible

teachers, unending support, unconditional love, and I am left with undying gratitude for the path that the Universe, in its infinite wisdom, has laid out before me...the path that I am sharing with you here.

Back to the Beginning

When you were a child, your brain was not fully developed. The brain is considered fully formed and “adult” around the age of 25-26. When you were learning about life, experiencing the joys and pains of childhood, and trying to figure out what it meant to be human in your family, school and peer group, it was sometimes confusing. We all experience events that are hard to understand when we are children. We all experience hurt that we do not understand. This is what I call “no child left behind.”

Children are self-centered. They are supposed to be. That is the stage of human growth and development they are in. They make up meanings about life that keep them at the center. When there is what we call an “adverse childhood event” (ACE), it’s even more confusing for the child to make sense of. An ACE could be feeling rejected on the playground by a group of people he or she thought were friends. It could be feeling stupid after failing a test. It could be feeling not part of the “in crowd” for a whole variety of reasons. ACEs are also straight up abuse, be it verbal, emotional, physical, psychological, or sexual. ACEs can stem from divorce, military family separation, having a parent incarcerated, death or illness in the family, or being raised by a mentally impaired or addicted parent. In other words, ACEs are part of life on planet earth.

The ACE Study was conducted by Kaiser Permanente and the Centers for Disease Control between 1995 and 1997 on over 17,000 people. They found that a whopping two-thirds of these 17,000+ participants had an ACE score of one or more. What they also found was that an ACE score of one or more puts us at a higher risk for the chronic illnesses, mood disorders, and addictions we see our adult population suffering from and dying from today. In other words, how you view your childhood story is directly connected to your vitality level today. This is key to understanding how your genetics are expressing themselves, how well you are detoxing toxic chemicals, emotions, beliefs, and built-up sludge you carry today in the form of brain fog, weight, cellulite, wrinkles, inflammatory issues, pain, autoimmunity, heart disease, cancer, and any other chronic illness you can name.



The good news? You can reverse all of it! That's right. Your genetics are simply a blue print. They are not the final construction of your house. You do not need

to carry this pain through your life...beginning now. You can lose the weight, lose the disease, lose the story of victimhood and powerlessness. You are in charge of how this plays out. What I am giving you here are the tools I have learned that were downloaded to me in a cave in India years ago by God, Source, the Divine, the Universe, my Higher Self. That said, please try not to

get to tied up with language. Just focus on this process of self-inquiry and self-acceptance and radical acceptance of what is, which then leads to forgiveness and finally healing.

It has taken me years to learn to integrate this process into my own life, articulate it from a scientific and spiritual dimension, and to apply it to each and every thought I have. This is what healed me from rheumatoid arthritis and later, breast cancer. This is what I am giving you here. The way you find the path out of darkness is to turn on the light. The more you practice turning on your own light, the more enlightened you will become. Your light will then attract others and you will be able to light their candle with yours—and it will take nothing from your own light.

Let's get started!

[The Mirror Exercise Instructions](#)

Take a moment and list in your journal all the people in your life that you have had negative energy with. Be brave and really carve out some time for yourself to begin with the last person who caused you irritation or frustration and move backwards through your life to the earliest memory of who caused you pain. The more names you can come up with the better. You are doing some retro-active learning in your educational process here on the earth with this practice.

Most of us have gone through life experiences without fully recognizing that every person that has come across our path is a great teacher. The larger the emotional charge one of these teachers have evoked, the greater the potential learning and the more powerful the teacher. Remember your time spent in grade school, middle school, junior high, and high school? Did

you love every one of your teachers? Probably not, and yet you likely still learned something from them. This is the case with the people who come and go in your life.

This first part of the exercise consists only of writing names. You do not need to go into the event that occurred that created the negative reaction between you. In fact, this event is irrelevant for our purposes. Please try to write these names without bringing up a lot of emotion around them. Just think of them as the names of teachers and continue to write.

You might find yourself doing this over a period of several days. You could be stopped at a traffic light and suddenly remember the kid who stole your bicycle when you were in first grade. If you don't remember his or her name, just write down, "kid who took my bike." You will find yourself remembering more and more of these people as you move through this exercise and get the ball rolling in your mind. Keep a notebook handy and allow these shadowy figures and names to emerge gently from the depths of your earliest memories.

When you have several columns of names written down, go back and write down the personality trait(s) or ego characteristic(s) about each person that bugged you.

For example:

If Adolf Hitler were on my list I might write down:

- Angry
- Intolerant
- Judgmental
- Mean

What I would NOT write down is:

- Evil
- Killer
- Insane
- Soulless

These last four are *characterizations and judgments* of Hitler (ones I have heard from my patients as I take them through this exercise). That is not helpful. Instead, try to find as many personality characteristics like the first four as you come up with. These are universal human traits shared by us all.

When I explain this practice, I tell my patients that whatever trait I assign to Hitler, I have experienced myself that very day! I have not bought tanks and taken over Poland, nor have I killed or had anyone killed. (I *am* quite frequently intolerant of people who are intolerant though.) The ego characteristics that drove Hitler to these extreme manifestations of the shadow side of human personality ARE shared by all of us as human beings. There is not one of us who has not been mean, angry, judgmental, and intolerant at some point in our lives. The degree to which we manifest these traits and the behavior patterns we learn as children are what make us individuals—and what separates us from each other. This individuation of the self can be thought of as the personality.

The individuation and seeming separateness we feel as humans also creates a space in which we can feel either better than or less than others. The voice of the ego will always take one path or the other; the one of arrogance or that of shame. (When your Higher Self is expressed, however, you will feel neither shameful nor arrogant.) It is in this space of feeling separate from others that you can feel offended by them and retaliate. It is from here that you judge yourself and others.

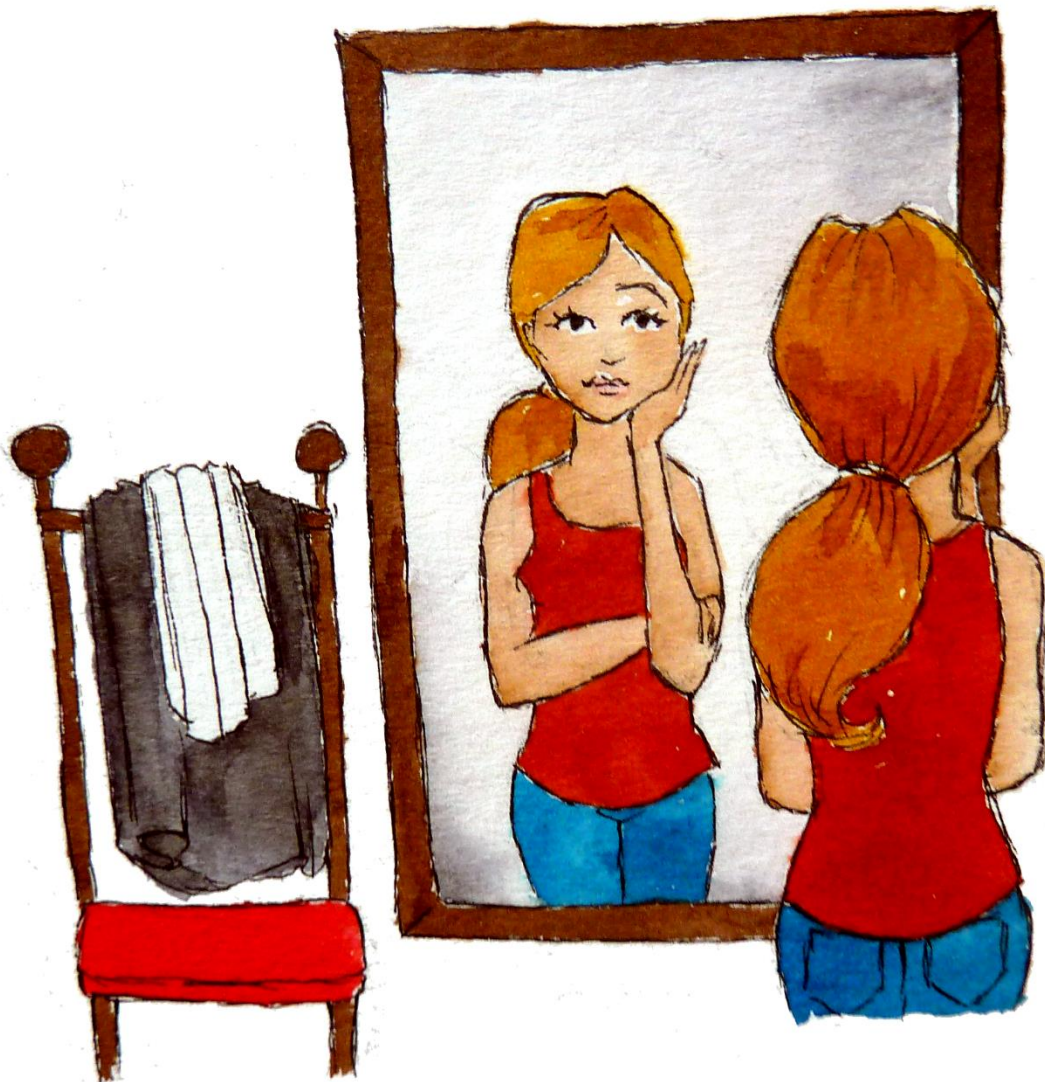
You know you
are judging if
you find yourself
thinking,
believing, or
saying, "I would
never do that"
(whatever
behavior you
just judged). This
space between



people lacks compassion and empathy and allows for the abusive behaviors that frequently occur. If you lack empathy for a fellow human, you are more likely to judge that person. You may even see them as unworthy of kindness or understanding. It is in this space that members of one religion deem members of another religion unworthy, damned, or less than. It is in this space that one man can tell another that they are evil or filled with demons.

By filling in these ego traits, you will begin to see a common thread. For example, the four characteristics that I wrote about Hitler are ones that I see. Different people see different traits. You might have figured out by now that indeed those characteristics that we notice in another are the ones we struggle with in ourselves. These are the shadow parts of ourselves that we would like to disown and project onto another.

If we see demons in another, that is because we have our own demons we are refusing to acknowledge or see. The people who come and go in your life are your mirrors; reflections of you. When you are upset by another's actions, the Mirror Exercise allows you to quickly search for the ego trait you are bugged with in the other and find how you manifest that same trait in your own life. But remember, you will not *behave* in the same way. That's where people get confused. The same ego traits will elicit different behaviors, thereby deluding us into believing we are different from one another.



Here is an example of this. My children are all into theater. Several years ago, my oldest daughter had a play coming up. Her grandparents, who lived several states away, had told her they would come to see her show when she invited them to come to Seattle. She told them she would remind them when the date for her show got closer, as it was still four months away.

As the date drew closer, she called her grandfather, reminded him about the dates of her show, and asked when they would get their tickets. She later called me at work in tears to tell me, “Grandpa isn’t coming to my show. He said he never even knew about it.”

I called my dad to find out what had happened and reminded him that they did promise her that they would come. My father did not appreciate being made wrong and flew into a rage, saying, “not only am I not coming to Seattle for this show, but we will never visit again!” He hung up and I could feel my heart pounding with upset as my ego took its protective place in front of my heart. I had been driving my car and pulled off of the road to take some deep breaths and do the Mirror Exercise.

“What were the ego traits I was upset about in my father?” I came up with stubbornness and temper. “How have I exhibited stubbornness and temper?” In a nanosecond it hit me. I had given my oldest son a hard time just that morning for not wanting to spend some of his spring break with the family, instead of just hanging with his girlfriend.

I resumed driving and upon arriving back at home asked my son if he thought I’d been stubborn that morning. His rueful acknowledgment was written all over his face. I immediately apologized and asked for his forgiveness, which he willingly gave, as I had expressed and validated what he was feeling. I also asked him to call me out if I ever did such a thing again, so I could find a more loving way of being. I proceeded to write my father a letter of apology for making him feel wrong so that he felt the need to be stubborn and angry with me. I got a lovely email of apology back from him the following morning.

None of this learning would have happened had my father not responded from his ego space of not wanting to be made wrong. None of it would have happened had I not seen my own ego out defending my daughter. But what were we defending by being so hostile and stubborn? Our pride? “Being right”? Was it worth it? I didn’t think so. This is what the Mirror Exercise is for. It brings you from the realm of your ego-mind, into the realm of your higher Self, your heart. Being balanced is being in your heart with an open mind.



Bring each person on your list into this light, into your heart. Look at them undefended by their egos. See them and not their behaviors. Look into their heart and see yourself reflected back in the mirror. See that aspect of yourself that you are resisting and have compassion for it. Embrace it as your disowned shadow. Look at this personality trait as one that no longer serves

you and be willing to surrender it back to God, Source, the Universe. Do this with each person on your list, one by one.

A word of caution: Please do not start with the person on your list who has 25 to 50 traits you have listed out. This is likely a parent, a spouse, or someone in your inner circle who either knows you or has known you very well. You likely learned to ride a tricycle before a bicycle, so it's better to begin with an easy person on your list. For example, try the person who might have cut you off on the freeway, or the woman who was curt with you at the bank. The personality traits might be "rude" and "impatient." These are easy to find within yourself, and you likely will have little problem coming up with times when you have manifested those characteristics.

This work takes courage, the courage to see all the warts and flaws in the mirror held up before you. One of the reasons people have affairs is that the first bloom of love brings you a partner who only reflects your beauty back to you in the mirror. It isn't until later in the relationship that you begin to have your flaws reflected back. Someone trapped in this place of unawareness might just flit from one new love to the next, never pausing long enough to see the other aspects of the Self the mirror shows.



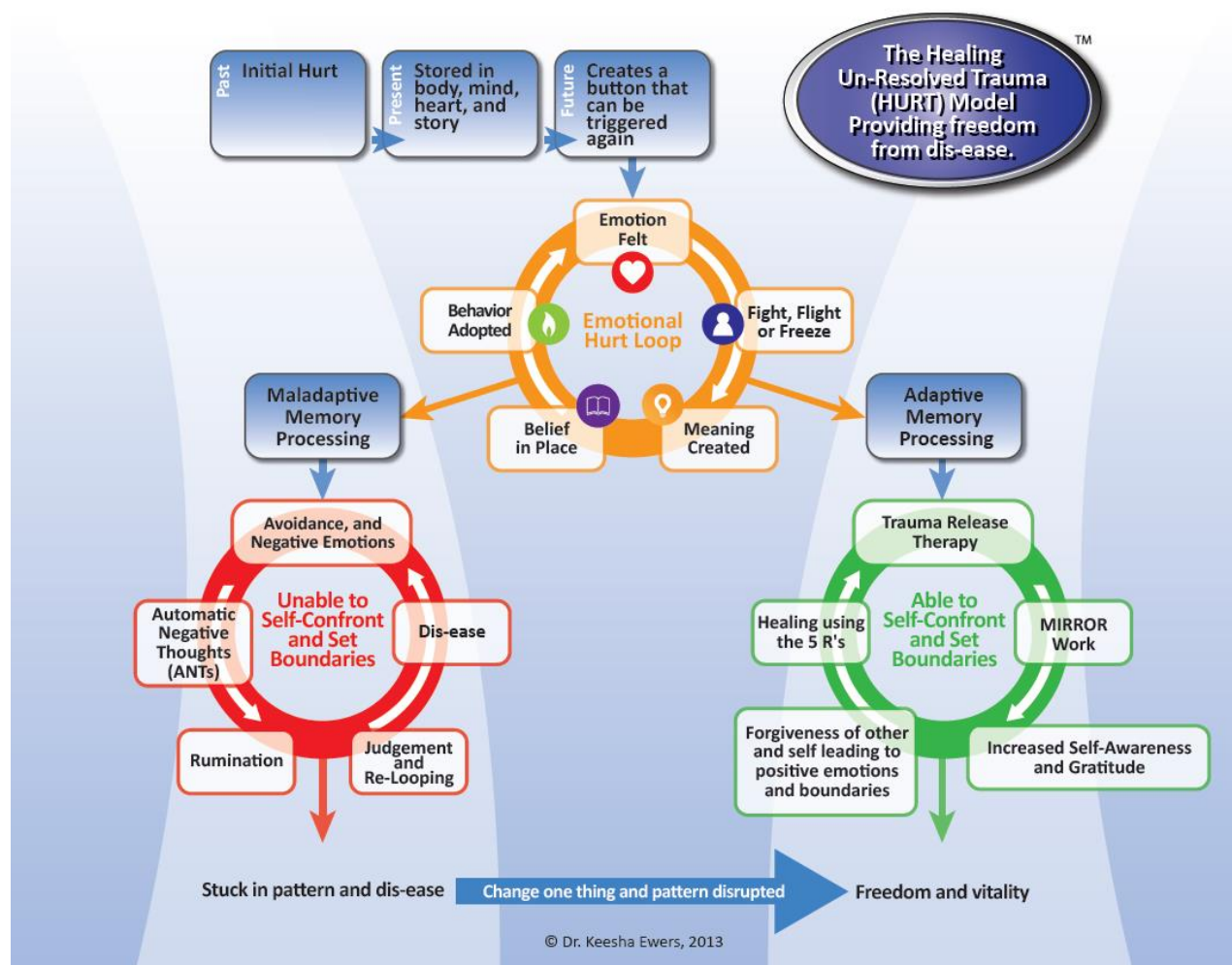
Why Forgive?

The Impact of Fear, Hurt, Hostility, Resentment, Blame, and Shame on the Body

In 2013, I finished the HURT Study (Healing Un-Resolved Trauma). I was looking at the impact held-onto emotional pain had on women's libido. It turns out, not letting go of our pain story affects not only our libido, but our entire state of wellness and vitality. Below you will see the HURT Model. Here's what it shows:

1. When you experience an adverse childhood event (ACE), you create a memory in your body of what it feels to be afraid, hurt, angry, or ashamed. Your body holds that memory, and you will be able to access it today if you go back to the memory and pay attention to your body's response. That initial fight-or-flight response creates a pathway in your nervous system that is triggered by your perception of fear, shame, anger, or hurt today. That's right. It's a little landmine that was buried in childhood; people step on it now and create the exact same circuit of fear, hurt, anger, and shame.
2. And so it will continue on and on and on unless you, with your adult brain, have the willingness to change the pattern through self-inquiry and self-confrontation.
3. If you are not willing to self-confront, you will develop the chronic illnesses we see today. This fight-or-flight response releases a stress hormone called cortisol into your system. Chronic cortisol release breaks down bones, breaks down your gut lining (leading to leaky gut syndrome and then autoimmunity and even cancer), creates a hormone imbalance as your hormones are coopted by your adrenal glands to keep you surviving, and causes weight gain, mood imbalances, heart disease, and every other immune and inflammatory response you can think of.

4. If you *are* willing to self-confront, you will learn how to forgive and activate the “feed-and-breed” or “rest-and-digest” part of your nervous system. This response allows you to digest your food properly, build up lost ojas (vitality or life essence), feel desire for all parts of your life again, have a healthy body weight, and reverse disease. This whole process of self-inquiry and self-confrontation leads to love.



Breaking it Down Step By Step

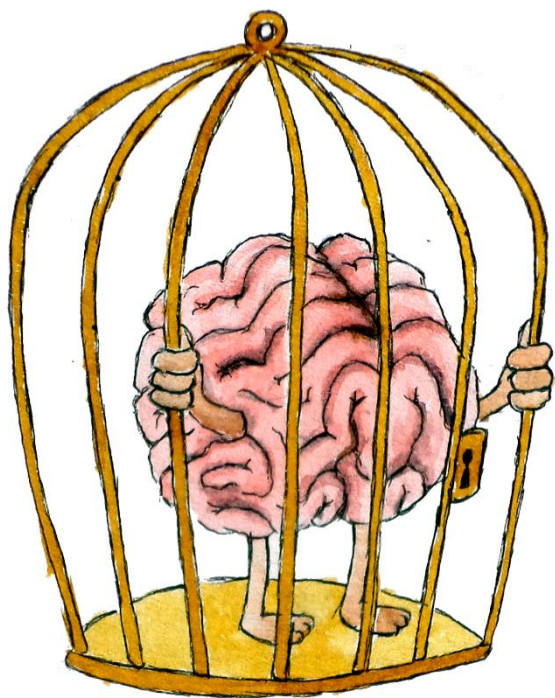
Let's take a little closer look at how this works. First, you experience an event in childhood that feels unsafe or that causes you to feel hurt, sad, angry, or ashamed. You feel like a zebra who is being chased by a lion. You feel powerless and it activates your fight-or-flight nervous system so you can get away or fight off the threat to your survival. As a child, you ARE powerless.



From this ACE and fight-or-flight response, you create meaning about the event, about yourself and about whoever you saw as responsible for hurting you. You are wired to survive. This means you are wired to remember what hurts, so you can avoid it in the future. In tribal days, if you stuck your hand in the fire and got burned, you remembered fire was hot and not to play with. You remembered where you saw the saber toothed tiger, so you wouldn't happen upon her with her cubs. Anything dangerous goes into the memory bank and earns interest. The interest is the meaning, belief, and the behavior you adopt to avoid the pain in the future. You

will look for evidence for why the meaning and belief and behavior you have created are smart to keep. As with everything, what we look for is what we see.

Sometimes these are logical beliefs and behaviors. For example, it's great that you learned about hot stoves and don't touch the burner anymore. It keeps you from getting burned. It's a good idea not to go into dark alleys at night with a purse full of cash spilling out. You might invite a mugging. But if you have had your heart broken, does it mean that love is dangerous or people cannot be trusted? If you failed a test in school, does it mean you are stupid? If your parents only gave you attention when you were sick, does it mean you should remain sick for the rest of your life? If you were neglected as a child, does it mean you are unsafe today? If you were only praised when you performed well in childhood, does it mean you have to be perfect today to feel worthy or be deserving of praise or attention?



It is in adulthood that we get to see where we created our cages that keep us trapped mentally and emotionally. In adulthood, when the landmine is tripped again, it's an opportunity for self-inquiry. Is the story you have been telling true? Is it serving you? Is it a powerful story or a story that keeps you cast as a victim who is powerless? The more you tell your story of pain and suffering, the more you solidify it in the tissues in your body. The button then becomes even bigger

and easier for unwitting people in your life to push, sending you into a stress-response reaction.

Your nervous system is not designed to be in a constant state of fight or flight. It's meant to get you to safety and then to calm back down so you can rest and digest when you need to. Notice how you tell your story. Have you reached the conclusion that the people in your life who have hurt you are your greatest teachers and you have gratitude for the growth you have received as a result of your pain? Then you are telling your story in a powerful way that will inspire others who are holding onto the pain that all humans must experience as part of life. If you have not gotten to the point of forgiveness and gratitude for your life lessons, you can be seen as a dog chasing its tail. Ruminating on past hurts is like a mind chasing its "tale." This is a never-ending

circuit, and the only way out is a loss of vitality, disease, and then death.



When men and women come to my office seeking bio-identical hormone replacement, or a supplement or food or medication that will “make them better,” I begin to investigate the

stressful parts of their lives.

I know that when cortisol is released constantly, over years, starting as early as childhood (and even in utero if mom was in constant stress response), it will cause hormone imbalance, inflammation,



Fix the hole in the bottom of the boat

weight gain, brain fog, fatigue, and more.

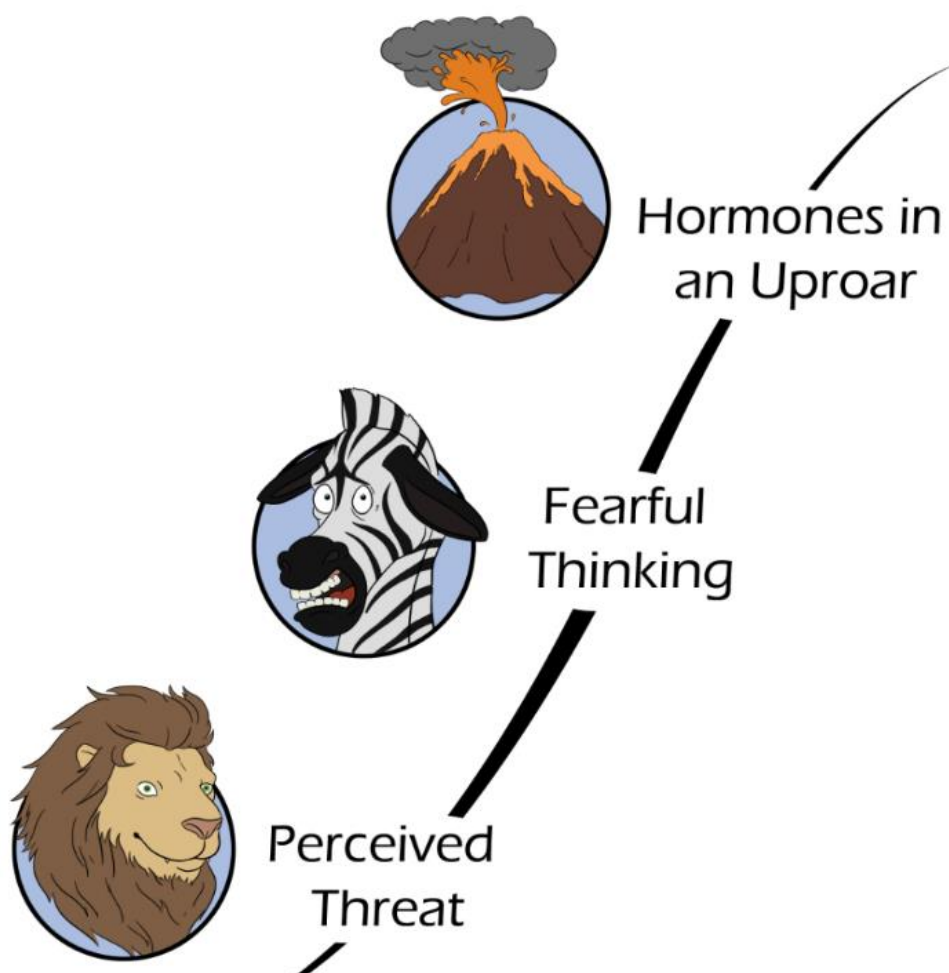


How you perceive your stress and how you tell your story is the root cause of how your body is showing up. I call it the hole in the bottom of the boat. Taking hormones will not solve the larger issue of WHY your hormones are

imbalanced. Yes, if those hormone buckets are empty, they need to be filled. But if there is a gaping hole at the bottom of the bucket, it won't do much good in the long run. You have to patch the hole in the bottom of your boat.

Like I mentioned before, if the adrenal glands (your stress responders) are over exerted over years of unhealthy stress-response habits and the perception of being powerless, they will begin to steal hormones from the rest of the endocrine system to keep you on your feet. This will show up around age 40-50 for most people with adrenal fatigue, but I am seeing it in teens now. Like everything that used to be considered "adult onset," we are moving our bar lower and lower because of the lifestyle choices such as diet, schedule, movement, infections, environmental factors, and coping strategies we are making today.

You can think of your energy and vitality as if it's money in an ATM machine. When you go on vacation, you might visit the ATM machine several times to withdraw money. If you are not paying attention to the balance, you might even over-draw. An overdrawn vitality-ATM machine will be felt as hot flashes, weight gain, brain fog, memory issues, autoimmunity, inflammation, and more.



Remember, as an adult, you are no longer a powerless child. Your perceptions are what send the messenger chemicals in your brain to tell the rest of the body what to do next. If you are stuck in traffic and afraid you are going to be late for a meeting, you might perceive this as a

stressful situation. But is it really a threat to your survival? If being on time is part of the meanings, beliefs, and behaviors you adopted in childhood to keep you feeling safe and worthy, your body might just get the message from your brain that there is a lion on your tail. That perception of a threat will lead to fear-based thoughts. There goes your hormone balance. Years of this pattern leads to a messy peri-menopausal and menopausal and even post-menopausal experience. The same goes for men, but we call it andropause. The outcome is the same; you are having your sex hormones coopted by your survival system because you are sending fearful messages from your mind to the rest of your body to run like mad to get away from danger.

The people who come to see me are often very well educated, have listened to many summits, read lots of best-selling books on health, and are very committed to getting themselves back to balance. However, they often want the solution to their problem to be just a supplement regimen, a dietary change, or an exercise routine. (Which is far ahead of the standard American way of thinking about taking responsibility for your own health.) Most of my patients haven't given too much thought about the impact their own beliefs have had on their current genetic expression and vitality level.

The Freedom Forgiveness Method

Now that you have had a chance to practice with mirroring and moving from judging to conversing as equals with those whom have hurt you, it's time to learn to forgive. It's much easier to forgive another person if you have brought them onto equal ground with you. In other words, you now know that you carry the same ego traits within yourself.

There is a Cherokee tale that illustrates this point. It goes something like this:

One day, a young boy went to his grandfather and asked him how he could become a “good man” rather than a “bad man.”

The wise elder said to his grandson, “My son, there is a battle between two wolves inside us all. One wolf is evil. It is jealousy, arrogance, greed, envy, resentment, superiority, inferiority, self-pity, deceit, false pride, and rage. The other,” he continued, “is peace, humility, kindness, empathy, generosity, compassion, truth, joy, benevolence, and love.”

He watched his grandson absorbing this information and added, “Whichever wolf you feed the most will be the strongest.”

As I mentioned before, all humans have the same personality traits; we just manifest them differently. When we are triggered about something another person has done to us, we will feel hurt and angry because, “we would never behave in this manner.” When you find yourself thinking this thought, STOP! Immediately begin to do your mirror exercise and you will be able to gain freedom from your trigger. The next step, when you are ready, is to take the mirror work to its conclusion and forgive the “other.”

Remember that the personality trait of the “other” will have been demonstrated in a type of behavior that bugged or annoyed or hurt you. You will likely not do this behavior yourself and therefore think that you are not like this other person. However, go underneath the behavior itself and find what I call the ego TRAIT that drove the behavior.

Freedom Forgiveness Method Instructions

(You can use the audio recording provided.)

1. Begin with three rounds of 3-part breathing. Inhale first into your belly (allowing it to be soft), then into your rib cage, and then your upper lobes (shoulders rise slightly). As you exhale, begin with the upper lobes, then the ribs, and lastly bring your belly back toward your spine.
2. Bring your focus to the natural rhythm of your breath. Notice that the temperature on the base of your nostrils is slightly cool as you inhale. As your body warms your breath and sends it back out with the exhale, pay attention to the difference in temperature on your nostrils. Inhale is cool, exhale is warm. If your mind begins to wander in meditation, bring your attention back to this subtle temperature change.
3. Now draw your focus to your heart center. Inside your heart center is a divine spark. This is where you are connected to God. Just as breathing onto a spark in the fireplace will create a flame, so will inhalation allow your divine spark to grow into a flame. With each inhalation allow this flame to grow a little more and to spread from your heart center to the rest of your body. You will feel the warmth of this love as it goes from the crown of your head to the tips of your fingers, to the soles of your feet. This light-filled body is your light body. This is your higher Self and is free from ego attachment, pain, or struggle. Begin to inhale and exhale through this body.
4. Now bring your awareness back to your heart chakra. The color of the heart chakra is green and spins bright and clear when it is free of blockage. Send this light beyond your

body and connect it to your source of divine Light. This can be God, Jesus, Buddha, Mary, Kwan Yin, the sun, an angel, a star, etc. The light connection you establish is a pulsating column of divine, unconditional Love. You have access to this ALWAYS. You are always connected to the divine source of creation if you but remember who you are.

5. Now bring one of the people you would like to forgive into this light. Notice they too have a divine spark in their heart center. Allow this to grow as they inhale. When you are able to see them as a light body, recognize that they also have the ability to be free of ego, pain, and story. Whatever pain they caused you came from an ego space and lower self.
6. Use this person as a mirror through which you can see yourself reflected. Identify what the trait is in this person that created negative energy between the two of you. Now recognize that you too have this characteristic. Remember that you will manifest the shadow side of your character differently, but we as humans all carry the same character traits.
7. Understand that this characteristic in YOURSELF no longer serves you and be willing to release it. Once you have cleared this, or brought light into the shadow of this corner of your psyche, you will not be so bothered by others that carry this trait. You will learn to have compassion instead AND to set good boundaries from now on.
8. Now look to this person again and be willing to forgive them. You are not condoning their actions. You are releasing the toxicity you have held onto. You are freeing yourself from poisonous automatic negative thoughts and rumination on events long passed. When you can bow to the God person in front of you and thank them for being your

teacher in this life, you have truly forgiven them. Now release them from the light and bring the next person in and repeat.

9. When you are finished, thank your divine Source and draw the energy back into your heart center. Feel the warmth of your heart that now has opened. Feel the softness of acceptance of what is. Feel the love that you have generated through this connection to God. Thank God for the opportunity to work in this sacred way. Thank God for the assistance and the unconditional love you feel when you are connected to your true state. With each exhalation, bring the light back into your heart center and return to your physical state.
10. Rub your palms briskly together and cover your eyes until you are ready to open them.
11. To integrate this practice you must practice constantly. When you do, it will take no time to forgive and in fact, you will not even get triggered as you gain more and more equanimity through self-inquiry.

A Case Study

I am going to give you an example of someone who is a healer and works as a healthcare provider that I worked with. It will give you an idea of how powerful it is when you shift your story after learning what you need to from your shadow. Let's call this woman Dina.

Dina: "I feel disconnected and can't find my tribe. I have been dating x 6 years and can't find anyone I connect to."

Me: "What do you feel in your body when you have that thought?"

Dina: "Empty, like there's a hole. I am numb. It's in my chest."

Me: "Go back to the first time you can remember feeling that numb empty hole in your chest."

Dina: "I was really little. I just got a flash of my dad rushing off to work and disconnecting from me when I needed him. It hurt so much that I felt the need to protect myself."

Me: "Good job. Now you can see the pattern in your adult life. When someone, especially a man, gets close and it feels like he will not connect to you as fully as you want, you disconnect from him preemptively. It's hard to get connected if you keep disconnecting as a strategy to protect your heart."

Dina: "Yes, I do it in a heartbeat. In one second, I feel the anxiety of abandonment and in the next second, I disconnect and say I need to attend to a client, my business, or something else is more important."

Me: "So now look at your dad as if he is a mirror for you. What is the ego trait that made him disconnect from that little girl so long ago in that moment?"

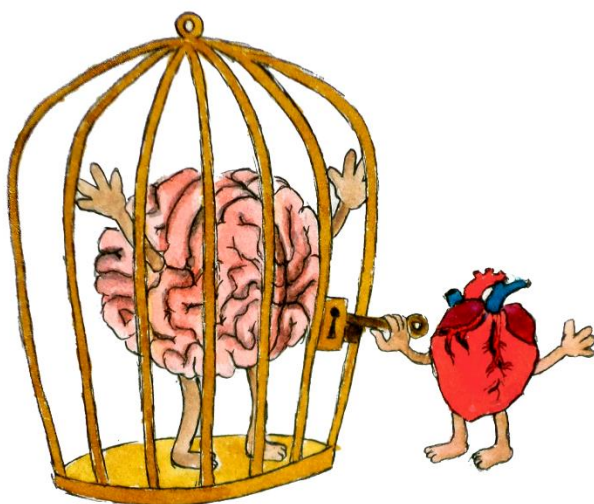
Dina: "Fear, lack, needing to work because he was afraid if he didn't, he wouldn't survive."

Me: "Yes. Now you know how it feels to be on the other side of that behavior that has caused you so much pain so many years ago. You use the same strategy with others as a protective barrier around your heart, so you won't have to feel hurt again. How's it working for you?"

Dina: "Wow! This is so powerful. I can see this so clearly now. No wonder I can't connect with anyone. Of course I will feel hurt sometimes, but I am not staying connected long enough to feel love and joy either! This old childhood coping strategy is definitely NOT working for me!"

Me: “Exactly. Take what you learn in the Mirror Exercise and bring awareness to your own patterns, forgive yourself and the “other” for the pain you felt, and use that experience as a guide for making sure you choose compassionate behaviors in the rest of your life going forward. When you choose business over people, you are choosing fear over love, or ego over God.”

This is what I call Mystic Medicine. It’s the ability to self-confront, embark on self-inquiry, and to fully self-accept and take responsibility for your reality without blaming or shaming yourself or another. It’s healing from the soul to the cell. It’s allowing your heart to set your mind free of its traps.



[The Forgiveness Worksheet](#)

The Forgiveness Worksheet is the tool for you to use to understand how your hurts are lessons to be learned in life. It’s important that you forgive yourself for taking on the hurt you have felt in your life also. Use the worksheets often so that you can practice and integrate forgiveness as the necessary skill that it is.

Let's break down the worksheet step by step:

Freedom to Forgive Worksheet

1. Tell your HURT story. This is called the triggering event.

Express your HURT out loud in one of the following ways:

- i. To the person who hurt you.
- ii. To an empty chair while visualizing the person who hurt you.
- iii. To a person filling in as a proxy for the one who hurt you.
- b. Keep is short and to the point:
 - i. "When you _____."



2. Express the emotion you experienced or are experiencing now.

- a. "I felt _____."
- (Make sure it's a feeling, not a belief.)



When you are triggered or upset, this is the "triggering event." Follow the instructions in step one and tell the person who hurt you if they are available and open and safe for the conversation. If not, use a proxy or an empty chair to tell your story.

The second step is to get in touch with the feeling you have with the hurt. Remember it's not a thought, but a feeling or emotion such as sadness, pain, hurt, fear, anxiety, panic, betrayal, etc.

3. Where do you feel this emotion in your body? _____.
- What color would you give this emotion in this place in your body? _____.
- What shape _____, size _____, and weight _____.
- Is this emotion in your body?



The third step is finding where you feel the emotion in your body. Try to really feel where the hurt is *felt*, not what you *think* about it. Give it a color, a shape, a size and a weight. Make it as tangible as you can.

4. The meaning I made up about this event is “_____.”
 a. The meaning will start with a “you are” statement.



In step four you will now figure out what you think about your hurt. This is the meaning you made up about the hurt. It will be something about your transgressor. It will start with a “you are” statement such as “you are selfish”, “you are not trustworthy”, “you are mean”, etc.

5. The belief I now have about myself is “_____.”
 a. The belief will start with an “I am” statement.



In step five you will get to the bottom of the belief you have about yourself as a result of your hurt. This statement will begin with “I am.” For example, “I am not safe”, “I am not worthy”, “I am undeserving”, “I am not lovable”, etc.

6. This reminds me of when...
 (Tell the story of the first time you felt this emotion, thought this meaning, and held this belief about yourself. This will be from your childhood.) “_____

 _____.”

Step six allows you to find the root of the “button” that was created in your childhood. Search back to the first time you remember feeling the emotion of your hurt and the belief about

yourself. It will not be as a result of the same behavior that hurt you. It will however be the same feeling and meaning.

7. Now make the link between the emotion, the meaning, and what you believe about yourself today when this old HURT gets triggered.



“ _____.”

Step seven links the emotion/feeling and the childhood meaning with what you believe about yourself in the present day when this HURT button is triggered. For example, “I am not good enough”, “I have to be perfect to be loved”, “I cannot catch a break”, “I am not safe”, etc.

8. Take a moment and forgive yourself for making this up about yourself and identify the behavior you adopted as a child to deal with HURT of this nature. I realize that when “ _____ happens and I feel _____, I believe _____ and then I _____.”

Step eight is the opportunity to forgive yourself for making up this story about yourself.

Because of course you ARE perfect as you are, you don’t suffer more than other humans in their own lives, you are good enough, etc. Notice what the behavior is that you adopted as a strategy to overcome your limiting belief that you created in childhood. This strategy is a waste of time and energy and likely quite exhausting. It’s time to become aware of it so you can transform your behavior to be less from the ego and more from your higher Self.

9. I forgot who you really are. Think of the higher Self essence of the person who hurt you. Remember that like you they, too, are a spiritual being having a human experience and sometimes get tripped up by the ego. “You are _____.”

In step nine you will be moving from your ego to your higher Self. You are returning to the memory of who the transgressor REALLY is beyond his or her ego. Like you, your transgressor is connected to the Divine also. Any hurtful actions on his or her part are driven by the ego. Bring yourself back into the awareness of his or her higher Self.

- 10.** And I forgot who I really am. Think of the higher Self essence of you as a spiritual being having a human experience who just had your ego triggered.

"I am _____."

Step ten is coming back to the remembrance of who YOU really are. For example, "I am whole and complete and safe", "I am a goddess and strong and powerful", "I am a child of God", etc.

- 11.** Reframe your experience to take the learning from it. What shadow aspect of your ego was just mirrored back to you that you can now see thanks to this person who hurt you? " _____."

Step eleven is an opportunity to reframe your experience so that you see the lesson in it. What can you thank your transgressor for? What personality trait motivated the hurt you experienced? How do you also manifest this personality trait? Now that you know what it feels like to be on the receiving end of it. Your experience is a mirror for you to be able to observe yourself in.

- 12.** How have you hurt others in this same way but with different behaviors?

" _____."

- 13.** If people you have hurt are available for a clearing conversation, you could take this opportunity of self-awareness to ask for forgiveness. If this is someone who is unsafe or not available any longer, just ask in proxy: "Will you please forgive me for _____?"

Steps twelve and thirteen are your call for self-confrontation and self-inquiry. Search through your life and find the places that you have been the transgressor who has hurt others. Take the opportunity to clean up the hurts you have perpetrated if you can. If not, write a letter or use a proxy.

14. Now forgive yourself for taking on this hurt and owning it as yours and for any hurt you have perpetrated on another.

Now it's time to forgive yourself for taking on your hurt and owning it as yours. Also forgive yourself for hurting others in your life. Self-forgiveness is important to create a foundation for forgiving others. You cannot forgive others if you cannot forgive yourself. If you cannot forgive others you will carry resentment and bitterness in your veins for the rest of your life and it WILL poison you eventually. It's essential to let it go.

15. Now list what you are grateful for with this experience and how you have grown:

The last step is to express gratitude for the experience you have had that has allowed you to grow and expand your consciousness. How have you grown? When you have truly forgiven those who have hurt you, you will be able to bow to them in your heart and say, "thank you"...and actually mean it.

Next Steps

Use the audio that comes with this program and practice, practice, practice. There is no better way for reclaiming emotional freedom than the practice of forgiveness. If you have not taken the *You Unbroken Program*, I highly recommend it if you are struggling with the process of forgiveness. It might be too early. You may have some steps to take before getting to final forgiveness. Remember that integration is the name of the game. It's essential to move slowly and steadily and patiently and persistently forward. Have compassion for yourself. You can do this...

The End



Dr. Keesha Ewers is an integrative medicine expert, Doctor of Sexology, Psychotherapist and the founder and medical director of the Academy for Integrative Medicine Health Coach Certification Program.

Dr. Keesha has been in the medical field for over 30 years. After being diagnosed with rheumatoid arthritis—an incurable disease according to Western medicine—she discovered how to reverse autoimmunity using her Freedom Framework® Method, which she has now used with thousands of her own patients and teaches to her health coach students in her online certification program.

Dr. Keesha is a popular speaker, including from the TEDx stage, and the best-selling author of *Solving the Autoimmune Puzzle: The Woman's Guide to Reclaiming Emotional Freedom and Vibrant Health* and *Your Libido Story: A workbook for women who want to find, fix, and free their sexual desire*. You can listen to her Healthy YOU! Radio Show and find her programs at DrKeesha.com.

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