

*Bioresonance & Food Sensitivity Testing*

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## **THE HEALING LETTERS EXERCISE**

This is a powerful method for resolving pain from unfinished, or destructive, abusive relationships. If the other person who wronged or hurt you is both available and co-operative, writing the letters can serve as a psychological preparation for real conversations with them about past issues. However the healing letters do not rely on their participation, or availability to be effective. The letters will allow you to move forward psychologically in ways that would not be possible if you had to depend solely on responses from the person who wronged you.

**Please read all the instructions before beginning the Healing Letters exercise.**

Address the letters to the person(s) toward whom you have unresolved feelings. Don't write the letters with the intent of mailing them. This is because anticipating the letter's impact when you are writing it could interfere with its therapeutic effect by inhibiting your self-expression.

The Healing Letters are divided into 4 parts.

Letter 1 can be completed by itself in one sitting.

Letters 2 and 3 are to be completed at the same time.

Letter 3 must be written **immediately** after letter 2. - This is to ensure it's therapeutic rather than traumatic.

Letter 4 may be completed at a separate time.

Reserve at least one hour for Letter 1.

At least 2 hours for Letters 2 and 3 combined.

At least one hour for Letter 4.

(Most people complete these letters over 3 consecutive days, but it is fine to give yourself more time between letters, as long as you do not let time pass between Letters 2 and 3.)

The Healing Letters can be repeated as needed to increase your feelings of resolution, and further clear away any burdensome feelings that remain from your past.

### **LETTER 1. RELEASING UNRESOLVED THOUGHTS AND FEELINGS.**

Address this letter to the person with whom you have unresolved feelings or issues. Describe how knowing this person has affected you, including the impact of their words or actions. Include a statement of what you would like from this person in response to your letter. The purpose of this letter is for you to express and further acknowledge any thoughts and/or feelings you have about what happened in the past relationship that still hurts you.

### **LETTER 2. RELEASING INTERNALISED NEGATIVE MESSAGES.**

Write an imaginary response from the person you wrote to in Letter 1. Reflect any fears you have about what the person might say back to you, as well as any negative thoughts you have about yourself as a result of their refusing to listen or to try to understand what you communicated in Letter 1. *For example, you might have the person reply to you with "You were never good enough/ caring enough/ intelligent enough anyway."*

Once written, it's important you do not dwell on Letter 2, but move immediately to Letter 3. — The purpose of this 2<sup>nd</sup> letter is to get rid of any negative beliefs or messages about yourself that were internalised as a result of what this person did to you

### **LETTER 3 RELEASING INTERNALISED HOPES**

Now write a different imaginary response from the person that wronged you. Unlike Letter 2, reflect your hopes and wishes about how the other person might respond. Communicate his or her willingness to take responsibility for what they did to you, expressing their remorse in a compassionate response to the resentment you brought up in Letter 1. — The purpose of Letter 3 is to provide the healing resolution that comes with the response you would have liked or once hoped to receive in real life.

### **LETTER 4. RELEASING YOURSELF      **Your response to Letter 3.****

Write a final letter to the person who hurt you. Respond to what they said in Letter 3, reflecting the changes and resolution it afforded you. Include any final business that you left unsaid in Letter 1, or have thought of since.

You may write this letter immediately after Letter 3, or you can wait several days, weeks or even months.

Remember, that no two people will write the same letters, even if they are addressing the same wrong-doer. The best indications of your having written successful Healing Letters are your feelings of peace and comfort afterwards