

User's Guide to a Self-Guided Forgiveness Walk

Walking into Your Dream

Hi! This is Regina Reiter, developer of Forgiveness Walks, helping you walk into your dream with vibrant energy, fulfilling relationships and freedom from your past.

Congratulations on purchasing this audio program, ***Walking into Your Dream***.

I invite you to come on a journey with me and my friend, Barbara Hotz, as we guide you to awaken your five senses, energize your energy centers that I call your Nonsenses, and finally, to make room for surprises and miracles on your path through the *13 Steps to Radical Forgiveness* by Colin Tipping.

My favorite way to use the tracks on this audio is to load them onto my mp3 player and take a walk on a trail, or on a beach, or even on a local bike path. You can even use this audio program while you exercise on a treadmill. Wherever you walk, indoors or outdoors, take along this audio and turn your troubles into blessings.

So, are you ready? We'll start off with Barbara's song, *Wild Wind*. Come out and answer the call to freedom. Let yourself take a journey inside.

The program is basically presented in three parts, with a song followed by a guided walk. I call them "walks". They are journeys from where you start in your heart- and in your feelings and in your awareness- to a new internal place of awareness to your surroundings, of vibrance and energy in your being, of freedom and release from your past beliefs and new ideas for your future.

Feel free to just listen and let the audio tracks guide you. If you'd like a little more preparation and preview, then read on! I'll describe the three parts.

Part I. Awakening your Senses

Barbara's song, *Wild Wind* calls you to a journey, going outside in. Then, the walk, *Awakening your Five Senses*, guides you to use all five of your physical senses in your environment. Jenny and Sara, two women who have used this program, reported that this walk reminded them how seldom they



connect with Nature, yet how alive it helped them feel.



Part II. Energizing your NonSenses

This walk is introduced by Barbara's song, *Wells of Ireland*, inspired by her own walks in Ireland near healing waters. Let yourself feel enticed and bathed by the flow of energy through your body as you walk with *Energizing your NonSenses*. Many people recognize these areas of our bodies as "chakras". I like to call them "NonSenses" because they seem just as real as my senses, but I access them through my imagination, not my physical senses.



Part III. The Thirteen Steps to Radical Forgiveness.

With your senses and your nonsenses awakened and energized, you are now ready to explore your troubles.

Now, don't be discouraged by this apparent focus on "negative" thoughts and opinions. Some people go outside to walk in Nature to escape their troubles. And it works! Why am I inviting you to focus on your troubles? Well, here's why. Because allowing ourselves to

acknowledge our upsets, our judgments, our blame, anger, hurt and shame opens a gateway to successfully releasing those "negative" energies.

And guess what's left when all of that is released. Freedom! Peace! Joy! When I first let myself really feel the anger, blame, and shame that I had been resisting to obey the rule "If you can't say anything nice, don't say anything at all", I was frightened, scared to let it flow because there were years of pent up feelings there. After practicing this for a few months, and releasing lots of tears, I noticed that I actually looked forward to doing *The Thirteen Steps* because I trusted the process to clear away locked up energy. I realized that these feelings were really the stones blocking a door to a land of joy and self love. And in that state, I had the freedom to relate with people, to share my loving thoughts, and to create out of my unique calling.

To introduce this walk, which you may prefer to do while sitting in a beautiful spot in Nature, I've got Barbara's song, *No Compass*, that sets the stage for acknowledging that sometimes, particularly in

relationships, I really don't have a clue which way to turn. I discovered that *The Thirteen Steps* provides just the tool needed to orient my steps.

This process was written by Colin Tipping, author of the Radical Forgiveness technologies. I learned this from him in my training as a Radical Forgiveness coach. He encouraged me to share it with you in my own voice, a testimony to his own mission of spreading Radical Forgiveness to the whole world to raise the consciousness of the planet.

I'll let the concluding songs, *Perfect Love* and *There's Enough* speak for themselves.

When you've done all three parts, either on their own or as one complete walk, you may want to keep walking to integrate the shift in energy. You may be inspired to journal your experience. Taking an Epsom salts bath can also release the toxins that surface when you do this sort of energy work.

However you follow up your Forgiveness Walk, I encourage you to let your heart lead the way. There's no need to figure anything out or anticipate a particular outcome. In fact, I encourage you to completely let go of the process when you've finished and not talk or even think about it. That's because the new possibilities and perspective that could come from doing this walk won't necessarily come from your conscious mind, but from your Higher Self, that spiritual part that's been waiting in the wings for you to open up a clear space for new ideas and freedom to be expressed. Enjoy the surprises and miracles that follow!

And keep walking!

Turn your troubles into blessings.

In joy,

Regina

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