

## Purpose:

The purpose of the '70 x 7 Forgiveness Process' is to dispel the 'errors of our flesh.'

## Principle:

The first step in the spiritual purification process is to dispel the 'illusions of the mind.' This is accomplished with relative ease simply by 'changing our conscious mind' to bring our thinking into alignment with the Principles of Truth.

The next step is to change the subconscious, or carnal mind that is associated with our flesh. This is a far more difficult process since this aspect of our being is highly resistant to change of any kind. Therefore, it requires great persistence to bring about a meaningful change in the carnal mind. One reason is that our subconscious nature is very clever when it comes to protecting itself from change. Consequently, it will allow you to perform all sorts of spiritual practices right up to the point where change is imminent. Then it sends forth all sorts of very logical reasons to stop. Furthermore, these reasons will also be accompanied by feelings that support the suggestion to stop. Some typical responses are:

*"That should be enough for now." ~ "I'll do some more later." ~ "I better not overdo it."  
"Maybe I'm doing this wrong." ~ "This will never work." ~ "I'm too tired right now."  
"I've got too many other things to do right now."*

The '70 x 7 Forgiveness Process' is intended to help us break through our resistance to change that we normally encounter in our spiritual practices. If you engage the practice described below, you will quickly become aware of places that your carnal mind is resisting change. The practice is based on the following scriptural suggestion:

*Then Peter came to Jesus and said, "Lord, how often should I forgive my brother when he sins against me? Seventy times?" Jesus then said, "Not just seven times, but seventy times seven."*

...Matthew 18:21,22

## Practice:

**First**, identify some area of your life where you would like to have a meaningful change or healing take place.

**Then**, select a spiritual practice that you intend to use to bring about this change. Preferably, it should involve some form of bodily movement.

**Finally**, perform 70 repetitions of this practice each day for 7 days. All of the 70 repetitions required for each day should be performed in a single practice session. This practice does not have to be done on seven consecutive days. Simply do it for seven days as nearly consecutive as possible. (The mind's favorite trick is to get you to quit if you miss a consecutive day.)

## A Useful Tool



**'Tally Counter'**

One of the traditional tools for keeping count of repetitions during spiritual practice is the use of a string of beads, such as a 'Rosary' in the west or a 'Mala' in the east. This method becomes somewhat impracticable for any practice that involves the movement of the body, such as 'Posture Prayers.' An excellent modern alternative is a small hand held device called a 'Tally Counter,' as pictured to the left. They are available at almost all Stationary and Office Supply stores. Other alternative ways to count are to use your fingers, or better yet determining approximately how it would take you to do 70 repetitions of your practice and then just use a clock, watch or timer.