



The Forgiveness Workshop  
*From Higher Self/Spirit*



By Cat Baldwin

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No one is to blame for how you feel. Dismissing and pushing down on emotion or experience does not constitute forgiveness.

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*With Abundant Love, Joy, and Peace*

To everyone throughout this lifetime who created experiences “for” me, providing the opportunity for lessons, expansion of my heart space, growth, and forgiveness. I thank you.

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To every patient, student, and member of the spiritual community at the Wellness Sanctuary Spiritual Teaching and Healing Center and Chios Energy Healing Certification Programs, I acknowledge and honor your courage and commitment to step into your Higher Lightworker Selves. You touch, move, and inspire me every day of my life. I thank you.

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To my son, my heart and love, who daily teaches me unconditional love, patience, acceptance, and allowing. I thank you.

\*\*\*

First and always, my Source, Archangel Metatron, Archangels Michael, Gabriel, and Raphael, Anubis, Mother Mary, Mary Magdalene, Yeshua, the Galactic Council, and all Ascended Masters,

ancestors, and Spirit Guides who assist me at every moment. We have waited aeons for this time. I am honored to co-create the New Earth with you all at my side with no fear, only love. I thank you.

\*\*\*

To you, the reader, who knows deep within you that you are so much more and there is so much more. As you experience the power of forgiveness for yourself and all others, may you fearlessly know and be your infinite Divinity, power, and light. I thank you.



## *Introduction*

Being in practice for over twenty years as a lightworker, healer, teacher, life/soul and spiritual advisor and channel, I have had the profound privilege of preparing souls to awaken to their True/Higher Selves in preparation for “The Shift” to fourth- and fifth-dimensional living. The preparation is both personal and for the benefit of society as well. I am humbled by this Mission at this time on planet Earth as I have been waiting and preparing for it for many lifetimes (1,100 to my knowledge).

I am the facilitator for Source through the Teachers of Light, Archangel Metatron, Mother Mary, Mary Magdalene, and Yeshua to name a few of a virtual football field filled with the light and love of these higher beings and Archangels. They are my loves, my family, my heart, and my very essence. We are co-creators of the New Earth and the ascension of Mother Earth and humanity as are all of you.

In complete surrender, my life is committed to this Mission, and every step of the way, I am guided to what each individual needs for healing and what the community needs as a whole for growth, myself included.

It is April 11, 2020, as I complete this book. Our lives have experienced a complete upheaval by the appearance of the coronavirus. This is one of the

biggest blessings we are ever to receive as humanity as this is the beginning of the creation of the New Golden Age. Great darkness is being removed at this time which has held this planet and its people hostage for thousands of years.

We have been placed on lockdown as a country and are experiencing the pain of all global citizens in navigating this time. There is great opportunity and grace being given. The removal from outside distractions has provided an opportunity to go deep within through quiet introspection. Are we creating new priorities? Are we realizing how little we actually do need materially to be safe and provided for? Have we realized that we are working for companies that are void of integrity and do not value us or anyone for that matter?

Are we in our heart space with gratitude for all that is occurring no matter what? Are we embracing the adversity as thank you or are we angry, fearful, riddled with anxiety, and unwilling to accept what is truly occurring? When given the chance, are we helping those who cannot help themselves or are we continuing to be self-serving generated by fear?

We are all awakening. There are no exceptions. We must be responsible for what has come before and be clear that we will not be returning to that as it is unsustainable for humanity and for Mother Earth. If you are resisting you are being triggered by unresolved trauma whether from childhood or throughout your life. Unresolved trauma and the emotions associated with it will be continuously brought to you in various experiences until addressed.

There is also fear associated with stepping into your True Self as many are unaware of what that looks like. All things “unfamiliar” are uncomfortable at first. It is a life of joy, peace, and freedom as it is

## Introduction

who you truly are as I share in my first book *Divine Gifts of Healing: My Life with Spirit*.

You cannot resolve trauma and victimization without forgiveness: forgiveness of yourself first and foremost, followed by all others that you feel have done things “to” you. There is a great difference from forgiveness from your ego and forgiveness from Higher Self/Spirit.

I honor and acknowledge you for stepping in to this journey and taking on forgiveness with this work. It takes courage to be personally responsible for how your life goes. I am humbled and honored to facilitate this work with you. As you take this step, the Teachers of Light, Ascended Masters, Archangels, and Spirit Guides are cheering wildly and are right at your side.

They hold and embrace you in unconditional love as do I. Shine on!

Healing Love and Light,

Cat

Please visit me at [wellnesssanctuary.net](http://wellnesssanctuary.net)

On Facebook @ Cat Baldwin, The Wellness Sanctuary Spiritual Teaching and Healing Center and Chios Energy Healing Certification Programs

On Instagram @ catbaldwinwellnesssanctuary

On meetup @WheatonWellness/





# Chapter 1

## *Why Forgive?*

*“Forgiveness is not about forgetting. It is about letting go of another person’s throat. Forgiveness does not create a relationship. Unless people speak the truth about what they have done and change their mind and behavior, a relationship of trust is not possible. When you forgive someone, you certainly release them from judgment, but without true change, no real relationship can be established.*

*“Forgiveness in no way requires that you trust the one you forgive. But should they finally confess and repent, you will discover a miracle in your own heart that allows you to reach out and begin to build a bridge of reconciliation. Forgiveness does not excuse anything. You may have to declare your forgiveness a hundred times the first and the second day, but the third day will be less and each day after, until one day you will realize that you have forgiven completely. And then one day you will pray for his/her wholeness.”*

—William Paul Young, *The Shack*

Blessings and welcome to “The Forgiveness Workshop from Higher Self/Spirit.” This continues our conversation of growth and expansion which began in my first book *Divine Gifts of Healing: My Life with Spirit*. I am Cat Baldwin, facilitator of this coursework, owner of the Wellness Sanctuary

Spiritual Teaching and Healing Center and the Chios Energy Healing Certification Programs in Warrenville, Illinois. This is one of many courses, certification programs, and services offered to support moving into your Higher Self and your personal sovereignty. It is why I am here.

Forgiveness Workshop was created in September 2017, when guidance and a request was given to me by Spirit to provide two very important gatherings. I was asked to form a Healing Circle in nature where we could all share our intentions for ourselves, one another, and the planet. The Healing Circle at the Grotto was then co-created with Spirit.

A statue of Mother Mary is the core of the Grotto. This has nothing to do with religion but with her Divine Mother energy of peace and deep, unconditional love. It is the energy Mary exudes and represents in the Universe for all. From our first gathering, nine women committed to living life from the heart and sending healing light and energy to Mother Earth and the planet. Personal intentions were shared and supportive conversations flowed. And from this gathering, the next request was made by Spirit.

“You have not forgiven many people. They include men and women as well. You have forgiven on a human/ego level but certainly not on a Higher Self/Spirit level. Instead of asking what has someone done TO you, consider what they have done FOR you. Did they do their jobs well? What did they teach you and what was/is the lesson? Overcome your human response of judgment, blame, and self-righteousness and

*Why Forgive?*

embrace with unconditional love and gratitude all that has been provided.”

This was certainly a communication which, to fully receive, I needed to go into my heart space, breathe and feel care, appreciation, and compassion. When this was shared with the Grotto group, “Forgiveness Workshop from Higher Self/Spirit” was created. As we addressed our trauma, Spirit assured me that they would be present to guide, answer, and clear through me facilitating Life/Spiritual Advisement, Chios Energy Healing, or further one-on-one sessions. As we continue on this healing journey through this work, know that all guidance, conversations, and healings are occurring through Spirit.