

## Forgiveness Meditation

- Take a deep breath and gently close your eyes. Give a few big sighs...sighs of relief...and see if your body wants to stretch a little...or yawn...(pause).
- Now pay attention to the natural rhythm of your breathing. Feel your body rise gently as you breathe in and relax as you breathe out...(pause for several breaths)...every outbreath is an opportunity to let go...to relax a little bit more, to let your body sink down...and to feel the comfortable heaviness and warmth...(pause)
- And you can travel through your mind to the meadows of your innermost being...to a sunlit clearing fresh with the mild, fragrant breezes of spring...As you breathe, you can relax into the warmth of the sun and feel the wind caress your body and ruffle your clothing...you can attune yourself more and more to the delightful sights and sounds and fragrances...the grasses, trees, and flowers...(pause)...the birds and butterflies...(pause)...the abundance of life in the meadow...and the sounds of the crickets and the wind in the trees...and you can feel the peace here in this special place...and the lifeforce of the awakening spring...(pause)
- And you can feel the lifeforce in your own body...feel it resonating with the meadow...feel it as joy...(pause)...And the meadow is a place of safety, truth, and peace...a place of wisdom within yourself where you can always come...and within the meadow are many special places you can discover...places where you can feel your own power...(pause)...and places where you can feel especially cozy and safe...(pause)...
- Around the edge of the meadow are openings to different paths-the life experiences you have had...paths over spacious, sunlit hills, and through dark, narrow valleys...paths through wooded labyrinths and vast open spaces...and each of the paths, whether high or low, is like a rainbow...for it has a pot of gold...a gift of learning...at its end.
- Nestled in the safety of your own special place, you can look down into the paths of your life experiences...at relationships you've had with other people...and choose one where anger, hurt, or guilt or some other emotion still blocks the way to forgiveness...(pause)...and, in a moment, you will see a symbolic image of that emotion walking down the path to meet you at the edge of the meadow...to bring you the gift of its teachings...(pause).
- Bring your inner emotional messenger to the place of greatest comfort for you in the meadow. It may be a power-place or a safe-place. Since you have changed since you last contacted this feeling, you may want to make your messenger smaller or larger...
- Settle down and bring the situation that needs forgiveness to mind now...(long pause)...ask your emotion how it protected you in that situation...(long pause)... and thank it for its help...Ask it if there are other ways for you to feel safe now-ways that open your heart (long pause)...and ask what it has to teach you about the other person...(long pause)...and about yourself...(long pause)...
- Thank it for its teachings and return the favor by setting it free-letting its energy flow back to the lifeforce-as a bird or a flower or a burst of light. Know that it will arise spontaneously wherever needed-free to form and to fade away...free to be spontaneously itself.
- Feel the lifeforce in the sturdy shoots of new growth all around you...Bow in your heart to the author of life...to yourself...to those who have exchanged love's teachings with you in the form of hurt...and know that you are both forgiven...now and forever...
- And whenever you feel ready...taking your time...come back to the room, a little lighter than when you left.