

Forgiveness Meditation

Guided Meditation Script

Date / Time:

So far today, have you brought kind awareness to your:

Thoughts? Heart? Body? None

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



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It would be delightful to allow yourself the relaxation that's needed in order for you to change things in your life that you desire....

And complete relaxation is impossible when you hold grudges

Sometimes it's hard to even imagine forgiving those who have wronged you.

But this is a necessary step in the progression of personal achievement.

So let's begin by saying, "I'm ready to take the steps necessary toward becoming the best version of myself."

It may seem daunting to forgive people, and instances of your past that hurt you.

But its actually very easy.

Imagine a young child holding a glass of milk.

Their small hands couldn't quite grasp the cup fully and the milk spills on the floor, breaking the glass.

This upsets you because milk is expensive, and the cup was a family heirloom.

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Say that this upsets you very much, and you show your anger, and you hold a small grudge against this child for breaking the glass.

Now when you give the child a glass of milk, you will not trust him to hold it, and anxiety will become present in the child because they do not feel trusted, and anxiety will also build in you because you fear more things will be broken or spilled.

Then, the child may actually become more likely to drop things because that is the image you are manifesting of them.

You will also harbor anxiety because you were unable to let go of this incident and it will be a recurring thought each time they need to use a cup.

Now imagine again, that same child holding a glass of milk.

Their small hands quiver and they drop the cup, breaking it and spilling milk everywhere.

But this time instead, you are not upset in the slightest and forgive them.

The child runs to grab you a broom and a towel to clean up the mess.

They are helping you fix the mishap.

They sense in you kindness and they learn how to take action when something goes wrong.

When they feel guilty for the circumstance, their ability to help is halted.

The child is then likely to understand how to address incoming issues because everyone was calm, relaxed and in a state of pre-forgiveness.

They feel trusted and they can trust you to help when mistakes happen.

That's what we need to accomplish in order to create a more peaceful world for everyone.

The ability to pre-forgive each other to allow for a state of openness, so that we can address issues that arise with calm and relaxed outlook, thus aiding in a thorough repair and the ability to move forward and trust others.

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Now let's do some relaxation techniques that will open us into a state of forgiveness

Notice how your body feels right now.

Notice any places that feel pleasant. It could be as small as the tip of your nose, or a much larger area.

Just feel these sensations of goodness and allow for them to expand.

Perhaps these areas of nice sensations can communicate with those places in your body that feel stuck.

Just observe how your body reacts when you allow pleasant feelings to communicate with stuck ones.

Do the nice sensations hold a grudge against the areas of not-so-nice sensations?

No.....they simply hold space and communicate with openness how to let go.

Allow for more pleasant feelings to enter into your body now, through the power of your breath.

Breathe in easily and consciously knowing that with each inhale you oxygenate your system and send goodness through your entirety.

And again, inhale goodness and exhale into an even more relaxed state.

Inhale supportive sensations, and exhale into relaxation.

Inhale deeply the force of good, and exhale into relaxation.

Continue this method with me for 5 more good breaths.

See how easy this is coming to you?

You are a natural at communicating with areas of tension, thus changing their very structure and frequency and converting them into a relaxed state.

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Ok, you are doing so very well.

Let's continue with our new-found relaxed state to a place of forgiveness.

This is a very important opportunity.

It will aid you in progressing towards personal achievement in all aspects of you life.

So visualize you are in a beautiful garden, on a mild day, with fluffy clouds rolling by in the sky, and the sun periodically warming your skin and nourishing the plants in this garden.

As you admire the beauty here, the way the leaves of the vegetation are caressed by the wind.

There are many colors of flowers throughout the garden, and their fragrance is sweet and welcoming.

You look down to see a small foot path through some flowering shrubs, and its an inviting and mysterious path.

So go down this way.

As you curve around the beauty of this garden, you inhale the fresh oxygen that these plants produce.

You feel very pleasant and relaxed.

As you round a corner a small bench made of wood comes into view, and you see, the person you most need to forgive is sitting there.

They have been waiting for you, because this is a very important encounter.

You sit down beside them because this place is very safe, and there are some things that need to be said to this person.

With bravery and courage, look them directly into their eyes and say "you hurt me and I have suffered for too long because of this burden I carry in the form of a grudge towards you.

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I forgive you.

I forgive you not to help you, but to better myself.

I forgive you and you will not enter my thoughts any longer.

I forgive you because forgiveness leads to openness in all aspects of my life.”

You notice the darkness that was once in their eyes begins to lighten and for a while they do not say a word.

Then the silence is broken.

They say simply to you “I will leave you alone now and you will not be tormented by the thought of me anymore.”

They get up from the beautiful wooden bench and walk into the depths of a nearby wooded forest.

You watch as their figure grows smaller into the distance, until you no longer see them.

Never once did they turn and looked back your way.

Good.

Very good.

This was a very important meeting today in this beautiful garden.

And as you breathe in new fresh air, you feel twice as light as you did before.

That’s because a huge weight has been lifted now that the person you needed to forgive is no longer sitting within your secret garden.

They have moved on and so have you.

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When you rise from your meditation at your own pace, you will notice you are eager and ready to take the steps needed towards personal achievement.

