

FORGIVENESS MEDITATION

The reflection is done in three parts: asking forgiveness from those you have harmed; offering forgiveness to those who have harmed you; and offering forgiveness to yourself.

Part One

Sit comfortably, close your eyes, and let your breath be natural and uncontrolled. Then begin with the following recitation (silent or not, as you prefer):

“If I have hurt or harmed anyone, knowingly or unknowingly, I ask for their forgiveness.”

If different people, images, or scenarios come up, release the burden of guilt and ask for forgiveness:

“I ask for your forgiveness.”

Part Two

After some time, you can offer forgiveness to those who have harmed you. Don't worry if there is not a great rush of loving feeling; this is not meant to be an artificial exercise, but rather a way of honoring the powerful force of intention in our minds. We are paying respects to our ultimate ability to let go and begin again. We are asserting the human heart's capacity to change and grow and love.

“If anyone has hurt or harmed me, knowingly or unknowingly, I forgive them.”

And, as different thoughts or images come to mind, continue the recitation, **“I forgive you.”**

Part Three

In the end, we turn our attention to forgiveness of ourselves. If there are ways you have harmed yourself, or not loved yourself, or not lived up to your own expectations, this is the time to let go of unkindness toward yourself because of what you have done. You can include any inability to forgive others that you may have discovered on your part in the reflection immediately preceding—that is not a reason to be unkind to yourself.

“For all of the ways I have hurt or harmed myself, knowingly or unknowingly, I offer forgiveness.”

Continue this practice as a part of your daily meditation, and allow the force of intention to work in its own way, in its own time.