

The Forgiveness Meditation

Close your eyes. Focus your attention on your breath. Do a few deep breaths in and out. Bring yourself fully into the present and feel the chair you are sitting on. Feel what your hands are touching. Be aware of sounds around you.

Now, take some time and reflect on your past. Who hurt you the most in your life? Who are you still angry at? Bring this person into your mind's eye. See her/him in front of you.

Share with this person how she/he has hurt you in the past.

Tell her/him what she/he did or failed to do that hurt you.

Tell her/him that she/he wasn't really there for you.

Tell her/him what you wanted from them.

Tell her/him how it made you feel.

Tell her/him that you've been hurt and angry for a long time.

Express the anger. Don't hold yourself back. Tell them whatever it is you want to tell them. You can curse. You can call them names. Do whatever will help you release you from that anger. You can punch a pillow if needed. You can throw soft objects against the wall. Just don't hold yourself back. (Of course, don't dump your anger on anyone. This is how you deal with the emotions of anger in a healthy, grown-up way).

Allow the tears to flow if they want to.

Ask her/him if she would like your forgiveness. And then forgive her/him.

Tell her/him that you release her/him from your past and that she/he is no longer responsible for you.

Better Relationships Workshop Checklist

Tell her/him that you are ready to take full responsibility for yourself.

That you no longer blame her/him and that you forgive her/him.

Thank her/him for any lessons she/he taught you in the process of hurting you.

Find some words to complete the communication with her/him.

You may want to express your love for her/him, but that's up to you.

Don't do it if you genuinely don't feel it.

Let her/him go.

Allow the image to dissolve completely as you become fully present again.

Repeat the above process with everyone who hurt you in your past (father, mother, siblings, teachers, friends,..). Gradually work your way through all the years and events of your life forgiving all those people from your past who may have hurt you.

You don't need to complete this in one setting. Take as much time as you need. You might find that one forgiveness meditation is not enough to release the grudge towards one person. That's OK too. Repeat it is many times as you need.

Romana repeated the forgiveness meditation up to 10 times for people who hurt her the most in her life.

If you want to learn more about the forgiveness, I highly recommend the book **Embracing The Present by Leonard Jacobson**. You can purchase it on the link below:

<https://www.leonardjacobson.com/products/books.php>