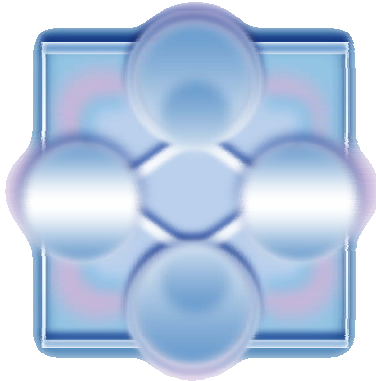


Forgiving Meditation



Ahhh, the elusive Forgiveness. Where is it? If you find that darn Forgiveness you just might have to move on with your life. And, what? Nobody else to blame? Somebody to love again, or at least accept?

Here is the procedure that will start you on the road to forgiveness:

1. Find yourself a comfortable spot where you can be by yourself, uninterrupted.
2. Breathe in through your nose, while expanding your belly (not your chest).
3. When you feel you are ready, begin to repeat to yourself these words...

"I am ready to forgive _____ and move on with my life."

When you get comfortable repeating those words, it is time to think of the person who hurt you.

What did they do? Have you tried looking at it from their perspective? I know, it is hard. But, what took them to that place where they hurt you so badly?

Really think about this. Relive it in your mind. Write it down. Do whatever you have to do to make this real to you again. Only this time, do it from the eyes of the person who hurt you.

If this fails, then decide that you have held on to this feeling for way to long, and it is time to allow it to pass. Really allow it to move from your life. If the feelings of the bad situation happen to come up again, just imagine them floating from your life and leaving you with a feeling of peace and contentment.

Forgiveness Perks

The Forgiveness Meditation requires nothing except your *desire* to let go and forgive your Self, someone else, or even Spirit for wrongs real or imagined.

However, you could choose from the following items to enhance your forgiveness virtue during meditation or at any time.

* Use the Forgiveness Symbol image as your focal point.

* Place the stones Rose Quartz and/or Tourmaline in your breast pocket (or closer to your heart inside the middle part of your bra). Jewelry with these stones is also appropriate.

* Sprinkle the oils or herbs Acacia, Jasmine, Lemon, Patchouli, and/or Rose Geranium on your body or within your meditation area.

Focal Point – Forgiveness Symbol

