

Guided Meditation on Forgiveness

This meditation can be used for anyone or thing we carry strong negative feelings around or we feel distanced or disconnected from. It can be used to embrace a part of myself I am having difficulty with. This meditation is about asking for healing and love to come to ourselves and to the one we have difficulty with. Patience, time and repetition will be necessary for healing. Be gentle with yourself.

1. Place yourself in a comfortable position where you will be able to concentrate on this work. For some, that means sitting upright in a comfortable chair with feet on the ground, connecting with the Earth, and back and head straight, connecting with the Universe. Others may choose a different posture.
2. Close your eyes and become aware of the breath of life flowing in and flowing out. Focus on your breath, flowing in and flowing out. Flowing in and flowing out. When you are ready...
3. Imagine the arms of the Universe however these look to you. They may look like a pair of human arms, or the wings of a bird or butterfly, the branches of a tree, the arms of a flowing river. Create whatever image feels right for you. When you are ready...
4. Imagine one arm of the Universe and imagine yourself being held in this arm, held lovingly and safely. When you are ready...
5. Ask for the gifts of the Universe that you would like to receive at this time, e.g. wisdom, patience, compassion, understanding, courage, love... When you are ready...
6. Imagine the other arm of the Universe and imagine the “other” the person or part of yourself or situation you are having difficulty with—imagine the “other” being held in this second arm. When you are ready...
7. Ask that the “other” receive the same gifts of the Universe that you have asked for yourself, e.g. wisdom, patience, compassion, understanding, courage, love etc. When you are ready...
8. Become aware of the breath of life flowing in and flowing out.
9. Come back to this time and place.

Adapted from Sue Regen’s Arms of God Prayer