

Forgiveness Meditation

Compassionate Chris as remembered / transcribed by Effervescent Elizabeth Nguyen

Ask participants to get comfortable. If possible, dim the lights to create a quiet atmosphere and to signal that this will be a different sort of exercise.

Intro:

This will be a different sort of exercise. We've done a lot of external work, but this exercise focuses on internal work. It is a guided meditation. As I read this passage listen and visualize the things I am describing.

The following should be read slowly and deliberately:

Think of someone you are having a hard time forgiving.

[pause]

Imagine that you are in an empty theater. The space is cool and dark. You walk down the center aisle and sit down in the front row. The stage is wide and dark, the curtains closed.

Then the curtains draw open and the person, the one you are having a hard time forgiving, is there.

[pause]

Think of all of the ways that this person has hurt you. Think of all of the pain this person has caused you.

[pause]

Then stand up and tell this person how you feel. They don't say anything back. They just stand there, alone on the empty stage. You can tell them everything. You can tell them all the things you've always wanted to tell them.

[long pause]

Now you sit back down and the curtains close. When they open again the person is there - the one you are having a hard time forgetting - but now they are a child.

[pause]

We know that people who hurt people usually do the same kinds of things that have been done to them. Think of the harmful thing that may have happened to this person as a child.

[long pause]

Now the curtains close again. When they reopen the child is bathed in a warm green light, a healing light. The child is receiving everything he/she did not get as a child and everything he/she needs.

[pause]

The curtains draw close. They open and the child is gone, but the light is still there. And you can choose to walk up to the stage and into the healing light and receive what is there. What you need.

[pause]

When you are ready, open your eyes and come back.

Thank you for participating.