

Forgiveness meditation or intention to let go of blame



Forgiveness is a process. Touch in, in a kind way or if that is hard have the intention to be kind. Explore with curiosity (and gentleness).
Sit in a way that supports you to meditate.

Remember your aspiration – eg Today I come from love.

- Bring to mind a time a time when you have been hurtful to others. See the person and sense the hurt. Feel in your own heart what has happened.
- “Say (Person’s name) please forgive me, I can see the pain I caused you and I ask for your forgiveness”. (Sense the hurt, feel your sincerity. Sense if you are available to feel forgiven. Sense what happened)
- Now sense if you are available to forgive yourself. Look behind, how you were feeling eg unloved, not good enough.
- If you can’t do it, bring to mind someone you know who has heart and wisdom (a person, a God). Now say “I see my own suffering and I forgive myself now. I am Forgiven. Looking through the eyes of mercy – put hand on heart if helps. If this is difficult, intend to do it.
- Now, widen out to more people – could be same or different scenario, when someone has been hurtful to you (don’t pick a big issue) Eg; they have ignored you or spoken sharply. Sense how that felt and your thoughts and your behaviour. Keep yourself company in a present way and give that hurt part compassion and care. “May I be free of suffering”. Or call on energy beyond yourself, “Dear God, walk with me as we both show care and compassion to me”. Let yourself receive that grace and compassion, right where it is most needed.
- Look at that person who has hurt you with wisdom - see their vulnerability, confusion, lack of awareness. “Say the person’s name, I see and feel the pain you caused me and I forgive you now or if not now it is my intention to forgive you” (If judgment, notice and let that part go). Relax into your generous vast heart and the intention to forgive yourself and other. We may feel the rawness – be kind – maybe journal.

“Out beyond the ideas of wrong and right doing, there is a field I will meet you there”. Rumi.

(Adapted from Tara Brach www.tarabrach.com)