

The Practice of Forgiveness

Sit and become aware of the natural breath. When you center yourself, breathing in and breathing out of your heart, the forgiveness meditation begins. Feel the meaning and intent of each word.

Part 1

There are many ways that I have hurt and harmed others knowingly and unknowingly in this life – many times that I have caused sorrow, betrayed, or abandoned others. I remember these now. I feel these. In the many ways I have hurt and harmed others out of my fear, out of my pain or confusion, I ask their forgiveness. May I be forgiven.

Part 2

There are so many ways I harm myself, knowingly and unknowingly, abandon or betray myself, cause myself pain. I remember these now. I picture and feel the sorrows I have caused to myself. And in the many ways I have hurt or harmed myself out of my confusion, out of fear and mercy. I forgive myself. I hold myself with kindness, mercy, and forgiveness. May I be forgiven.

Part 3

In the many ways others have hurt me, abandoned me or betrayed me, knowingly or unknowingly, out of their confusion, out of their anger and pain, out of their fear and ignorance. I see these now and feel what I have carried. And to the extent that I am ready, I offer forgiveness. I release you. I release my hatred and anger if I am ready. I will not put you out of my heart.

After the practice of forgiveness, let yourself feel the breath gently in your heart. Again, breathe easily in and out of the chest.