

Forgiveness Meditation

The following is a guided meditation that others have found quite helpful. It does not mean that you have to forgive someone who has hurt you. That is always up to you. Read through the meditation. If you find it helpful, tape it, or save the WMA audio recording in the Road to Well-Being Mount Forgiveness section, so that you can use it as a meditation when needed.

Close your eyes...think of a time in your life when you felt betrayed by someone – someone you cared about, or someone who was important to you in some way. It could have happened years ago or yesterday, but it needs to something that you carry with you.

Go back to that time now...Take a moment to recall the details in your mind...what happened? How did you feel in that moment and in the time following? Was it hurt? Anger? Humiliation? Live in those feelings right now...so that you can feel their weight in your body. Breathe deeply and inhale the negative painful feelings that you experienced, and still experience. These are the feelings that eat at you – that disturb your sleep, that are like toxins in your body.

I want you to try something now. Keep your eyes closed and in your mind's eye, imagine that you see a ball. It's about the size of a bowling ball...it's hard, it's scratched up. Now, picture yourself taking all those awful feelings and pouring them into the hole that on the top of the ball. Take all of your hurt, your shame, your feelings of betrayal, your anger toward that person and pour them out of your body and mind and into that ball. Now, seal the hole so that the feelings are locked in there – never to escape. Put the ball down by your feet. Feel it's weight in your hands as you place it on the ground.

Take a big deep breath...it feels like a huge weight has been taken from you. Enjoy the moment. Take one last look at the ball before turning and slowly walking away. WAIT – what's happening??? There is a thick metal chain fastened around your ankle and it's connected to the ball. You're NOT rid of it. The ball is dragging behind you with every step that you take. It's holding you back and slowing you down. The longer you drag this ball around, the more tired and worn out you become.

Now it's really time to free yourself – you've nursed these wounds for too long and the weight of the ball is witness to that. What happened to you is NOT ok...but you owe it to yourself to let this go – locking it inside a ball and pretending that it's gone does not help. You deserve freedom...and there is real freedom waiting for you...in fact, you have the key in your pocket – it's been there all along. Reach in...take the key...now bend down and unlock the shackle...watch and listen as it drops to the ground. Now move away from the ball and the chain. How does it feel? Do you feel lighter? Hopeful? Peaceful? Free? Go ahead...dance, laugh, sing, run...enjoy the feeling.

It's time let this imagery fade and return to your surroundings. I'm going to slowly count backwards from 5. As I do, become more and more aware of your surroundings...When I get to 1, you'll be ready to open your eyes and be fully present in your room or space.

(Written by Bette Brazier – see Thanks, Credits & Copyright page)