A Guided Meditation

LIBERATION

Through Forgiveness

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Global Healing Community - Workbook

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Through Forgiveness

Begin by finding a quiet and comfortable place to sit or lie down. Close your eyes and take a few deep breaths, allowing yourself to relax and settle your entire body down. When you are ready, make a conscious choice to turn off your mind and move into your heart.

Visualize a soft, radiant light surrounding you. This light represents love, compassion, and forgiveness. Imagine it gently expanding to encompass your entire being.

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Focus your attention on yourself and bring to mind any actions, thoughts, or behaviors that you wish to forgive yourself for. Acknowledge them without judgment. Say to yourself, "I forgive myself for any pain I've caused, knowingly or unknowingly. I release these burdens with love and compassion."

Now, shift your focus to others. Think of people in your life, past or present, who you may be holding onto resentment or anger towards. Visualize them in your mind's eye. With each person, say, "I forgive you for any pain you've caused me. I release these burdens with love and compassion. I free myself from the weight of resentment."

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As you offer forgiveness to others, imagine the soft, radiant light expanding further, embracing those you forgive. Visualize them bathed in this light, as it softens their features and brings peace to their hearts.

Return your attention to yourself and feel the light within you growing even brighter. This light represents the healing and transformative power of forgiveness.

Take a few moments to sit in this forgiving and healing light, experiencing the freedom and lightness it brings to your soul. Breathe deeply and allow this energy to permeate every part of your being.

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When you are ready, slowly open your eyes and carry this sense of forgiveness and healing with you into your daily life, knowing that by forgiving both yourself and others, you are creating a pathway to healing and peace, both within and without.

Breath deeply.

“In the quiet depths of a loving heart and soul ...one finds the infinite well of light to guide and assist the world."

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Thank-you!