

SELF-FORGIVENESS MEDITATION

Refuge Recovery

Find a way to sit, that's upright and relaxed.

Pause

Allow your eyes to close.

Pause

Take a moment to release any unnecessary tension by softening your belly, jaw, shoulders.

1 minute of silence

Begin saying to yourself, I forgive you as much as I can in this moment.

Pause

Breathe it in to the heart center... see how it feels. Are you open to it, your own forgiveness?

I forgive you as much as I can in this moment.

You can name some of the things that are difficult, that you judge, that you suffer about.

Pause

I forgive you for feeling unworthy.

Pause

For feeling less-than.

Pause

I forgive you for being so critical - this judging mind.

Pause

I forgive you as much as I can in this moment.

Pause

Feel free to think back on an earlier time in your life, think about the kid, the adolescent, the teenager.

2 minutes of silence

I forgive you for all the ways I have caused myself harm, both intentionally and unintentionally, through my actions, my words, my thoughts.

Pause

Sending forgiveness, inclining the mind towards forgiveness; the heart, breathing it in.

1 minute of silence

When the mind wanders off into a story, maybe plans, or memories or rationalizations and resistance

Come back to the phrase slowly repeating, over and over, I forgive you as much as I can in this moment.

You can switch it by saying please forgive me as you think of yourself as a kid.

1 minute of silence

Spend some time sending forgiveness to your mind. What are the difficult parts of your brain?

Pause

Does your mind have a tendency towards inflation or deflation, towards anger or fear, doubt or worry, craving?

Forgive the craving mind Forgive the judging mind.

Pause

Forgive the addict.

Pause

Forgive yourself for taking it all so personally.

Pause

Forgive that self-centered tendency, that part of us that becomes so identified with what our thoughts and feelings are.

Pause

I forgive you for taking it all so personally, for believing these untruths, the ignorant thoughts that enter my head.

I forgive you for believing them

Pause

And all of the ways our minds lied to us.

1 minute of silence

Include your heart, if you feel your emotional being is a bit separate from your mind. The wounded heart. The broken heart.

Pause

So often we end up armoring the heart, trying to avoid further pain, betrayal, loss.

Pause

Send forgiveness to your heart, to your emotions. It's safe to let down the walls now.

Pause

I forgive you as much as I can in this moment.

1 minute of silence

Now send forgiveness to this body, this physical body, that craves pleasure and hates pain.

This body subject to sickness, aging, and death. I forgive you.

We so often judge our bodies for not looking the way we think they should, not feeling as energetic.

Send forgiveness to this poor, old body that's been carrying you around all these years.

I forgive you.

1 minute of silence

Expand to the understanding that there is nothing unforgiveable about you. No matter what you've done. No matter what's been done to you.

We have the Karma of all our actions, just as does everyone else. We don't have to hate ourselves or anyone else.

We can learn to forgive.

We can learn to love, to care about each other, to care about ourselves.

Pause

All of the harm we've caused in our lives was out of our own confusion and ignorance.

Forgive yourself for having been so confused that you lied, that you stole, that you hurt yourself, and you hurt others.

Pause

Have mercy on yourself.

Pause

I forgive you as much as I can in this moment. Until you mean it.
Until you feel it.
Until you believe it.

2 minutes of silence

For the last couple of minutes, use your own first name. Say your name in your mind, personalize it.

Say your first name, and I forgive you, as much as I can in this moment, over and over saying your own name.

2 minutes of silence

I forgive you as much as I can in this moment to the mind, the heart, and the body, to the past.
For all the ways we've been confused.
All of the dead ends we've sought happiness in.

Pause

When you are ready, open your eyes and bring yourself back to your surroundings.