

Forgiveness Meditations (Audio)

Hawaiian Prayer: Ho'Oponopono Prayer

"I'm sorry, please forgive me, I love you, thank you."

Layers of Forgiveness

Forgiveness may take time and each time we revisit the anger, disappointment and regret we can forgive on a deeper level. In setting the intention to forgive (i.e. the situation, yourself and/or others) and dedicating time to forgiveness work, you allow for a new space to open up in your heart, in your life and for your relationships with others to blossom.

Let your mind open and let your heart open. Follow your breath. Imagine a path, in the mountains or by the ocean. Find a tree and rest at the trunk of the tree.

Bring the image of a difficult person in your life right now (past or present) it is time for a change with this person. There is a heavy chain that connects you. It is a chain of misunderstandings, anger, disappointment and resentments. Notice the weight and in your dominant hand a sword of truth. Raise the sword and cut the chain. See the chain fall to the floor and turn to dust. There is a new connection and bond forming. A bond of light and the only thing that can pass is good intention and everything else has turned to dust. Look at the color of this light. And know from this moment if you choose it if you believe it your relationship with this person can be different.

Look at them. See how this person's face has softened and their posture is now relaxed. See him/her beginning to walk away. The new bond is still there as they get further and further away until they disappear.

Now feel the strength, support and power of the tree and sit at the base of the tree so it can support you. This was a big forgiveness and a big letting go. Notice in your hand a small dark stone something you have been hanging onto for a long time and it is time to let it go and leave it at the foot of the tree to be transformed. Give thanks, get up and walk back down the path towards this moment and this reality now. Feeling rejuvenated, relaxed, open and free...knowing that you are doing big work and that nature and the universe are supporting you in this process.

An excerpt from Dr. Saira Sabzaali's Forgiveness Meditation CD