|  |
| --- |
| *Meditation for*  *Forgiveness, Love and Being in Peace*  Pre-Meditation: Write down the names of the people involved in an unhappy situation:  You are the Meditator: abbreviation M  Replace the numbers 1, 2, 3, 4, 5 with the names of the people involved with the unhappy situation. You can have as many / or as few names, as is appropriate to the situation that you meditating over.  I am so sorry for this grievance - 1  I am so sorry for this grievance – M  I am so sorry for this grievance - 2  I am so sorry for this grievance - M  I am so sorry for this grievance – 3  I am so sorry for this grievance - M  I am so sorry for this grievance - 4  I am so sorry for this grievance - M  I am so sorry for this grievance – 5  I am so sorry for this grievance - M  I forgive you – 1  I forgive you – M  I forgive you – 2  I forgive you - M  I forgive you – 3  I forgive you - M  I forgive you – 4  I forgive you - M  I forgive you – 5  I forgive you - M  Thank you – 1  Thank you – M  Thank you – 2  Thank you - M  Thank you – 3  Thank you - M  Thank you – 4  Thank you - M  Thank you – 5  Thank you – M  I trust you – 1  I trust you - M  I trust you – 2  I trust you - M  I trust you – 3  I trust you - M  I trust you – 4  I trust you - M  I trust you – 5  I trust you - M  I love you – 1  I love you – M  I love you – 2  I love you – M  I love you – 3  I love you – M  I love you – 4  I love you – M  I love you – 5  I love you – M  I am willing to see things differently and release all grievances in my life and mind.  I choose to know you as perfect, whole, complete and innocent – 1  I choose to know you as perfect, whole, complete and innocent - M  I choose to know you as perfect, whole, complete and innocent – 2  I choose to know you as perfect, whole, complete and innocent - M  I choose to know you as perfect, whole, complete and innocent – 3  I choose to know you as perfect, whole, complete and innocent - M  I choose to know you as perfect, whole, complete and innocent – 4  I choose to know you as perfect, whole, complete and innocent - M  I choose to know you as perfect, whole, complete and innocent – 5  I choose to know you as perfect, whole, complete and innocent – M  I choose to see you at peace – 1  I choose to see you at peace - M  I choose to see you at peace – 2  I choose to see you at peace - M  I choose to see you at peace – 3  I choose to see you at peace - M  I choose to see you at peace – 4  I choose to see you at peace - M  I choose to see you at peace – 5  I choose to see you at peace - M  I choose to feel you as love – 1  I choose to feel you as love – M  I choose to feel you as love – 2  I choose to feel you as love - M  I choose to feel you as love – 3  I choose to feel you as love - M  I choose to feel you as love – 4  I choose to feel you as love - M  I choose to feel you as love – 5  I choose to feel you as love - M  I thank you!  I release myself as a true daughter / son of God the father: perfect, whole, complete and innocent, in the life of the world. I am a daughter / son of the universe.  So it is done – Amen.  (I believe the source of this meditation comes from A Course in Miracles)  As a Trauma Counsellor, clients gain huge relief from having tools that they can participate in during times of difficulty. This participation reduces the sense of hopelessness and more so helplessness. Let chat – Barbara 082 784 7656 |