

Do Not Go Quietly - **Forgiveness Envisioning**

This exercise can be a very powerful and valuable one. So we invite you to take a few minutes here and participate fully. As in the previous envisioning exercises, you can read it through once and then put on some soft background instrumental music and take the journey as you can read along. You can also find someone to read it to you. Whatever method you choose just:

Sit in a comfortable position

and bring your attention to your breath.

Follow your inhalation and exhalation,

be aware of the rising and falling of your belly

with your breath and surrender your weight to the chair.

If thoughts come, let them drift away effortlessly

with the exhalation, bring your attention back

to your breath. Let any tiredness in your body

melt away w/exhalation. Breathe into places

of tension in your body and feel

the hardness yield to the softness of your breath,

as the rocks yield to wind and water.

*Now call to mind a mistake or injury,
or action about which you are holding a sense of guilt
Remember guilt is something you feel about
one of your thoughts, words or actions.
Please take a moment here to remember
the specific circumstances and to feeling
the feelings you are still holding inside of you
about the incident. See yourself as you were
when the incident occurred and then take a few slow,
deep breaths into the center of your chest. As you do
surround that event with a soft white light and then
slowly increase the intensity of that light
until it literally washes the images and feelings
you are holding from that event away.
Then continue to breathe and to feel
your heart fill with forgiveness.*

*Now call to mind another event or interaction
about which you feel guilty. This time after you
have called the details to mind,
feel the feelings associated and then*

*as if the feelings were contained in a balloon
that you are holding by means of a string,
let the string go and watch the balloon slowly drift away.*

*Then continue this process of calling to mind
events and interactions about which you are
feeling guilty and then, after calling each to mind,
either surround them with that soft white light,
turning up the light until they disappear
or see them as balloons that you release and allow to drift away.*

*After you have done this with a few of moments
in your life about which you are holding guilt,
turn your attention to other events and interactions
over which you are holding resentment
and follow the same process.*

*And remember, resentment is guilt
Turned outward toward others.*

*Yes, we know this exercise takes courage,
but trust us, the guilt and resentment you release*

will leave you lighter, brighter, happier and healthier.

For the guilt and resentment you hold

is not punishing anyone but yourself.

So take as long as it takes to do this exercise well

and come back and do it again and again

until all of the toxins you are holding

in the form of guilt or resentment are released.

Now, for a moment, before you complete

this exercise, breathe love into your heart

let it also fill your solar plexus

until this love enfolds you.

Also know that you can,

at any time you choose,

surrender every mistake from the past,

every tiny ounce of trapped energy

you may be holding and in this way

you can surrender to a life of openness,

ease and greater happiness. You can literally

learn to turn every lemon in your life

into the refreshing lemonade of Living Consciously

and aging wisely.

