

Letting Go of Resentments by Forgiving Faults

Guided Meditation Script

Date / Time:

So far today, have you brought kind awareness to your:

Thoughts? Heart? Body? None

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



Forgiving Faults

The word resentment comes from Latin roots.

Its original meaning was “to feel again.”

We all deal with resentments, holding on to harm that has been caused in the past.

This is a painful experience.

When you hold on like this, you feel the pain repeatedly.

Sometimes these resentments may feel like they offer security from future harm.

But with forgiveness, you can free up space in the heart to allow love and care to take root.

The practice of forgiveness will help you let go of these painful experiences and offer freedom to the mind and heart.

Find a comfortable meditation posture and invite gentleness into the body from the beginning.

Notice any discomfort or tension in the body and try to soften around it.

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Bring to mind somebody you feel resentful toward.

When new to this practice, don't choose the strongest resentment in your heart.

Instead, start where it's a little bit easier.

Notice the harm that was caused and why you feel resentful.

Connect with the intention to cultivate an open and loving heart.

If there is resistance, notice its presence without pushing it away.

It takes time to reopen the heart, so don't force anything.

Begin offering phrases of forgiveness, connecting with the words as much as you are able.

Say a phrase slowly in your head, finding a rhythm.

It may be helpful to offer a phrase with each exhale or with every other exhale.

Use these phrases:

I forgive you [or I forgive you as much as I am able to in this moment].

May I let this pain free itself from my heart.

After six or seven minutes of offering forgiveness, let go of these phrases.

Turn toward yourself, recognizing that you, too, have caused harm to others.

You don't need to engage in stories about the harm you have caused;

just recognize that you have indeed caused difficulties for others, whether you intended to or not.

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Call to mind a specific person you have hurt.

Begin asking for forgiveness from this person, using these phrases:

I ask for forgiveness for any harm I have caused you.

May you find room in your heart to forgive me.

May you forgive one another.

Allow five minutes to pass, and return to your own body.

Breathe deeply for a few minutes, resting your awareness on the breath before opening the eyes.

