

Forgiveness and Lovingkindness Meditation

Forgiveness Phrases:*

*I ask forgiveness of anyone who I have harmed (either intentionally or unintentionally).
I forgive myself (to the best of my ability/as much as I am able) for any harm that I have caused myself.
I offer forgiveness to anyone who has (either intentionally or unintentionally) harmed me.*

You may also add either or both of the following phrases:

*I open to the possibility that in the future I may be able to forgive more.
I forgive myself for not being able to forgive at this moment.*

Lovingkindness Phrases:*

The aim of lovingkindness practice is to cultivate our capacity to wish for the welfare of all beings, including *ourselves*. Lovingkindness has to do with getting in touch with that wellspring in our hearts from which unconditional love comes. At times one may experience these wholesome qualities while doing this practice. However, it is not necessary to experience unconditional love or any of the qualities stated for the practice to be of benefit. One can simply connect with the *intention* of wishing well for oneself or others. Holding an intention for our own and for others well being can in itself be a powerful practice.

May I be safe and protected.

May I be happy and peaceful.

May I be healthy and strong.

May I live with ease and well being.

(Or: May I care for myself in this life with ease and joy.)

The lovingkindness phrases can be offered to:

- 1) Oneself,
- 2) Benefactor or teacher (someone who has been generous with us),
- 3) Dear friend/loved one (or it could be a pet),
- 4) Neutral person,
- 5) Difficult person

*It can be helpful to remember that we don't need to feel forgiving or loving when saying these phrases. By simply repeating them to oneself, it is "planting the seeds" for forgiveness or kindness to arise in the future.