



## **Forgiveness Meditation**

Forgiveness is a choice.  
Forgiveness heals my mind, body and spirit.  
Forgiveness brings healing energy.  
Forgiveness unlocks my full potential.  
Forgiveness dissolves anger and resentment.  
Forgiveness benefits me.

I forgive to heal my body.  
I forgive to move forward.  
I forgive those who hurt me.  
I forgive those who betrayed me.  
I forgive myself.

I bathe myself in compassion.  
Anger is washed away.  
Pain is washed away.  
Blame is washed away.

I am safe.  
I am free.  
I embrace joy.  
I am kind to myself and others.  
I am the true me.

I align with unconditional love.  
I love myself.  
I love my body.  
I am loved.  
I am whole and complete.

I express gratitude.  
I honor my emotions.  
I focus on healing.  
I release judgement.  
I choose forgiveness.

