

# Heartful Living

## Forgiveness Through the Heart

### Connect with your heart

Drop your attention into your heart area and feel your chest soften as you breath in and out of it. Be aware of something that makes you smile



Bring to your awareness the person, organisation or situation that has hurt you

Stay connected to your heart-breath as you become aware of who or what has hurt you



Feel your heart support you in experiencing what is authentically true for you about this

Your heart will always guide you to be true to yourself



Open up to the power of love that flows from and through your heart

Keep breathing through your heart and sense it soothe and support you, as any pain or hurt arises



Feel that love surround and fill you...feel it expand you Sense how...as you are expanded and uplifted by the energy of love...your ability to forgive becomes more available



From this place of expanded loving peace...become willing to forgive whoever has hurt you

Welcome the person or situation into your heart space, which is infinitely vast and can envelop both your hurt and the one that hurt you - in love



Open up to the possibility of a new way of relating to the pain you experienced and to the one who hurt you

As the power of love in your heart melts away your resistance to the one who hurt you, allow yourself to receive healing, insights, liberation and peace

