



Video Transcript

Forgiveness Meditation for Deep Emotional Healing

Hi, I'm Maria Marshall here with Gaia Goddess. Thank you for joining me for this forgiveness meditation for deep emotional healing. Before we get started, if you haven't listened to the power of forgiveness in our learning with Gaia meditation, that may be something you want to do before this meditation or afterwards.

We're going to relax and get comfortable. So please find a comfortable position.

Either seated or lying down. And let's begin.

Now that we're nice and comfortable, let's begin by taking a few deep grounding breaths together.

In and out through the nose. And feel free to sigh on the exhale.

Let's begin by bringing your awareness to your heart.

Imagine a warm, gentle light. emanating from this space, enveloping you with its soothing presence.

With each breath, feel this light expanding, creating a safe and nurturing environment within.

Now, bring to mind the person you wish to forgive.

See them clearly in your mind's eye, acknowledging any feelings that arise without judgment.

As

you hold their image,

silently repeat these intentions to yourself.

May you be happy.

May you be healthy.

May you be safe.

May you be free.

Visualize the warm light from your heart extending out.

towards this person, enveloping them with compassion and understanding.

Imagine their burdens being lifted, dissolved into the light.

As you continue to breathe deeply, shift your focus inward.
Recognize that forgiveness is as much for you as it is for them.
Silently repeat.
May I be happy. May I be healthy. May I be safe.
May I be free.
Feel the light within your heart growing stronger,
filling you with a sense of release and liberation.
Calm.
Keep breathing.
For the next few minutes, continue to breathe deeply,
enjoying the warmth of this light and the newfound sense of liberation from a suffering state of non-forgiveness.
Allow yourself to feel empowered as you consciously work on forgiveness.
And heal any lingering wounds and resentments.
Can you feel a deeper sense of peace within?
You can return to this meditation as many times as you wish.
And you can repeat the intentions for 5 minutes,
10 minutes, 20 minutes. It can take some time to reach...
state of true and total forgiveness.
So do not rush yourself through the process. This does not support your own growth or self-worth.
Have compassion for yourself with this process.
When you feel ready, gently bring your awareness back to the room.
Wiggle your fingers and toes. And when you're comfortable,
Open your eyes.
I invite you to carry the sense of forgiveness and compassion with you as you move forward throughout your day.
How do you feel after this meditation? Notice how your heart feels.
Do you feel more peace or a sense of lightness?
If you have time, You may want to take some time to journal on the experience you've just had and
notice any dreams in the coming days and weeks. And finally,
ask for help if you need it. You can let the universe know you are now ready to forgive and ask the
universe to send any support you may need. or any confirmation that you have forgiven when it is
done.
In a couple of moments, maybe one or two more breaths,
you may return to your seated position.
Thank you for joining me for this powerful forgiveness meditation. I wish you much healing on your
journey. Namaste.

