

Walk Through This

Guided Meditations

Step 1: Set Your Intention and Surrender

Step 2: Ask, “Who Am I?”

Step 3: Embrace Self-Worth + Self-Love

Step 4: Set Boundaries for Yourself

Step 5: Persevere When the Work Becomes Hard

Step 6: Do Less + Be More

Step 7: Practice Forgiveness

Step 1, meditation 1 - Higher Self for Guidance

Stand grounded with your feet on the earth, place both hands over your heart, close your eyes, breathe deep, and slowly say these words:

My dearest [insert your name],

Show me the way. Please lead me with love as you guide me to the answers I seek. I trust you. I love you. I am listening.

Step 1, meditation 2 - Ask for Signs in Nature

With your feet grounded to the earth, eyes closed, and your hands over your heart, take a deep breath in and request:

[Insert universe, God, nature, spirit, those who have passed, or your angels],

Please provide me with signs and clarity through my decision-making process and while on my life journey.

Step 1, meditation 3 - Guided Meditations for Setting Intentions

Let's begin by grounding ourselves to Mother Earth.

Sink your body into the earth or place your feet on the ground.

Close your eyes and place both hands over your heart.

Take a deep breath in and hold it.

Mother Earth is holding and supporting you throughout this journey.

Release your breath.

Take another deep breath in and hold it at the top of your inhale.

Imagine that breath coming from the deepest place within you.

And now release the breath.

Like a bird flying in the sky, allow your thoughts to wander and be free.

There is no right or wrong to this meditation.

Now envision yourself standing on a mountain with the vastness and beauty below you.

There are majestic trees as far as your eyes can see.

The air is fresh. Your surroundings are serene.

Nothing else matters but this moment.

Take another deep breath in through your nose.

Imagine looking deep into the ravines and canyons below, allowing the breath to surface from the valley floor.

You are supported by spirit, nature, the universe, God, and angels.

Release the breath, exhaling through your mouth.

Let go of all inhibitions, judgments, shame, and criticism.

Imagine the wind lightly brushing your face.

The sun gently touching your skin.

You feel the earth below your feet.

Everything that surrounds you in this moment in nature is love.

Take another breath in through your nose, drawing in love, support, and peace from around you.

Sink into calm and release your breath out.

As you stand on this mountain, notice the beauty that exists below you.

Take a deep breath in through your nose.

Exhale again through your mouth and release anything that doesn't serve you.
Surrender to stillness.
Allow your mind to let go.
You are right where you need to be.
Now ask yourself,
What is my intention for this journey?
Inhale through your nose.
Exhale through your mouth. And listen to your heart.
There's no need to judge what is being brought to light.
Simply be honest with yourself.
Feel into what you need.
Breathe in. And breathe out.
And again, ask yourself, What is my intention for this journey that I'm on?
Sink deeper into Mother Earth, and know you are supported, loved, and surrounded by peace.
Breathe in. And breathe out.
Be present with your feelings that arise.
If you feel a desire to cry, let yourself cry.
Sit in peace with what is coming through.
Again, there is no right or wrong to what surfaces.
What is my intention for this journey?
Feel into your intention.
Breathe in. And breathe out.
And when you are ready, begin to come back to this time and place.
Wiggle your fingers and toes.
Open your eyes and notice what is around you.
Take your intention with you as you move back into your day.

Journal Prompt: Setting Intentions

When you're ready, open your journal and complete this sentence:

My intention for this journey is _____.

Continue writing about your experience. How did this meditation make you feel? What emotions did you experience? What did you see when standing on the mountain? Free write—or write whatever comes to mind without judgment of grammar, spelling, or content—in your journal for as long as you need to. Bring forth all that was brought up during this meditation.

Step 1, meditation 4 - Surrender to Peace Moments

- Lie on the earth—don't be afraid to get dirty! Dig your feet into the soil. Sit on a rock next to a creek or riverbed. Or lean up against a tree.
- Close your eyes and take a few deep breaths.
- Notice what is happening within you as your mind, body, soul, and spirit connect with nature. Let your mind slow and your shoulders drop while your body sinks into the earth. Don't force anything—just sit in peace.
- Open your eyes and look around you at this moment. Pick up a piece of nature. Maybe it's a pine cone, a rock, or a flower. Much of the information we receive about the outside world comes through our sensory organs: the eyes, ears, nose, tongue, and skin. Our nervous system processes this information to react, communicate, and keep the body healthy and safe. Go even deeper by connecting with nature through your five senses.

- Sight: Take a look at the piece of nature in your hand. Pay attention to the color, details, patterns, and shape. It's pretty amazing how we see an object differently when we focus on it.
- Sound: Hold your object to your ear. Does it make any sound when you touch it or move it around?
- Smell: Carefully hold your piece of nature to your nose, close your eyes, and inhale. What does it smell like? Inhale a second time and notice if the scent changes.
- Taste: Do not taste your object unless you know it is edible. If you're able to taste your object, please do so.
- Touch: Now touch what is in your hand. How does it feel? Try touching parts of the object and notice where its texture feels different.

Journal Prompt: Surrendering to Peace Moments

Pull out your journal and write about your experience. How did it feel to lie on the earth and breathe in nature? What changed when your senses were focused on nature? Journal what happened within your mind, body, soul, and spirit.

Step 2, meditation 1 - Guided Visualization for Finding Your Values

Let's begin once again by grounding ourselves in nature.

Imagine yourself sinking into the earth. Place your hands over your heart.

Close your eyes.

Take a deep breath in, hold, and release.

Smell the air.

Feel the ground beneath you. And thank Mother Earth for holding space for you.

Now, take notice of your body.

Where are you holding tension? Your shoulders? Legs? Maybe even in your toes. Begin to allow those parts of your body to release any anxiety, settling into the earth below you.

Continue to breathe with your hands over your heart.

One by one, take notice of the thoughts that appear in your mind.

Begin to imagine a swarm of butterflies coming in. Place a thought on each butterfly and allow them to be carried away.

Take a deep breath in. And release your breath.

You are in this moment—without judgment.

Take another deep breath in. Be here. In peace.

Release your breath.

Go to a time and place in life when you have felt completely happy and aligned. This could be your first memory in life, or perhaps it was an experience from today.

A peak moment when everything felt as though it was as it should be.

What was happening around you?

Continue to breathe with your eyes closed and allow yourself to go back to that moment.

What made this moment so great?

What was the weather like? Were there any smells you noticed?

Pay attention to the details around you.

Who was with you?

What emotions are happening with those around you? And within you?

Take another breath in and release.

Allow this moment to come to life, as if it's happening right now.

Take in a breath from the deepest place within you.

And release.

Feel into this moment you chose as the time and place when life felt really good. When you felt in alignment with who you truly are.

Stay here for as long as you like.

Just breathe.

When you are ready, begin coming back to the present time and place.

Wiggle your fingers and toes.

Open your eyes and remain in this peaceful moment.

Allow Mother Earth and nature to continue holding space for you. Hold this good place within you as you work on finding your core values from this experience.

Journal Prompt: Finding Your Values

After the meditation and when you're ready, pick up your journal and free write about your peak moment. Set a timer for five minutes and, without stopping, journal everything that comes to you.

Detail what was happening during the moment. Write about the people who were there, how you were feeling, and why it was an aligned moment in your life.

Step 2, meditation 2 - Guided Meditation to Find Your Inner Warrior

Take a moment to sit in a space in nature, or imagine yourself in nature, and close your eyes.

Feel the earth below you, holding you.

Take a deep breath in. And exhale.

Begin to notice your breath and start to slow every inhale and exhale.

What does it feel like to relax your body as you breathe out? Where can you release further?

Allow your breath to soften your physical body and mind into a space of calm. A space of peace. A space where you are held.

Imagine yourself sitting at the bottom of a canyon, a deep, narrow valley created by forces of nature over time. Feel your body held by the ancient ground below you. And witness the majesty of the towering canyon walls around you, holding you in this safe and wondrous place.

What else do you see? What can you observe here in this space in nature? Even with the massive rocks surrounding you, what little details can you take in? A grain of sand? A slowly drifting cloud? A heart-shaped rock?

What can you hear? Is there wind or is it silent? Can you hear your own breath? Can you hear your own heartbeat?

As you take in the magnificence of this space, you sense an energy approaching you. Although it's walking toward you from the greatness of the canyon, it's also not outside yourself. You sense that it's a part of you that has decided to return home to you. This presence is your inner warrior.

As your inner warrior comes closer, you begin to notice what it looks like. What it feels like. Where in your body do you feel the energy, strength, and power of your inner warrior? What are the sensations? Notice where your power lives in you as you share space with this elevated presence.

Your inner warrior sits next to you and asks if you have any questions. What do you want to know?

You ask your inner warrior, "What do I need to learn?" "What is my purpose?" "What am I here to do?"

"How can I use my values to move forward with my dreams?"

Your inner warrior nods its head. It looks at you and says, "The answers to these questions live within you.

Listen to your first instinct. That instinct is my answer. Your instinct is me. I've always been here. I've never left you. I will always be here to guide you. You have to trust your gut."

This inner warrior is everything you look up to. It's everything you desire to be and feel. It's everything you dream of becoming.

Yet you have a knowing, a true belief, that the answers to your deepest questions are already within. Even when you have doubts, trust that your instincts and your heart will guide you in the right direction. As your inner warrior begins to fade, the energy of this wisdom begins to swirl and rests in the palms of your hands. You place your hands on your heart and feel the answers resting inside yourself. Trust that you can return to this inner warrior at any time. This inner warrior is a part of you. This inner warrior is you.

Take a deep breath into your heart. And release the breath, removing doubt and obstacles to the answers you seek, as you exhale.

As you sit in the stillness of the present moment, begin to feel yourself resting on the earth. And when you feel ready, bring movement back to your hands and feet and slowly open your eyes.

Journal Prompt: Finding Your Inner Warrior

Journal about this experience. What was it like to be with your inner warrior? What were the answers to the questions you asked:

What do I need to learn?

What is my purpose?

What am I here to do?

How can I use my values to move forward with my dreams?

Notice where your powerful inner warrior lives within your body. How will you call on your inner warrior, voice, and strength on your road to healing and forgiveness?

Journal Prompt: What Are You Willing to Fight for and Defend?

Take a few moments in your journal and finish this sentence:

I believe deeply in _____.

Step 3, meditation 1 - Connect with Your Heart

Place your hands over your heart and close your eyes. Take a deep breath in, filling your lungs with air. Release your breath. Feel your heartbeat. Listen to the natural rhythm that is created. Your heart picked you before any other internal organ. Acknowledge your heart and say these words aloud. After each verse, pause and listen to what your heart speaks in return.

My dearest heart,

I see you.

I hear you.

I feel you.

I love you.

My dearest heart, please continue flowing your love through me.

Journal Prompt: What Does NOT Determine Your Self-Worth

Please grab your journal and complete this statement:

My worthiness is not determined by _____.

Journal Prompt: What Honors Your Self-Worth

Now writing from your heart and not your mind, please complete this statement:

My self-worth is honored when _____.

Step 3, meditation 2 - Guided Visualization to Better Understand Yourself

Close your eyes.

Take a deep breath in. And release.

Sink deeper into your body.

Notice where your energy flows.

Take another deep breath in. And release.

Slow your breathing and feel your heart.

Inhale for three . . . two . . . one. Exhale for three . . . two . . . one.

Now imagine yourself, alone, sitting in a calming forest. You are on a trail, surrounded by beautiful, towering pine trees. It's just you and Mother Earth.

Take in the view. Smell the fragrance of pine. Hear birds chirping in the distance.

Breathe in . . . three . . . two . . . one. Breathe out . . . three . . . two . . . one.

Embrace the beauty that surrounds you. The trees have been growing for hundreds of years and reach far into the sky above you. Notice as they dance with the wind in unison, their colors changing ever so slightly in each moment with the sunlight. This space has been created for this very moment. This space was created for you.

Feel the beating of your heart.

Two ravens appear, circling overhead. Seeing a raven signifies wisdom and intelligence. Ravens are a sign from nature that you have everything you need to figure out your next step. This is a reminder to pay attention to signs around you while sitting in the pause.

Breathe in . . . three . . . two . . . one. Breathe out . . . three . . . two . . . one.

You are alone with these beautiful birds. As you watch them glide freely through the air, you feel a sense of awe and wonder.

In this forest, you are free, without four walls confining you. You no longer have responsibilities waiting for you. There's nothing around to distract you. You have no obligations. In this moment, you are at peace.

All you have to do is enjoy this incredible view. Everything you need to survive is in your pack: food, water, a first aid kit, a tent, a warm sleeping bag, and your favorite book.

Knowing this is all you have, how does this make you feel? What emotion comes up for you? Where does that emotion land in your body? Is there anything else you need, truly need, besides the items you have in your pack?

Take another breath in.

And as you breathe out, allow the exhale to ease any anxiety you might be feeling.

You are safe. You are good.

Suddenly, you notice a deer walking toward you. Feel the gentleness and peace it provides. A deer crossing your path reminds you to be compassionate and loving to yourself and others.

You feel your heart beating as you breathe in . . . and as you breathe out.

Be with your body.

Now remember your values from step two and ask yourself, Who am I? Looking into the eyes of the deer, you feel his calmness. He gets you. And he holds no judgment. As you answer the question "Who am I?" be honest with yourself.

Ask yourself:

What lights me up?

What can I release that no longer serves me?

What do I truly desire?

Keep your hands over your heart.

Breathe in . . . three . . . two . . . one. Breathe out . . . three . . . two . . . one.

The deer walks away, and you sit in silence.

Pay attention to the earth supporting you.

Smell the air. Feel the breeze. Let yourself smile. You are here. And you have everything you need.

Allow your body to come back to this time and space, and begin to bring gentle stretches to your fingers and toes.

Open your eyes and take a moment to look around.

Close to your heart, hold the things that make you who you are.

Journal Prompt: Better Understand Yourself

When you're ready, begin journaling the answers to the questions that were asked during the visualization, as well as a few additional questions to further your self-examination:

- *What lights me up?*
- *What can I release that no longer serves me?*
- *What do I truly desire?*
- *How do I show up in this world today?*
- *How could I show up better in this world tomorrow?*
- *What are my barriers to achieving my goals and aspirations?*
- *Where do I find my enjoyment in life? And with whom?*
- *What are the gifts I bring to this world?*
- *What is my purpose and passion in life?*

Step 3, meditation 3 - Guided Visualization to Invite Self-Acceptance and Forgiveness

Place your hands over your chest and feel your heartbeat.

Take in a deep breath. And release.

Feel the earth supporting you.

Continue taking deep breaths and allow your mind to calm. Slow your breath. Be here.

Now imagine you are walking beside a beautiful creek surrounded by long grass and brush. Take in the sounds around you and appreciate the beauty.

You see a pile of rocks stacked in the middle of the creek and decide to take a seat. The feeling of refreshing, cool water flowing around you is pure and calming.

Life seems simple in this peaceful moment.

There is no judgment. Notice this calm feeling.

Breathe in and breathe out. Feel your heartbeat.

Now imagine taking every worry, mistake, and judgment you have been carrying and placing them in the water.

They wash away and are no longer yours.

Wrap your arms around yourself, embracing yourself in a big hug. It's time to let go of the judgment and criticisms and begin loving yourself for being you. Honor your flaws and mistakes. They are part of you.

Fully accept that you are not meant to be perfect. No one is.

Now say these words out loud:

"I am loved.

I am worthy.

I embrace every part of me—those parts I love and those parts I do not. Because I am me.

I forgive myself for any faults I have been carrying.

I will be fiercely compassionate to my heart, body, mind, soul, and spirit!

I am needed and wanted in this world."

Take in a deep breath and release.

Feel the sun on your face.

You are loved in this moment and every moment that follows because you know that love, value, and worthiness begin with you. It doesn't matter how many cars you have, the house you live in, or what material items you own. What matters is who you are at your core and how you treat yourself.

What a powerful choice and responsibility to have!

That is self-worth and self-love.

Breathe it in. And exhale it out.

Honor yourself and say, "I love myself. I love myself. I love myself."

Feel your heartbeat as you bring attention back to this time and place.

Breathe in. And exhale.

Come back to your body and slowly open your eyes.

Bring this self-love with you as you move into the rest of your day.

Journal Prompt: Self Acceptance and Forgiveness

When you're ready, set a timer for five minutes and free write about this experience. How did it make you feel? What realizations came up for you? After you finish, respond to these two prompts:

- *List all of the things you love about yourself.*
- *Write about the things you once didn't love about yourself and now do. How can you better appreciate those parts of you?*

Step 4, meditation 1 - Protecting My Energy

When protecting my energy I like to call in my guardian angels, those who have gone before me, spirit guides, my inner warrior, and Mother Nature. In my mind or aloud, I say,

I'm calling in [who you choose],

Please protect me (us) from dark energy and critical, condemning thoughts, words, and actions from others. Please bring love, understanding, and compassion to this moment. Allow your love and light to wash over the negative and darkness. Please keep me (us) safe.

Thank you.

Journal Prompt: Boundaries

In choosing to detach from the outcome of this boundary, I am choosing to honor ____.

Step 5, meditation 1 - Guided Meditation for Releasing Judgment

Place your hands over your heart and take a deep breath in.

Hold your breath, and release.

Ground yourself to the earth.

Take another breath in and imagine your breath is coming from Mother Earth.

We are all connected.

We are one.

Allow her love to flow through your body, starting with your feet. Moving up through your legs. Into your stomach, chest, through your arms, hands, fingertips, and all the way up through your head.

Mother Earth's love is in you.

Release your breath.

Feel your heartbeat.

Now I will ask you, What are you judging?

Is it your fear? Your thoughts? Your anger or yourself?

What are you judging?

Release your hands from your heart and cup them in front of you.
Now imagine that you're tenderly holding what you are judging, bringing it into the light.
Take another breath in. And release.
Keeping your eyes closed, take notice of what you are holding.
Just sit with it.
Breathe in. And release.
Breathe in. And release.
As if you're setting free a bird, allow your hands to set free what you have been holding on to.
While doing so, recite this mantra with me three times:
I release my judgment and attachment to what I have been holding.
I release my judgment and attachment to what I have been holding.
I release my judgment and attachment to what I have been holding.
Breathe in. And release.
Bringing your hands back to your heart, continue grounding yourself to the earth. Feel the support under you.
You are safe.
You are safe.
You are safe.
Lifting your head to the sky, recite this mantra three times while imagining love from Mother Earth and nature flowing over you like a waterfall:
I invite self-compassion and love.
I invite self-compassion and love.
I invite self-compassion and love.
Take notice of your body and your breath.
Breathe in. And release.
The only moment that matters is the one you are in right now. Without judgment or fear, allow yourself to slow your mind and breath.
One more time, recite these words:
I release my judgment and attachment to what I have been holding.
I invite self-compassion and love.
My friend, you are enough.
You are worthy.
You matter.
You have everything you need to continue this road to forgiveness, peace, and freedom.
Feel your heartbeat. That is your heartbeat.
Breathe in this experience one last time.
Slowly opening your eyes, begin to come back to the here and now. Wiggle your fingers and toes.
Just be.

Journal Prompt: Looking Outside Your Comfort Zone

*In your journal, take a moment to complete this sentence:
I am ready to say yes to _____.*

Journal Prompt: Grow Your Comfort Zone

*Once again, write in your journal and finish this statement.
My barrier is _____. I will smash my barrier by _____.*

Journal Prompt: Go Back to Your Intention

My intention for this journey is _____.

Journal Prompt: Releasing Judgement

When you're ready, pick up your journal and complete this sentence:

By releasing judgment and choosing self-compassion and love, I am welcoming _____ into my life.

Step 6, meditation 1 - Guided Meditation for Letting Go of Possessions

Close your eyes.

Place your hands over your heart and take a deep breath in.

Release your breath.

Notice the energy of the space surrounding you.

Is there a vibe of happiness and joy? Or do you feel sadness and anger?

Continue taking slow, deep breaths.

Does being here make you want to escape or be present?

Do you want to leave this space? Do you love this space?

Now open your eyes if they are closed and sit in the stillness.

Take notice of what material items are around you.

Look at the shelves and notice what you see.

One by one, observe each item while asking yourself these questions:

Does this item touch my heart and soul?

Why does this item mean so much to me?

Do I need this item to feel safe or live my daily life?

Would I feel lighter if I let go of this unwanted, unused, or unneeded item?

If something has meaning, expect to answer these questions quickly. If you take longer to answer, there's probably a reason, and perhaps it's time to let that thing go.

Journal Prompt: Letting Go of Possessions

Now pick up your journal and start a list of objects you're ready to give away.

Step 6, meditation 2 - Guided Visualization for Your Life Pack

Take a deep breath.

And release.

Let the earth hold your body.

You are safe.

Take another deep breath in.

And release.

Now imagine you are standing on a hill surrounded by rolling fields and plains.

You look at the landscape in awe.

A sense of freedom comes over you. There is so much beauty. Tall grass dances in the breeze. Butterflies and birds float with the wind. Everything feels serene.

Your eyes meet a creek with slow-moving water, and you trace its path through the valley. You notice each turn it takes as it snakes its way through the earth.

Where does this creek go? Where does its path lead?

Your curiosity makes you wonder what else is out there. You want to experience what's beyond the view you currently see.

You can see the path—but where else does it go?

If you simply follow the trail carved out by nature, you will be guided to the endless possibilities the world has to offer. It's just a matter of taking the steps.

And the thought enters your mind: If I have a way to get there, what is holding me back?

You feel a little excitement.

Why not experience all the possibilities the world has to offer?

Looking down at this path, you decide to head that way next. There's no reason not to. Your mind begins opening to new ideas. To all the possibilities that are out there for you. You wonder, If I can say yes to taking one step at a time, what else can I say yes to? Is it possible to experience life a little lighter? A little freer?

Take another breath in.

Place your hands over your heart.

And release your breath.

Continue to ask yourself, Can I let go of the emotional and mental baggage that does not belong to me? Can I release the consequences of others' actions that I have been carrying? Am I holding myself responsible for another person's behavior?

You realize something important: you have choice.

There are roads and paths and trails to take you anywhere in life. It is your responsibility to take the first step and to decide what you choose to carry.

Breathe in.

Feel your heartbeat.

Release your breath. And gently open your eyes.

Think back to your values and inner warrior from step two.

Bring them both to the present moment and tap into that inner knowing whenever you need it.

Journal Prompt: Your Life Pack

Take some time to journal the answers to these questions. Use your values and inner warrior from step two to guide you in this process. Remember, both are there to help you make healthy decisions for a life you choose.

- What is necessary for a fulfilled life?
- What are my desires?
- What is possible for my future, by holding only what is mine?
- How will it feel to relieve myself of the responsibility to fix what I cannot control?
- How will those closest to me benefit by me putting myself first?
- Complete this sentence: I am ready to let go of _____.

Step 7, meditation 1 - Surrender to Peace Moments

- Lie on the earth—don't be afraid to get dirty! Dig your feet into the soil. Sit on a rock next to a creek or riverbed. Or lean up against a tree.
- Close your eyes and take a few deep breaths.
- Notice what is happening within you as your mind, body, soul, and spirit connect with nature. Let your mind slow and your shoulders drop while your body sinks into the earth. Don't force anything—just sit in peace.

- Open your eyes and look around you at this moment. Pick up a piece of nature. Maybe it's a pine cone, a rock, or a flower. Much of the information we receive about the outside world comes through our sensory organs: the eyes, ears, nose, tongue, and skin. Our nervous system processes this information to react, communicate, and keep the body healthy and safe. Go even deeper by connecting with nature through your five senses.

- Sight: Take a look at the piece of nature in your hand. Pay attention to the color, details, patterns, and shape. It's pretty amazing how we see an object differently when we focus on it.
- Sound: Hold your object to your ear. Does it make any sound when you touch it or move it around?
- Smell: Carefully hold your piece of nature to your nose, close your eyes, and inhale. What does it smell like? Inhale a second time and notice if the scent changes.
- Taste: Do not taste your object unless you know it is edible. If you're able to taste your object, please do so.
- Touch: Now touch what is in your hand. How does it feel? Try touching parts of the object and notice where its texture feels different.

Journal Prompt: Acknowledge Your Mistakes and Recognize the Pain They Caused

In your journal, complete this sentence for every mistake you're reflecting on:

I am responsible for _____.

My mistakes caused pain to _____ because _____.

Journal Prompt: Take Note of What Caused the Incident

Complete these sentences in your journal, using the mistake(s) you wrote about:

The mistake or incident was caused by _____.

It occurred because _____.

I would have done this differently by _____.

Journal Prompt: What is the Lesson?

Complete these sentences in your journal, again using the mistakes you wrote about:

What I learned from my mistake was _____.

What I will do differently in my life is _____.

Journal Prompt: Forgive Yourself

Complete this sentence in your journal and recite it every day. You can do this either in the mirror while making eye contact with yourself or in silence while sitting with your hands over your heart:

I forgive myself for _____.

I accept what I have learned from this situation. I release the shame, guilt, and pain I have held on to. I welcome happiness, peace, freedom, and calm. And I will do better by me, those around me, and the world. I forgive myself.

Journal Prompt: Acknowledge Your Emotions and Feelings

When you're feeling overwhelmed with an emotion, stop and take time to journal what's triggering you. By noticing what sets off your emotions, you can establish healthy, safe boundaries for your future.

I feel _____ because _____.

What triggered me was _____.

Journal Prompt: Decide to Forgive

I have decided to forgive _____.
I made this choice for me.

Journal Prompt: Seek Understanding

In your journal, answer these questions:

What caused your offender's life to get to this place?

Were they intentionally trying to hurt you through their actions? Or was this an accident?

How have their past and present life and relationships affected their behavior toward you?

Journal Prompt: Seek Understanding

Answer these questions in your journal:

- What emotions and feelings am I handing back to my offender?
- What's the best possible way to confront the person who hurt me?
- Can you face the person? Or do you feel most comfortable sending an email or a letter? If the person you're forgiving has died or can't be reached, one option is to imagine them sitting in front of you and having the conversation. Or you can write a letter to that person, read it out loud, and burn the letter afterward.
- When I was ready to forgive the man who raped me at seventeen, I couldn't find him. So I imagined he was sitting in front of me, having the conversation. It wasn't any less powerful than when I chose to forgive others in person at the age of forty-one.
- What do I need (that is, personal tools) to complete this step?
- Think through what you need to feel safe and prepared while following through with this step. Let me give you an example. When I drove six hours on a Sunday evening to face someone who had relations with my husband, I called my friend in the area, Hilarie, from the car. I shared my plans and asked her to keep her phone on while I confronted this person. She became my safety. For two hours while driving, I rehearsed what I was going to say and how I was going to say it. I imagined what it was going to look like, and I embodied how I would feel. After pulling up to the former friend's house, I put on my running shoes. Those became my tool to run my body to the door. This person, whom I'd once considered a brother, didn't know I was coming, so the hardest part was not knowing how he'd react. Everything was organic except my plan to hand back pain and forgive. What happened was beautiful. I calmly spoke my truth, while surrendering how or when it would be received. I still don't know if this man is sorry, but it doesn't matter. I did this for me. He was held accountable for his actions. I handed back my pain, and forgiveness was granted.
- What do I want and need to say?
- This is your time to speak and share your truth. Do so wisely.

Here's the script I use. Please alter as you see fit:

"What you did was wrong. And it hurt me. I didn't do anything to deserve this pain. And it's not fair that now I have these toxic feelings living inside of me. I will always remember what happened because that is the truth. But I refuse to let the hurt stay inside of me. Here are all of the feelings that have lived inside of me. They are not good for me. They don't belong to me. I forgive you and harbor no ill will."

Journal Prompt: Fill Your Life With Gratitude and Joy

Using your journal, let's invite gratitude with these practices:

Start your day in gratitude. Before getting out of bed, ask yourself, What are five things I'm grateful for?

Before eating a meal, say a short prayer: "I am grateful for this food that provides energy for me to live." If you're sitting around a table with family or friends, start a gratitude chain and have everyone share what they are grateful for.

When dealing with stressful situations, like sitting in traffic or waiting for a difficult meeting at work, take a moment and find gratitude for your breath. Be patient and find self-compassion.

End your day in gratitude. Before you close your eyes, find five things you're grateful for that day.

These can be as simple as wrapping your hands around a hot cup of coffee in the morning or hugging your pet when returning from work.

Journal Prompt: Cultivate Joy

Using your journal, answer these questions:

- What do I love to spend time doing?
- When do I feel most happy?
- Where do I find joy?

Journal Prompt: Your Story Matters

In your journal, answer these questions:

What does the world need to hear from me?

By using my story, how can I serve others and make this world a better place?

How will it feel to speak my truth in the world?

Where can I share my knowledge? In blogs? A book? In support groups?

Step 7, meditation 2 - Guided Meditation for Forgiveness

Close your eyes and begin to slow your breath.

Notice what it's like to breathe in and breathe out.

And notice how your body feels right now.

When you think of forgiveness, where in your body do you feel it?

Do you feel relaxed or tense when you think of forgiveness?

Just notice how it feels to invite forgiveness in.

Take a deep inhale.

Release your breath.

As you breathe slowly, allow your body to soften as you invite yourself to move from the space of your head into the space of your heart.

Breathe from your heart space.

Feel your heart begin to open.

As you continue on this journey to release everything that no longer serves you, and invite in the things that you value, feel into the space of your heart.

Breathe in. And release.

Imagine sitting with yourself, either in a mirror or sitting face-to-face. It may be you today or a younger version of yourself. As you look into your own eyes, you see deeper than the surface. See everything you have been through and everything you have experienced. And know that you are doing your best. See yourself without judgment.

As you see yourself, your true self, say to yourself, "I forgive you. I forgive you. I forgive you for everything you have done and held on to. I forgive your past. I forgive your guilt and shame. I forgive you for the ways your actions have affected me. I forgive you. I forgive you. I forgive you."

Allow the image of yourself to slowly fade in your mind, and return to your heart.

Breathe into your heart space.

Inhale.

And exhale.

Now imagine sitting in front of a person who has challenged you. They can be living or may have passed.

Forgiveness transcends space and time.

As hard as it might be, sit with this person in front of you and just notice how you feel.

Imagine looking into their eyes, beyond the surface of who they are, and see them as another human being.

See everything they have been through and everything they have experienced. And know that they, too, are doing their best. See them without judgment.

As you see this person, say to them, "I forgive you. I forgive you. I forgive you for everything you have done and held on to. I forgive your past. I forgive your guilt and shame. I forgive you for the ways your actions have affected me, and I hand you back my pain. I forgive you. I forgive you. I forgive you."

As you sit in front of this person and feel your heart getting lighter, you watch as this person takes a deep breath. And as they open their mouth to speak, you listen to their words. And as they speak, you continue to forgive them.

They say to you, "Thank you for your forgiveness. I accept your forgiveness. I accept your forgiveness for my guilt and shame. And for everything I have done that has affected you. You no longer need to carry what I have done. You no longer need to carry the past. Or your pain that you have handed back to me. We are both lighter for your forgiveness. Thank you for your forgiveness."

Allow the image of this person to slowly fade in your mind, and return to your heart.

Breathe into your heart space.

Inhale.

And exhale.

Now picture the entire world in your mind. With every person and creature living on this planet we call home. This living, breathing organism we all live on.

See everything that every living being has experienced, in the past and present. And know that we are all just doing our best. See the entire world without judgment.

As you see Mother Earth, say to the world, "I send you forgiveness. I send you forgiveness. I send forgiveness to everyone and everything that has experienced the hardships of life on this planet. I send forgiveness for the past. I send forgiveness for all guilts and shames. I send forgiveness for all the actions that have affected others. I send you forgiveness. I send you forgiveness. I send the entire world forgiveness."

Allow the image of the world to slowly fade in your mind, and return to your heart. Breathe into your heart space.

Inhale.

And exhale.

As you continue to send forgiveness out into the world, know that everything is connected. As you give forgiveness to the world, know that it is pouring back into you. You deserve the forgiveness that you are so freely giving to everyone and everything around you. And as the world around you soaks in the forgiveness from your heart, say to yourself in your mind:

I surrender to the power of forgiveness.
I know who I am.
I value my worth and I love myself.
I have healthy boundaries for myself and others.
I release judgment of myself and others and continue to show up for myself.
I give myself permission to just be.
I forgive myself.

I forgive those who have wronged me.
I send forgiveness out into the world.
Take another deep breath into your heart space.
And release this breath out into the world.
Begin to bring your awareness back to this moment, back to presence.
As you drop back into your physical body, start to bring gentle movements back to your fingers and toes.
And when you feel ready, begin to open your eyes as you move back into your day with a lighter and forgiving heart.

Journal Prompt: Your Forgiveness Journey

When you feel comfortable doing so, pick up your journal and free write about your forgiveness journey. Journal everything that comes to you. Let your words flow from your heart, mind, soul, and spirit. It is time. You belong here.