

## Compassion Meditation Text

*This meditation was written by Stephen Levine. It's helpful to read or listen to this meditation multiple times. Read it very slowly to yourself or use the version I recorded.*

Close your eyes ... For a moment just reflect on what the word forgiveness might really mean. What is forgiveness? And now, very gently - no force - just as an experiment in truth - just for a moment - allow the image of someone for whom you have much resentment - someone for whom you have anger and a sense of distance - let them just gently, gently, come into your mind - as an image, as a feeling. Maybe you feel them at the centre of your chest as fear, as resistance. However they manifest in your mind or body, just invite them in very gently for this moment - for this experiment. And in your heart, silently say to them, "I forgive you". "I forgive you for whatever you have done in the past that caused me pain, intentionally or unintentionally. However you have caused me pain, I forgive you." Speak gently to them in your heart with your own words - in your own way. In your heart, say to them "I forgive you for whatever you may have done in the past, through your words, through your actions, through your thoughts that caused me pain, intentionally or unintentionally, I forgive you. I forgive you." Allow - allow them to be touched ... just for a moment at least ... by your forgiveness. Allow forgiveness. It is so painful to hold someone out of your heart. How can you hold on to that pain, that resentment, even a moment longer? Fear, doubt ... let it go ... and for this moment, touch them with your forgiveness. "I forgive you."

Now let them go gently, let them leave quietly. Let them go with your blessing. Now picture someone who has great resentment for you. Feel them maybe in your chest, seeing them in your mind as an image - a sense of their being. Invite them in gently. Someone who has resentment, anger - someone who is unforgiving towards you. Let them into your heart. And in your heart, say to them "I ask your forgiveness, for whatever I may have done in the past that caused you pain, intentionally or unintentionally - through my words, through my actions, through my thoughts. However I have caused you pain, I ask your forgiveness. I ask your forgiveness. Through my anger, my fear, my blindness, my laziness. However I caused you pain intentionally or unintentionally - I ask your forgiveness. Let it be. Allow that forgiveness in. Allow yourself to be touched by their forgiveness. If the mind rises up with thoughts like self-indulgence or doubt, just know how profoundly mercilessness we are with ourselves - and open yourself to forgiveness. Allow yourself to be forgiven. Allow yourself to be forgiven. However I caused you pain, I ask for your forgiveness. Allow yourself to feel their forgiveness. Let it be. Let it be. And gently ... gently ... let them go on their way in forgiveness for you - in blessings for you.

And turn to yourself in your own heart and say, "I forgive you" to you. Whatever tries to block that - the mercilessness and fear. Let it go. Let it be touched by your forgiveness and your mercy. And gently, in your heart, calling yourself by your own first name, say, "I forgive you" to yourself. It is so painful to put yourself out of your heart. Let yourself in. Allow yourself to be touched by this forgiveness. Let the healing in. Say, "I forgive you" to yourself.

Let that forgiveness be extended to all the beings around you. May all beings forgive themselves. May they discover joy. May all beings be freed of suffering. May all beings be at peace. May all beings be healed. May they be at one with their true nature. May they be free from suffering. May they be at peace. Let that loving kindness, that forgiveness, extend to the whole planet - to every level of existence, seen and unseen. May all beings be freed of suffering. May they know the power of forgiveness, of freedom, of peace. May all beings seen and unseen, at every level of existence, may they know their true being. May they know their vastness - their infinite peacefulness. May all beings be free. May all beings be free