

# FORGIVENESS

## *Meditation*

In Chapter 5 of Louise Hay and Robert Holden's book **Life Loves You** we find a beautiful Forgiveness Meditation. I recommend you do this meditation sitting in front of a mirror, somewhere where you will not be disturbed. Surround yourself with beauty and "See yourself through the eyes of love. And speak to yourself with love"

I am loveable and life loves me.  
I forgive myself for all the times I've been  
afraid I am not loveable.  
I am loveable and life loves me.

I forgive myself for judging myself and  
for not believing in my goodness.  
I am loveable and life loves me.

I forgive myself for feeling unworthy and  
for believing I don't deserve love.  
I am loveable and life loves me.  
I forgive myself for all the times I've  
criticised and attacked myself.  
I am loveable and life loves me.

I forgive myself for rejecting and  
giving up on myself.  
I am loveable and life loves me.  
I forgive myself for doubting myself and  
for not trusting in me.  
I am loveable and life loves me.

I forgive myself for my mistakes.  
I am loveable and life loves me.  
I ask for forgiveness so that I can learn.  
I ask for forgiveness so that I can grow.  
I am loveable and life loves me.