

"Forgiveness is giving up all hope of a better past"
– Jack Kornfield

Forgiveness Meditation or Journaling Practice

Forgiveness for others

It can be helpful to repeat the phrases below as part of a daily meditation, especially when you are finding it challenging to be with certain people.

By doing this meditation you are not condoning an individual's actions but rather cultivating a self-care practice that releases you from toxic and negative feelings and enables you to meet difficult individuals where they are, free from judgment.

Feel free to adapt the language to make it your own.

To the extent that I am ready, I forgive you for the pain and suffering you have caused and will continue to cause me

For actions you committed knowingly or unknowingly based on your own pain, suffering, causes, and conditions, greed, insecurity, or ignorance

I wish you well and a life free from suffering but know that your happiness depends not on my wishes for you, but on your own intentions, practices, thoughts, words, and actions

It is not my job to fix or change you

I am a kind-hearted, loving person and deserve and desire to be happy

I will not hold hate in my heart

And to the extent that I am ready, I forgive and release you

Forgiveness for self

We tend to have strong inner-critics and be very hard on ourselves. This meditation practice can be helpful in cultivating more self-compassion and self-kindness.

May I be forgiven for being a learner in this life

For my imperfections and confusion in this life

I am a kind-hearted, loving person and deserve and desire to be happy

May I be safe, may I be happy, may I be healthy, and may I live with ease