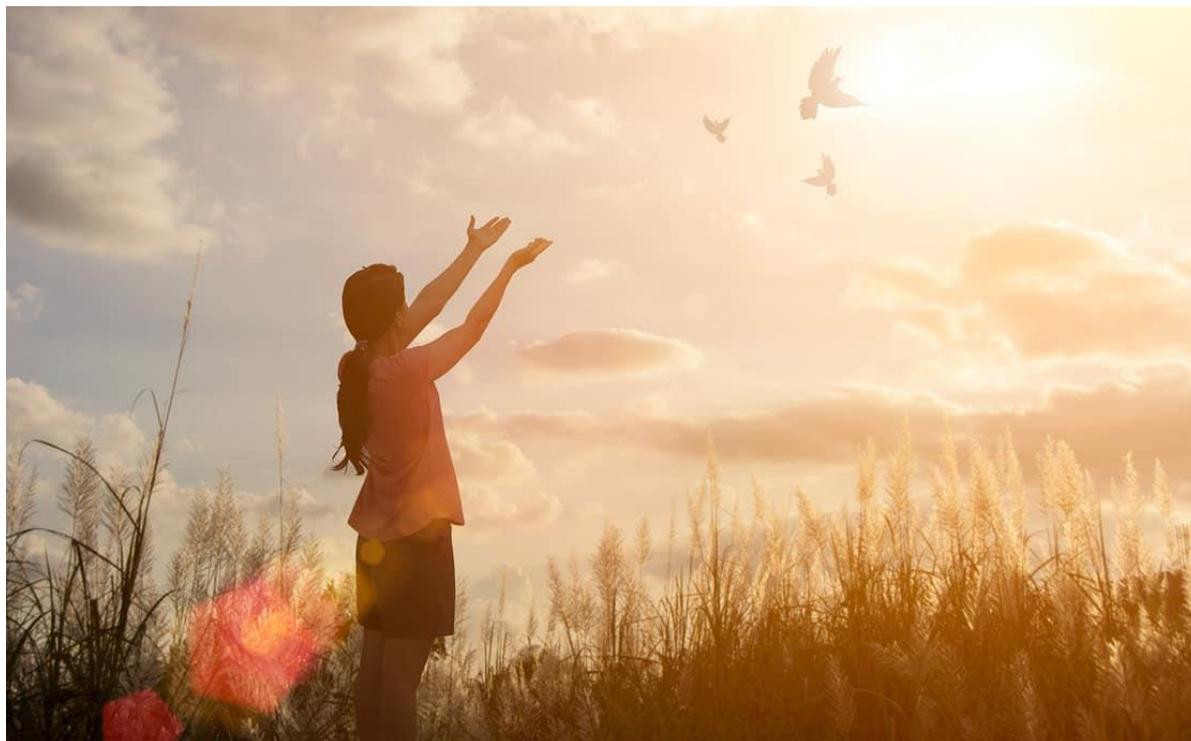


Mindfulness meditation

from mindful.org/give-up-the-grudge



1. **Take your seat.** Take a moment to close your eyes or keep a soft gaze toward the floor. Take a few deep breaths.
2. **Picture a person.** Visualise a person in your life who has hurt you. Get a sense of the actual event or events that occurred that hurt you.
3. **Observe the feeling.** Tune in to how the body feels in this moment, and also what emotions are present. Is there a sense of anger, or sadness?
4. **See the thoughts.** Be aware of the thoughts that are circulating around this person. Notice if there are thoughts of hate, or spiteful thoughts. Feel this burden that lives inside of you from holding on to past hurts. Ask yourself in this moment: Who is suffering? Am I willing to forgive?

And if not, that's perfectly fine. Perhaps this isn't the time. And if so, just continue on with this short practice. Breathing in, acknowledge the hurt and pain that's here. Breathing out, forgive and release this burden from your heart and mind.