



# Release

## through forgiving someone



1. Bring to mind someone who is difficult for you to forgive: a person you do not like, one who irritates you, or causes you to experience regret; someone you blame, or try to overlook, or actively despise.
2. Try to perceive light somewhere in this person; a small glimmer which you had not noticed.
3. Look until you see some little spark of brightness shining through the painful picture that you hold.
4. Then let this light extend until it covers this person and makes the painful picture brighter and kinder.
5. Silently repeat to yourself the following words:
  - I forgive you
  - I release you to your highest good
  - I free myself from this grievance and all the pain that has come from it
  - I release the present from the past and free my future