

Vision Quest Journal

Day 11 Forgiveness

A Course In Miracles has really helped me understand the importance of forgiveness and how necessary it is for us to forgive ourselves and others on a daily basis. Yoga calls it radical acceptance. It's the ability to look beyond the ego in ourselves and others and see the soul-self in all of us.

The more you practice forgiveness, the easier it gets, until you find yourself doing it automatically. At this point nothing can stop your flow of life and you are in tune with your soul-self guiding you in every moment. This is where we want to live from.

Come back to this guided meditation on forgiveness anytime you need.

Drawing exercise: What do you think your aura would look like if you were holding back forgiveness for yourself or someone else? Draw yourself as a stick figure, then add the colors of what your aura might look like as you try to hold back forgiveness and love. What words, beliefs or feelings might be associated with this aura. Write some words/beliefs/feelings in pen around the edges of this aura.

Now what do you think your aura would look like if you were freely forgiving yourself and others in every moment? Draw yourself as a stick figure again, then add the colors of what your aura might look like as you send out love and forgiveness freely and easily. What words, beliefs, or feelings might be associated with this aura. Write some words/beliefs/feelings in pen around the edges of this aura.

Which aura would you rather walk around in?

Which one gives you a sense of peace, ease, and kindness?