

ATTACHMENT 6 AN ALTERNATIVE SCRIPT FOR THE FORGIVENESS PRAYER PROCESS

After a period of Centering Prayer, with eyes closed, enter the passage way of your heart...through the cathedral of your ribs...towards the doorway filled with light.

As you walk through the door in to the light, you become aware you are entering your own personal sacred space (ex. Meadow, beach, park, etc.).

Allow your senses to take in the smells, sounds and feel of your surroundings.

Sit down with the Divine Presence (I sit in lap).

Invite the 'other' to join you (or whoever appears).

Tell them (in detail) how they have hurt or offended you. Allow the pain/tears/anger to surface as you pour out from your heart.

When you are done sharing your hurt, say to them, "I forgive you" (whether you feel it or not!).

Then ask the other what you have done to hurt them or cause them pain.

Be patient and wait for them to answer (they will answer if you give the practice enough time and space. It may take several times for it all to come out).

When they have finished sharing ask them to forgive you. Say, "Please forgive me."

Let them leave your space.

Remain in the Divine Presence until you feel moved to get up and return through the passageway back to 'normal' consciousness.

Be GENTLE in your re-entry. Allow space and lots of safety during the practice.

Practice, practice, practice!