

A.M.D.G.

Healing & Reconciliation Reflection of Consciousness SCRIPT

"Your task is not to seek for love, but merely to seek and find all the barriers within yourself you have built against It." —Rumi

The practice of forgiveness is our most important contribution to healing the world. Forgiveness is not a feeling. **Forgiveness is a choice.** When you choose to forgive, you choose to not hold it against that person anymore. You let it go. The feeling changes after you make this choice, because forgiveness heals our heart and hurt. The nice thing about forgiveness is you do not have to tell the person you forgave, in fact you never have to see them again. It is between you and God (or creator, source, universe, ... – whatever he/she/it is for you). How liberating is that?

Your choices matter: you are not a powerless victim. You have so much good power in you, which affect your future positively based on your choices. Mariann Williamson writes, "Until we have seen someone's darkness, we don't really know who they are. Until we have forgiven someone's darkness, we don't really know what love is." Hence, the next step, in order to fully heal is to ask God to bless the person who hurt you. Send them love and light. Then you open up your heart in order to heal. You will start to have compassion with the person who hurt you. And, a realization sets in: they are no better or worse than you, they are hurting, too. Jesus says, "Love your enemies and pray for those who persecuted you."

Forgiveness is a decision for life. A bit like a healthy diet and exercise: it helps and is most effective when you stick with it. Forgiveness is clearing out all the mess that has accumulated in your mind, heart and spirit. Sticking with resentment, bitterness and regret keeps us from growing in love. Most likely resentful feelings will creep in again, then it's time to remind yourself: I made a commitment to forgive and to heal. "I will not entertain this bitterness." It is the most powerful and transformational way to heal yourself and your relationships. Forgiveness is releasing pain. Forgiving and rebuilding your relationships is a process. We don't fix things overnight, but all those small acts of forgiveness and kindness add up to something truly big and beautiful.

Now allow yourself to become still, in mind and in movement. Turn down the volume on random thoughts and preoccupations. Allow yourself to just BE. Become aware of your breathing. Feel your in-breath. Feel your out-breath. Let your breath flow. Place your hands, palms up, in gesture of receptivity and open your heart and mind to this Examen.

Spend a few moments in gratitude, thanking God for one or two blessings, big and small, that you have received: "What am I most thankful for this week?" Allow the gratitude to sink in.

Looking over the recent past, ask God to show you a wound in your heart inflicted by someone else. "Does this wound cause me to feel hurt or angry, resentful or remorseful?"

Allow God to take you to that difficult place in your soul.
Courageously sit in the midst of this difficult moment. Perhaps ask Jesus to hold your hand and support you as you work through the hurt. Allow your feelings and emotions to dwell up and tell God how you are feeling. Then sit with these feelings for a moment.

Place the feelings of hurt and the person who caused it in front of your mind's eye and say: *"I forgive you. All is well. Thank you for the lesson, no matter how difficult it was."*

Continue to sit in silence for a moment, giving God a chance to do whatever s/he wants you to right now. Trust that s/he will heal this wound in his/her own time and way.

Ask God, "What grace do I need to heal?"

Then, ask God to give you this grace now.

Now prayerfully daydream for just a moment envisioning the day you successfully choose to forgive and your hurt has disappeared.

What does this day look and feel like?

What are your attitudes, thoughts, feelings, words and actions of your fully healed soul?

Finally, see if there is anything else you want to say to God ...

To close this Examen practice we

- a) Pray the Our Father OR
- b) Place our hands in prayer on our forehead and then our heart. "Amen".