

A Healing Meditation for Guilt and Resentment

Imagine a white light surrounding your body. Let it fill you with healing and grace. Know that only that which is for your highest good can take place during meditation.

Imagine the white light focusing on the area of your body in which you experience guilt and resentment: your stomach, perhaps your heart, maybe your head (where are stored beliefs about the way you and others *must, should, and have* to behave.)

Let this light surround the guilt and resentment completely. Let it lift the guilt and resentment from your body.