

Meditation

Feel your feet on the floor. And let the energy in your body drop down into your seat and into the floor, grounding you down into the earth, knowing that the earth below your feet is steady and solid. It can hold you in everything that occurs as we go forward in this journey.

Go ahead and take another deep breath. Now picture yourself walking on a white sandy beach. and on your left, the ocean moving in gentle waves.

Feeling the gentle breeze on your skin. Feeling your toes in the sand. Hearing the seagulls as they talk to each other. Hearing the sound of the waves washing onto the shore. Seeing the glint of the sun reflected on the waves and the water like a thousand stars.

This is your sanctuary. Feeling again the pressing of your feet into the sand as you walk. Feeling the warmth of the sun on your face. Barely a cloud in the sky. Noticing the safety and the peace you feel here on this beautiful beach with the smell of the ocean water-- breathing it in.

Letting yourself relax completely. And as you walk, noticing nearby a beautiful ancient forest. And noticing an opening into the forest and walking toward it.

And as you enter into this beautiful, ancient forest, you smell the smell of the trees, hear the chirping of the birds, knowing that you are entering a sacred place.

In front of you, you notice a clearing. In that clearing is a beautiful water fountain, peacefully, softly bubbling. And in the center of the fountain are two beautiful angels.

And if you like, you can substitute the angel for any loving beings that are full of light and unconditional love who are holding a space for you of safety and sacredness.

Let yourself feel the peace and the comfort that you sense in the presence of their unconditional love. These beings of light are here for you. They can hold all of you. They love you deeply.

Let yourself take a moment to receive and feel their unconditional love in your heart. Notice the energy of the water in the fountain, healing, clearing, soft.

Know that you can rest in the knowledge that the water and the beings of light create the safest space for you-- that you're not alone here, that you are held with the deepest, deepest love.

To the right of the fountain, notice another path going far out into the forest. And as you look down the path going into the forest to the right of the fountain, you notice in the distance the movement of people coming toward you slowly.

And as they come closer, you notice that these are characters in the story of your life who played a part in the decision you made long ago that somehow you are not beautiful, or not handsome, or that the body you had was not OK in some way.

And even as these characters from the story of your life move toward you, have no fear-- for your angels and beings of light and the fountain water can absorb and hold all worry. And they create all safety.

Simply observe these characters from the story of your life coming down the path. And say to yourself, to those who have hurt me, I forgive you. To those who have hurt me, I forgive you. To those I may have hurt, I forgive myself.

If your feelings feel strong, allow the angels and the fountain water to hold them for you, for they can hold all and it weighs nothing. To those who have hurt me, I forgive you. To those I may have hurt, I forgive myself.

Notice the characters from the story of your life on the path on the right of the fountain begin to disappear, bowing to you in respect as they depart. And turn your attention to the left of the fountain, and the path that is appearing there.

And notice from a distance someone coming down that path to the left of the fountain. It's a small person, a child. And as the child comes closer, you notice it is you, at the age where you decided that your body was not OK or not right or not good.

Open your heart to the small you, the one who made this decision. Call on the healing energy of the angels or beings of light of the fountain. And say to your small self, I forgive you. Thank you. I love you. I'm sorry. And breathe, noticing how this small you receives forgiveness.

Notice again on the path to the right, another figure walking toward you. And as this figure comes closer out of the distance, you notice that this is your future self-- a self that is so self-loving and so wise -- a future self that walks as if holding themselves in an embrace, completely embodied.

And notice as this future self holds you and your smaller you at the fountain in her gaze. As your future self gazes at you and your small you, notice the feeling of connection from your future self to your present self to your small self-- as if there is a beam from each heart to the other, all of your hearts connected.

Listen as this future you shares with you their wisdom about their body, as they share what they have learned that has led them to love themselves so deeply, knowing that you'll remember every word that she says.

Feel as your future you transmits this knowing to you and your smaller self as all three of you connect, breathing together, feeling whole. All three of you breathing together as one.

Now bowing deeply to one another, knowing that you are forever connected, as your future you and small you begin to disappear down their paths, you bow to the angels or the beings

of light at the fountain, thanking them for their presence and their service as you turn and make your way out of the ancient forest and back to your beautiful white sand beach, noticing the sensations in your body, looking out over the ocean, feeling your feet in the sand, breathing in the salt water, and savoring this moment.

And when you're ready, you'll come quietly back into the room, opening your eyes, and pulling out your pen and paper to write down the wisdom that you gained from your future self about how to love yourself anew. You can also write down anything else you experienced.