



ALTAR OF FORGIVENESS

1. *If I were an altar, what would I look like? What colors, shapes, and materials would I be made of? Where would I be located? What kind of altar do I represent? Consider drawing, painting or even assembling an altar representing me.*



The Forgiveness Altar Meditation is short but powerful. Please be mindful of your space and time. Allow for a good 30 minutes for the meditation and for easing out of the meditation. As much as possible, set up somewhere you feel safe and protected. Please use this meditation with care and caution. This is something that you can return to again and again as you need, but like anything, you can overdo it. I wouldn't recommend this meditation any more than four times a year. After the meditation, drink a cup of tea or eat a nourishing meal. Expect to feel emotional afterwards.



2. *What were your 3 items?*

3. *How was that surprising? How was that not surprising?*

4. *How did it feel to place the items on the altar?*

5. *What do you need to be able to forgive those who have hurt you?*



6. *What do you need to be able to forgive yourself?*

7. *Who was in your circle of support?*

8. *How can you invite them to be a larger part of your healing journey?*

Healing habits is about opening ourselves up to pain and love. In order to heal, we must be willing to travel into the places inside that are hard, to confront our fears with compassion and to cheer ourselves on in hard times. When we are able to release from our pain by moving through it, then we invite greater connection and joy. However, this is not an individual journey. We need a community of care and support, practices of healing and spirituality, and strategies to build the world we need inside and out.