



## **Letting go and forgiving**

Welcome to the RelationKit mindfulness series. In this practice, you'll reflect on a situation with your partner or ex-partner and how it feels for you to release them – and yourself – from the hurt and negative emotions.

So, making sure you are comfy, sitting or lying down. Close your eyes if that feels okay, and settle into your space, getting a feel of your body resting on the seat or ground beneath you and being held by that support.

Notice any sounds outside of the room that you are in - hear them and then let them go. Notice any sounds inside of the room - listen to them and let them go.

Take a few deeper breaths in and out to help you become present and to be here with yourself.

If thoughts come into your awareness, just notice them too, then allow them to flow on past, and return your attention to your breathing, trusting your breath to bring you back to the present.

Now as you breathe in, feel yourself breathing in relaxation. As you breathe out, feel yourself breathing out any stress. Breathing in relaxation, breathing out stress.

How calm and gentle your breathing is; how soft your body becomes. Continue watching your breathing and staying mindful of it, in and out. In and out.

If your mind wanders off, allow my voice to bring your attention back to your breathing. Just watching your natural breath as it comes in and as it goes out, breathing in and out, allowing the relaxation to flow in and out of your body now.

And at a time that feels right for you, bring to your mind's eye something that you feel is bringing you down, maybe something with your child's other parent that you wish to let go of, or try to forgive. It might be happening in your life now or something from your past. Maybe it's something that happens a lot, or not so frequently.

And now, if you can, begin to picture the person standing in front, or you or the situation playing out in front of you, and begin to think of all your reasons for letting this person go, or for the problem leave your life.

It may be because the person or problem hurts your wellbeing or keeps you feeling those negative emotions or just because it is time to let go of the problem, once and for all.

Be gentle but let yourself feel all the emotions that come up when you think about this. Being gentle and compassionate towards yourself as you do. Give yourself self-empathy. Coming back to the breath and to the contact of the ground underneath you to feel strong and steady; grounded.

When you feel you are ready to let go of all that stuff - the baggage, the negativity - take a deep breath in, breathing in 'allowing' and breathing out to 'let go'. Take a few rounds of your breath in this way, breathing in fully for strength, and breathing out, releasing and dissolving any connection, any attachment to that person or situation.

You are freeing yourself from this person or situation, breathing in, allowing, and breathing out to let go, to find release.

Feel as though you are now completely separated, free from any suffering or negative emotions. You are safe and well. You hold your own strength with love.

You may like to picture surrounding the person with healing warm light, wishing them well, offering them loving kindness and forgiveness for their journey, and watch them turn around and move off on their own path.

Let yourself notice any feelings of being heavy, or weighed down, any tiredness, stress, or pain leftover in your body, in your energy or emotions. Is anything felt around your heart? Say to yourself in this moment: *"All of this is okay. This is my reality right now and I allow and accept it as it is,"* offering yourself understanding and compassion.

Breathing in acceptance and allowing, and breathing out letting go. Continue to breath in this way for a few rounds. You are releasing any negative emotions from your heart that have been wearing you down. Allow yourself to feel these emotions as they leave your body with each out-breath. Release all pain, anger, loss, regret. It is natural to feel these emotions, and it is healthy to feel them, but then let them go.

Allow it all to leave your heart now and make room for love - no hard feelings, just love.

As you let go of the past, you realise that there are no mistakes - only lessons and learning as you move on. You will continue to learn and grow through all the difficult times, remembering that difficult people will always come and go in your life and you can see them as lessons to you, and wonderful new people and things will arrive offering you more.

Let your breath return to a natural even breathing now.

And let your heart hear and be filled by these words as you silently say to yourself:

*I forgive myself and others.*

*I am free and they are free.*

*All is well in my heart now.*

*I allow myself to give and accept love freely.*

If you wish, finish your practice by picturing and feeling your own heart being filled with a healing light now. As you breathe in, allow it to fill up your whole chest area. You are loved. You are free. You are at peace. As you breathe out, allow this light to bathe your whole body. Let it light up, feeling the gifts of self-acceptance, forgiveness and being able to love fully.

Feel thankful to yourself for having the courage to let go in this way - or to at least think about it.

Now, bring your attention back to your natural breath, and the movement of your belly as you breathe. Get a feel again of your full body as it rests into the floor or seat, being held in this moment. And slowly come back into the room, back into your surroundings, gently opening your eyes if they've been closed.

Soak up all the lovely feelings that this practice has gifted you with and let them stay with you for the rest of your day.

Take care of yourself. See you next time.