

Avi Project

THE COLLEGE PREGNANCY RESOURCE

Releasing Resentment Meditation

When we can release resentment towards ourselves and others, healing can begin and true joy can be a part of our everyday life. This meditation can help with that.

Imagine each person listed in the first line of the meditation is sitting with you and you're speaking to them. Say the words to the meditation, "I wish you well, I wish you health, I wish you happiness, I wish you no suffering" then move to the next person in the meditation until you've finished the entire meditation.

You can say this meditation as often as you like. Daily is suggested until you feel no resentment.

MEDITATION

☀ **Say to someone you feel comfortable/safe with**

I wish you well,
I wish you health,
I wish you happiness,
I wish you no suffering

☀ **Say to yourself**

I wish you well,
I wish you health,
I wish you happiness,
I wish you no suffering

☀ **Say to someone you resent**

I wish you well,
I wish you health,
I wish you happiness,
I wish you no suffering

☀ **Say to the whole world**

I wish you well,
I wish you health,
I wish you happiness,
I wish you no suffering