



# GUIDED MEDITATION



## *Resolving Conflicts in Relationships*

**F**ind a comfortable position for your body and mind to relax.

***Begin by picturing someone with whom you have a challenge.***

As you see them, imagine floating into their body. Attempt to see the world through their eyes. Take a few minutes to do this.

Imagine their average day and the things and people that are there. You may realize that they have stressors that you were not fully aware of.

***Now see and feel yourself forgiving them for their part in any challenges that exist between the two of you.*** You realize that by forgiving them you're also permitting yourself to let go of any negative feelings.

This is the point at which conflict can be resolved and closeness can occur.

Now picture them apologizing to you and thanking you. See this very clearly and really feel that the forgiveness has

taken place, both the forgiveness that you've given and the forgiveness that you've received.

***Know that all has been forgiven on both sides.***

***Imagine yourself alone now.*** Imagine that you are engulfed in a white light that purges all negativity and resentment from your body.

You can feel it clearing and purifying your heart, mind, and soul. You can literally feel this white light and the benefits that it brings.

Spend a moment enjoying this feeling.

***Now imagine the person with whom you had the conflict standing in front of you.*** Imagine the white light extending out of your body into theirs. The white light has the same effect on them that it did on you. It cleans and purifies all the negative feelings and emotions.

Take a minute to enjoy the connection you're experiencing with them.

You can feel the great connection that is growing between you and this person. You can literally feel the love between the two of you grow greater and stronger.

You can feel the last traces of conflict dissolve, and ***only the love remains.***

You realize that the white light is always there, whether you're aware of it or not. It's always there, connecting the two of you at all times.

***Feel the love and feel the light.*** Look at the smile on their face and feel the smile on your face.

Enjoy that feeling of permanent love radiating from your heart.