

## Four Simple Steps to Forgiving Yourself

### A Guided Meditation with Tara Brach, PhD

Bring to mind a relationship where you've treated another person in a way that is difficult to accept or forgive.

(Note: You might start with something that doesn't trigger full blown self-hatred, so that you can gradually build your skill in this process.)

Invoke the presence of a good friend, healer or teacher, someone you trust, someone who understands and cares about you.

**"Invoke the presence of a good friend, healer, or teacher and imagine looking through this person's eyes at yourself."**

Imagine looking through this person's eyes at yourself:

What was the vulnerability (the hurt, fear, confusion) that might have driven the hurtful or unwise behavior?

**"What was the vulnerability that might have driven the hurtful or unwise behavior?"**

Can you see the life circumstances that contributed to the behavior?

While witnessing with this person's eyes and heart, sense the natural compassion that arises.

Now, fully inhabiting your own body and heart, imagine hearing the other person saying with kindness, "It's not your fault."

Let those words sink in and trust that if you let go of self-hatred and self-blame, you will have more capacity in the future to live true to your heart.

Each time you find yourself trapped in self-recrimination, explore looking through the eyes of a wise and caring friend.

By learning to let go of self-blame, you actually will become more able to respond to others in a wise and loving way.

**"By learning to let go of self-blame, you will become more able to respond to others in a wise and loving way."**