

UM (Universal Meditation)

**Forgiveness**

1. Take a big, deep breath and exhale.
2. Do it one more time.
3. One last time, and on this occasion while exhaling, pronounce an:“ahhhhh”. Repeat.
4. Feel how the table, the chair, or the floor are holding you. Feel your body relax with each breath. Feel how your body is feeling lighter and lighter with each breath you take.
5. Think of a situation that caused a negative charge to build you. Whatever that might be. If it is your first time doing this meditation, something small would be okay to start with.
6. Visualize the person that you need to forgive standing in front of you in a safe space of your choice. Whichever place you feel safe, comfortable, and at the piece.
7. Look at them and express how you feel. Tell them what they did to harm or betray you.
8. Be present and allow yourself to experience the feelings that are coming at you. If you feel like screaming at them, do it and release all the feelings you have been holding on to. Let them all out! Let them pass through you. It is ok to feel the pain and allow the anger, frustration, and all the negative feelings to be released or, even better, exploited while passing them through you. Nothing sticks to you.
9. Once you have released all out, stop. Look at the person who wrongs you in their eyes.
10. Think for a moment how they might perceive the situation. What his or her childhood was like, what experiences that person might have or have not experienced, what friends, family, culture, and even neighborhood they grew up with; think about the choices that they made and try to understand why they acted the way they did it with you. Try to see the issue from their perspective. Try to look at the child inside of them.
11. Sometimes, things are not what they seem. How did this experience make you grow? What did you learn from it? Do you now feel stronger or wiser? Have you gained a new perspective?
12. Visualize this person again in front of you and choose to forgive them. Keep repeating this meditation daily or weekly until you feel you can forgive them and no longer carry a negative charge. Then and only then you can move on to a different problem.

**Be thankful**

1. I want you to bring to mind three things that you're grateful for in your personal life. They could have happened in the past day, week, month, year, or even years ago. As you reflect on what you're grateful for, focus on the emotions that bring out on you. Feel the joy, love, lightness, and appreciation that you felt the moment that you received these gifts or lived those experiences.
2. Feel the feelings. Bring back the emotions. Feel the joy.
3. Now think about your work life. Think about three things that you're grateful for in your career, perhaps things that happened within the last 24 hours or seven days of your work week. Maybe you appreciate the kind words of a co-worker or your salary, arriving on time, everything going well, and feeling all the positive emotions and things of

appreciation. Feel emotions, feel the joy. Bring back the memory of the beautiful fillings you felt when you experienced this moment.

4. Thinking of three aspects of your being, it can be related to your body, mind, and aspect of your personality, something that you're grateful for about yourself. Give yourself gratitude for these three aspects of yourself, feeling the joy and the positive emotions that you bring to mind on each of these aspects of you. Feel the appreciation for these qualities that you possess. Feel the emotions, feel the joy.

### **Happiness**

1. Inhale for 4 seconds, hold it for 4 seconds, exhale for 4 seconds (chant a vowel of your choice while doing it), and don't breathe for 4 seconds. Repeat 5 times.
2. Now, visualize one of the happiest moments of your life or someone that you love. Allow yourself to experience the feeling that you felt in that moment or the love that your loved one feels for you. Turn that feeling into a light of a color of your choice that pulsates in you with each breath you take.
3. Now, you take a big, deep breath, and as you exhale, make the sound of love and see the light getting brighter.
4. Take another deep breath, and as you exhale, make the sound of love and see the light expanding until covering your entire body, creating a field around it.
5. Now take another deep breath, and as you exhale, make the sound of love and feel the light of this love; you can see the light expanding until covering the entire room that you are in and experience how that love is being impregnated in everything and everyone around you in that room.
6. Take another deep breath, and as you exhale, make the sound of love and see the light covering the entire building you are in, feeling the building and everyone in it with that love.
7. Take another deep breath, and as you exhale, make the sound of love and see the light covering the entire neighborhood you are in like an unstoppable force of love getting everyone around.
8. Take another deep breath, and as you exhale, make the sound of love and see the light covering the entire city you are in.
9. Do it again; this time, and as you exhale, make the sound of love. You are now covering the entire country with love. Visualize the entire country, illuminated with the light of your love. May you repeat a mantra of your choice like: "May you be well," "May you be free," "May you be healthy," and "May you be happy."
10. Take another deep breath, and as you exhale, make the sound of love and see the light covering the entire planet. See that emotion impregnated in every living being on earth. May you repeat a mantra of your choice like: "May you be well," "May you be free," "May you be healthy," and "May you be happy."
11. Take another deep breath, and as you exhale, make the sound of love and see the light emanating from your heart, covering the entire Milky Way. May you repeat a mantra of your choice like: "May you be well," "May you be free of suffering," "May you be healthy," and "May you be happy."

Walter Cignetti

Take your time, and whenever you are ready, start coming back and slowly open your eyes.

End