

# Set Yourself Free!

Out beyond ideas of right doing and wrong doing,  
there is a field. I'll meet you there.

~ Rumi

## EXERCISE

- ◆ Describe an area or situation in your life where you are not at peace in a just a few sentences. Describe the situation. Just the facts please.
- ◆ What they "should" or "shouldn't" have done \_\_\_\_\_.
- ◆ Because of what they did or didn't do (what is in the blank above), what does that mean to me?
- ◆ What are the judgments present for you?
- ◆ Take a moment to ForGive — Give Love to yourself.  
Put your hands on your heart.  
Close your eyes and b r e a t h e ... into peace.  
Let go, relax into your heart center.  
Say aloud the following,  
"I forgive myself for **judging** myself as \_\_\_\_\_."  
"I forgive myself for **judging** \_\_\_\_\_ as \_\_\_\_\_."  
Keep repeating until you feel at peace and then open your eyes.
- ◆ Just for fun ... is there another way to interpret the situation? Another right answer? (Another way to divide 8 in half?)
- ◆ What did you learn from the experience/situation/person?
- ◆ For what can you be grateful?

LISTENER when the speaker is complete you are to say to the speaker:

I wish you peace.

I wish you joy.

Now switch.