



Witnessing and Forgiveness

Start with a few deep centering breaths. Recall an instance from your sexual past where you feel regret, anger, blame, shame or other 'closed-heart' emotions about your behavior or choice. Notice any judgments and stories that arise. Take a mental step away into neutral territory and be your own witness. Remind yourself that what's done is done, that everyone makes mistakes and let it go. Use a *Wave Breath* to wash the pain away, allowing each ripple to expand your heart and release negative emotions. Invite your heart to open, imagine it swelling with love and compassion for who you were then. Grant yourself forgiveness.