

Today we will be having a "Guided Meditation." Do whatever you are able to do. If it is too much or too difficult.... then simply relax..... and take your time....breathing in.....and breathing out. Let's begin:

I invite you to close your eyes.....be calm within. Relax.....Take your time....Breathe in..... breathe out.....Breathe in ..... breathe out.

Imagine God surrounding you with Love.....You are precious & loved by God.... You are bathed in God's loving warmth and affection.

Gently and tenderly God whispers in your ear: "Be holy, for I, the Lord, your God, am holy." Receive God's word..... Take it in as you breathe in.....and breathe out. God loves you in your body, heart and soul. You feel and know.....YOU are the Beloved of God.

God continues to speak to you in a most loving manner: "You shall not bear hatred for your brother or sister in your heart."

Knowing God is with you.....God is present to you..... think of one person....living or deceased....past or present....for whom you have hatred in your heart. It can be a small hatred.....It can be a medium hatred.....It can be any person who comes to mind.

Picture that person as best you can. ....God is with you.....loving you.....keeping you safe....protecting you from any harm.....Picture the person receiving God's love. The person can be imagined as near to you.....or at a great distance..... You can place them anywhere you want.....And God is showering you with love.....and God is loving the other person, too.

Knowing and feeling God's love, pause to consider if you will DO what God has spoken in your ear: "You shall not bear hatred for your brother or sister in your heart." Will you let go of the hatred for this one person whom you have called to mind? With God loving you....accepting you.....you are at a decision point. What do you choose?

If you choose to let go of the hatred, release it as you breathe out. Let the hatred go out of your body.....and mind.....and heart. You release the hatred you have been holding onto for a short time....for a long time. You feel peaceful in letting go of the

burden.

If you cannot release the hatred, tell God it's too much at this time. Ask God to help you. You want to let go of the hatred, but cannot do so.....at this time.

Whatever your decision, notice God continuing to be with you.....loving you.....and accepting you. You feel so blest by God.

Gradually.....and at your own pace.....you say: "Thank you God....for being holy....and for your many blessings. I am grateful for your abundant love." God embraces you.

Now....when you are ready.....and in your own time..... come back to where we are .....at Mass..... When you want.....you can open your eyes.....We are full of God's love within us and God's love among us.