

# REVENGE A meditation

**Level** A, B

"An eye for an eye makes the whole world blind"

Mahatma Ghandi

"The best revenge is not to be like your enemy"

Marcus Aurelius

"Weak people - Revenge  
Strong People - Forgive  
Intelligent people - Ignore"

"Forgive and Forget **NOT** Revenge and Regret"

Anonymous

## Sequence

The following can be read in the form of a meditation

1. Who is the object of my revenge? (Think of the people who are hardest to forgive)
2. Why?
3. What would you really like to do to them?
4. Will this make you feel better?
5. What will change?
6. What would you have to do to make it possible to forgive them?
7. If you did forgive them, how would you feel? How would they feel? What stops you?
8. Can you forgive yourself also?
9. Look at this diagram of AVP principles. Is there anything on it that may help you?

