

# Sacred Spaces

## **The Ritual of Absolution** **by Reverend Doctor Toni Petrinovich**

Let us walk through the steps of absolving something or someone you believe you could not possibly forgive. In absolution you do not forgive for there is no thing to forgive when you absolve. Within absolution is the knowing that you each simply had an experience . . . that is all. Choose your subject. We are not only going to absolve this person, we are going to experience the feelings that create the belief that this person, this situation is unforgivable, not able to be absolved. Choose your subject and come with me.

Now see yourself standing in a big green field, green grass, beautiful wild flowers. This person is walking toward you now, this person that you cannot forgive or absolve. Stop right now and feel how you are feeling. What feeling is keeping you from absolving this person? Really feel how you are feeling. Don't pull away from it. Let yourself really feel it completely. It is part of you. Allow it; accept it. Feel how you really feel about this person who is walking toward you. Now reach out and take their hand. How does it feel to do this? How does it feel to take their hand? Feel it. Let yourself feel it through every cell of your body.

Now walk through the field together until you see a beautiful golden light. The light is so bright, so overpowering that all you want to do is become one with it. Now you see an entrance way. It is right in front of you. You can take this person through this entrance. Feel how it feels to walk through this entrance way with this person, as you both walk into the golden light. Let yourself feel all of your feelings. Don't pull away; no shame; no judgment; only feeling. Let yourself really feel it. Walk into that light with this person who is unforgivable, holding their hand, walking together. This moment is going to change you both forever.

Once you are inside this enormous circle of light, sit down, right there on the green grass, facing them; have them sit across from you. Go ahead and cross your legs. Get really comfortable together. How does this feel? How does it feel to sit in the golden light on the grass with this person, looking at them easily and with nothing else to do except be together? How does it feel? Feel it. As you gaze into

their eyes, fill them with this golden light that you are sitting within, filling their body from the crown of their head down through their trunk, down through their feet so there is nothing but golden light in front of you; so that they become the golden light. Say, "I absolve you of all wrongdoing. We have had an experience together."

Then do the same thing for yourself. Fill yourself with that golden light so there is nothing but two beautiful beings of golden light embraced in the light sitting across from each other. Absolve yourself of all wrongdoing. Once you have completed this, merge yourself with them, become one with them so that all you see, feel, hear, smell, experience is the light of the true Source, that source from which you were created, that Source that the earth hungers to experience and feel. Then as one being stretch yourself out all around the earth filling the earth with that golden light, embracing it, creating a grid that is nothing but peace, compassion, love and appreciation. Know that the two of you have absolved each other from any experience of wrongdoing, from any pain, from any hurt and that you have brought this experience to the earth.