

The Love and  
Forgiveness  
Meditation

MARK LANDAU

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[www.iloveyouandforgiveyou.org](http://www.iloveyouandforgiveyou.org)

## DEDICATION

This is dedicated to the desire for fullness  
in the heart of everyone.

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## PREFACE

Much of the content of this book is in my previous book. All of it is at my website.

This is meant for those who wish to gift others or themselves the benefits of the Love and Forgiveness Meditation in book form.

May it fall into the hands of many, and may they receive all it can give.

Mark Landau  
Santa Fe, NM  
March 16, 2013

## 1. LIVING LOVE AND HAPPINESS

Are you living love and happiness nearly all the time?

You can, for you are love and happiness, and creativity, wholeness and freedom.

These are your true nature.

You have unique gifts.

You are more than you are living.

You can live more of who you are.

Life needn't be difficult.

It can be nearly non-stop wonderful.

If this is not your experience, it's because, like so many, you often live your shadow—your fear, wounding and shame, your lost inner children, the limitations of your ego and personality, your unhealed self.

Like so many, to some degree, you are shut down.

I mostly was for sixty-six years.

But now there's a way to heal the pain and divisions in our hearts, souls and psyches.

## The Love and Forgiveness Meditation

Your shadow can be healed and released like never before.

If you're usually happy, you too have more richness, glory and growth. And unfolding them helps us all.

We can now come home to our fullness and live it in the world.

## 2. THE SHADOW

Before we get to love and happiness, let's look at the shadow.

Most people focus on their circumstances. We believe that if only something were to happen, we would feel better. But all the wonderful worldly things give very brief happiness.

It's not our circumstances that make us happy or unhappy. It's how much of our shadow vs. our true nature we live.

Difficult circumstances will arise. And we must deal with them. But we can almost always be happy and fulfilled, independent of them.

Becoming healed and whole brings far more fulfillment than any number of acquisitions or changed circumstances.

Have you ever felt you don't even know how to love or that no one could really love you? This is your shadow speaking.

Our shadows cover us over. We come to identify with them. We believe they're who we are. But they're not. And they can't love. They can, however, be healed and released, no matter how much or little we've tried in the past. And when they are, it opens the floodgates for joy, love and creativity, our true nature, to come pouring through.

Both Jung and Freud wrote of the shadow. For both, it was our unmet, unconscious parts. Psychiatry and Psychology, of course, have been trying to alleviate our dysfunctions for nearly a century. More and more, the medical community has given up on healing, resorting to drugs to suppress the symptoms. They have used terminology like neurosis, psychosis, complexes, syndromes and innumerable diagnoses to tag the many ways we suffer.

In the spiritual and new age communities, people have referred to the sum total of our dysfunction as our baggage, stuff, programs, patterns or conditioning. Some talk of the pain body or shadow body.

For me, the shadow is everything within us that has not been fully met and healed and all the unexamined programs, patterns and belief systems that rule us.

We've all had experiences that were too intense to fully process at the time, especially ones that occurred in our developmental years. These get stored in us as shadow. And we've been imprinted with beliefs and habits from our families, cultures and ancestry that sometimes lead us to behaviors that are not in our highest good.

Most people want to avoid and deny their shadow aspects, which are difficult and cause discomfort. So they push them back and down, sometimes carrying them around like a big, low-slung backpack, partially within their bodies, partially extended outward. But shadow aspects can be stored anywhere in our physical or energy bodies (yes, we all have numerous energy bodies).

Some people call this avoidance 'bypass.'

Spiritual bypass occurs when a person tries to live in a spiritual state due to motivation or belief system, acts as if they are enlightened or more spiritual than they are and denies that they have shadow, while engaging in dysfunctional behavior

and projecting their shadow out onto others. This projection mechanism is important. When we carry unhealed shadow, it's inevitable that it causes dysfunctional emotions and behaviors, no matter how much we may try to control them. Addictions are a very big part of this. And when we deny our shadow material and behaviors, it's inevitable that we project them out onto others, seeing in them what we cannot see in ourselves, the pot calling the kettle black. Nearly everyone does this.

Most people bypass their shadow. Many also bypass their spiritual self. They have not yet awakened to the glory of their spiritual dimensions. They cheat themselves of great richness. This is understandable, as so much of our spiritual and religious heritage has been so patently false, while still containing gems of precious beauty and wisdom. Not only can you heal your shadow aspects, but if you haven't, you can awaken to the beauty of your spiritual life.

Most spiritually or psychologically mature people have realized they must acknowledge, embrace and work with their shadow in order to move forward into a more fully functional life. A lot of our life force is trapped in our shadow bodies and becomes available when those portions are healed.

Everyone carries different degrees of shadow. Some are lucky in having little, so they easily live more of their true nature. But we can all heal and evolve and actualize more of our creativity, love and glory.

We are amazing, eternal, multi-dimensional beings.

When we live our true fullness, we influence all things in that direction.

When we live our fear and pain, we give that to the world.

This is the time for us to heal. We really now can do it.

But the first step must be taken.

Decide and give yourself permission to fully meet, acknowledge and work with your shadow. Allow it to come up and, in whatever way, be experienced and released. Otherwise, full healing won't take place. Without doing this, it's inevitable that the shadow will often rule your life, life will be difficult and you will be living a tiny portion of the love and happiness you truly are.

Most people try to suppress the shadow material and then explode or act out when it builds to the point where they can't contain it. This is not optimal. The optimal is to allow, meet, feel and fully be with whatever arises and let it move through and dissipate as it releases, without suppressing, without acting out. This frees us of whatever amount has been dislodged.

This includes getting triggered. It's better to catch ourselves, acknowledge that we're triggered and wait the time it takes for it to move through us before acting. When we lash out from a triggered place, we perpetuate and amplify difficulty, repercussion and dysfunction. When we stuff it down or suppress it, we add to our baggage. When we take a breath and let it flow through us, we help release it. Then, from a centered, balanced place, we can decide if word or action is called for and what the best words or actions might be. It's better to wait however long this takes instead of letting it rule us. The more we do this, the better at it we become. We expand our pathways for these things to flow through us without knocking us off balance or into harmful behavior.

If, however, words are called for and we neglect to say them, we weaken ourselves and enable the other. Finding the right words and speaking them from a centered place is not always easy but it yields the best results.

Our awareness is more powerful than most people realize. Allowing it to be with our inner sensations can help dislodge, heal and release shadow. But there are better ways.

Anger and fear, of course, are sometimes appropriate, helpful or necessary. But many have been ‘trained’ to chronically live them or depression or shame. In these cases, they become toxic and one’s main mode.

For quite a bit of my life, I lived toxic shame, fear and frustration and longed for death. This is neither healthy, nor who we truly are. This is shadow. I would say I had a lot of shadow, more than most. If I can heal, so can most. We will get to this.

When things are suppressed, denied and avoided they seem to grow in power. Most people, unconsciously or consciously, are frightened of their shadow. They believe it to be huge, powerful and unmanageable.

We have all been traumatized. Many have been raped or beaten. Some have been tortured. Some have murdered or nearly been murdered. We’ve all been terrified. These things, and many ‘lesser’ ones, get stored as shadow because they can’t possibly be fully processed in real time, especially in children whose nervous systems are tender and delicate.

But we’re not in those situations now. No matter how terrible things may have gotten, we can allow the unhealed residues to flow through us and out and become free of them.

It can sometimes seem that the shadow is infinite. Many people have probably felt this. But it’s not. The great bulk of it really can be healed and released. The ratio of time spent in angst or frustration vs. peace and gladness can be flipped from thirty, sixty or eighty percent of the former to ninety-eight percent of the latter.

When the true ‘I’ is crippled and submerged in the swamp of all the unhealed energies, its nature is lost. It is imprisoned. When the swamp is drained, when the fetters heal and fall away, it becomes free. Nearly everyone can grow, expand and deepen and, by living more, can help others do the same.

## The Love and Forgiveness Meditation

Everything occurring on Earth is a mirror of the sum totality of everything each one of us is living. We are all connected. Each step forward, each greater bit of healing we move into, uplifts everything. Now is the time to transform ourselves and our world.

Just think of it for a moment. You know you are more than what you are living. Finding your fullness is truly worth it.

### 3. MEDITATION

Over the millennia and the past fifty years, millions of us have learned through direct experience that a daily meditation practice is the one best thing we do to relieve stress, balance our lives and heal and awaken. Nearly every spiritual tradition and religion has some form of going within at the core of its practice, whether it's prayer, contemplation, meditation or vision quest. In the experience of many of us, meditation is the most practical and beneficial of these different ways. The problem with most meditations is that they are outdated, too difficult, or rooted in a particular religion or ethnic group. The problem for most people about meditating is that they have false beliefs that make it impossible.

At its most basic, meditation is simply turning your attention inwards, away from the outer world towards what is happening inside. Just being aware of your inner environment can be deeply beneficial. Though there are open-eyed, gazing and walking meditations, which can be powerful and beautiful, most meditations involve sitting, closing the eyes, allowing the attention to focus inwards and doing some kind of practice. This usually has the greatest potential benefit.

There are a million meditations out there. Some focus on the breath, some advocate mindfulness, some offer

visualization or affirmations and some utilize mantras.

For those who have not awakened to their spiritual potential, one might wonder, ‘Why bother? I know what kinds of thoughts I would have.’

But many scientific studies have proven that meditation can diminish stress and lead to more dynamic and creative activity and better health.

And, like it or not, you have a breadth and depth that go beyond your reckoning. Meditation also helps us visit and activate those deeper, enriching places within us. Oftentimes we may not be aware this is happening. But sometimes we might ‘come to’ and realize we were just somewhere deeper than usual. Eventually, we can become more aware and directly experience our depth, vastness, inner silence and beauty. And this enriches everything in our lives.

Some of you may have a regular meditation practice. I did for over forty years. It helped me a lot. I believe it saved my life. I often say that if it weren’t for meditation, I would probably be dead, in an institution or on meds. I know numerous others who feel the same. But in forty years of trying a variety of different meditations, none of them did for me what I will herein be offering you. There were great strides forward, breakthroughs and epiphanies and stunning spiritual experiences, but I never really healed and became whole. I got better in many ways, but I always knew I was still fragmented and fundamentally unfulfilled. Eventually, I just came to the conclusion that I was too damaged to heal or be happy.

But then something came along that changed all that for me. And it’s already helping others.

It is, perhaps, the easiest, most effective and helpful meditation for our time. It combines the rejuvenation and enrichment of deep daily meditation with the most basic, potent healing energies. It is specifically created to heal and

## The Love and Forgiveness Meditation

release what nothing else has. It has the potential, quickly or over time, to actualize more love, wholeness and joy in your life than you might have imagined possible. It is, I believe, divinely inspired. All you need do is read about it, do it and allow your own higher power to take over and do what is needed.

Now is the time. And the way has been made easy.

#### 4. TRANSCENDENTAL MEDITATION

In the late 1950s, a diminutive man with long, silky hair and beard, wearing white silk and sandals, emerged from India to the West. By the time he was done, he owned choice properties all over the world, was worth billions and had delivered Transcendental Meditation, or TM, to over ten million people, including the Beatles, Mia Farrow, Clint Eastwood, Donovan, the Beach Boys, senators, scientists, generals and students. Deepak Chopra and John Gray (of Men Are From Mars fame) spent time with him before becoming well known. Nobel laureates flocked to his science symposiums and regular folks all over the world practiced TM. He helped spearhead and drive the spiritual revolution that took place in the late sixties and seventies. He brought such phrases as ‘raising consciousness’ into our mainstream lexicon.

He proved that millions of people could benefit from meditation. He also awakened a lot of us to the spirituality and wisdom of the East.

I learned TM on April 9, 1971, after the Beatles had come and gone. I worked very closely with him for five years after that, becoming his personal assistant, conducting and helping to standardize his Teacher Training Courses, being a Minister in his ‘World Government,’ etc. It was very heady times. I met

Bucky Fuller and Jonas Salk, Mike Love of the Beach Boys and others. And many of us thought we were transforming the world. To some degree, we were. He helped a lot of people and gave us many gifts. But, in other ways, I came to see that he also messed a lot of us up—some, big time.

In the early 70s, several TM teachers approached a Harvard Emeritus Professor named Dr. Herbert Benson, founder of the Mind/Body Medical Institute, about the benefits of TM, wanting him to do research on it. He soon balked at the Hindu aspects and ran studies having people meditate on the word ‘one.’ His studies showed numerous significant benefits. Almost any regularly practiced meditation will help. Dr. Benson coined the phrase ‘relaxation response’ to refer to the physical and emotional effects of meditation. This response is the opposite of the fight or flight response, elements of which can become toxically chronic when we live the shadow. Meditation can alleviate and neutralize this, and it can do so much more.

It was not long after this that some TM Teachers managed to get TM introduced into public schools in New Jersey. This, in a way, was a wonderful thing. But it was also a disaster. There are meditations from most spiritual traditions and from all the different religions, Christian meditations, Jewish meditations, Buddhist, Muslim, Hawaiian and Native American meditations.

TM is a Hindu meditation and a court case was successfully brought against TM as being a religion. Many fundamentalist Christians were holding that TM was evil, and not only TM but meditation itself.

Meditation is not evil. It is the one best thing we could introduce into our school systems, our prisons and society at large. It could transform many people and our world for the better.

Jesus meditated. He had his followers meditate. He went into the desert for forty days to meditate, cleanse his soul of shadow and plumb the depth and breadth of who he was.

But this is the problem with all ethnic and religious meditations, including the Christian ones. They belong to those practitioners and are not applicable to others.

What I offer goes beyond ethnicity and religion to the root of meditation and healing. It is free of ideology and dogma. There is no reason it cannot be offered in schools, prisons and the workplace. What a world we could make if we started to dissolve the shadow and invoke the truth of who we truly are, if we, more and more, healed and became whole!

There are precious truths in all traditions and religions. We can honor them all. But we can also transcend them, go beyond them to connect with, appreciate and utilize the simplest, purest most eternal truths that have the capacity to benefit the greatest number.

I know, in the bones of my being, that what came to me the night of April 29, 2012, was and is such a thing. In a very deep way, it fulfills the teachings of Jesus and of many other religions. We know how deeply the Buddhists emphasize compassion. Love and forgiveness are the root of compassion and of what Jesus taught. But they can't be manufactured by the mind, shadow, ego or small self. They can, however naturally come about if we set up the right preconditions. This is what the Love and Forgiveness Meditation does. How many it will benefit remains to be seen.

I learned a lot from Maharishi and had many wonderful and some amazing spiritual and real-world experiences with him. I was greatly enriched and will always be grateful. His charm and charisma, his wisdom and humor were unparalleled. Many of us simply fell in love with him.

But working so closely with him, I got to see his dark side, as well. He had never done his shadow work. He was living spiritual bypass. He was motivated by the same things that motivate most people—power, money and sex—and he was using and abusing people and lying about TM and other things. Like most folks, he often lived his shadow. And, in my estimation, that same kind of shadow pollutes his meditation technique.

The sixteen TM mantras were billed as meaningless sounds tailored to most deeply benefit the particular types of nervous systems that the TM Teachers were trained to discern. In reality, they are traditional, Indian bija (seed) mantras that are names of specific Hindu goddesses. The mantras were given according to age. The first eight are all names of Sarasvati and are given to younger people assuming they are students. Then comes Lakshmi for wealth and adulthood and Kali, for breaking the bonds of ignorance, etc. Maharishi always denied that TM was religious. But these things and the puja ceremony that always accompanied the teaching of TM and the making of TM Teachers are inherent parts of the Hindu religion. In a way, Maharishi was a Hindu extremist.

Another pollutant, in my estimation, was the greed factor. When I learned TM, it was reasonable, \$35. Not long thereafter, Maharishi jacked up his prices sky high.

Towards the end of his life, he offered a one-month enlightenment course, the promise being that all graduates would be enlightened. That depends, I guess, on your definition of enlightenment. The price tag for each person was one million dollars. I've been told that eighty-seven people attended. Maharishi died in 2008. All along, he bankrolled and then left most of his money to his family of questionable repute.

There are many other things I could write about, but perhaps this is more than enough.

Despite all this, I still have no doubt that TM has been a great resource for many people. I also feel that it holds back many who still practice it. It has its limitations. Its practitioners are doing a Hindu devotional practice, most without realizing it. So I don't recommend it to people and haven't for quite some time.

Maharishi gave us many great gifts, foremost being nearly effortless meditation and a reminder of our breadth and depth.

He also took us in. He taught me, in many ways, how to do it and how not to. Thank you, M, I salute you and forgive you.

## 5. LOVE AND FORGIVENESS

Love and forgiveness are the two supreme healing energies. Every damaged part of us needs them, not the mental or emotional construct or some manufactured saccharine substitute, but in essence. They are the essential healing energies, vibrations, elements. More than any others, they induce the alchemy of healing.

Though we may have all kinds of wants and desires, and the belief that obtaining them will bring us happiness, what we really need are love and forgiveness.

Love heals. It's the greatest universal healer.

Forgiveness is just as important.

The two together form the most potent healing packet available to us.

The healing meditation I offer delivers this primal packet everywhere it is needed in the simplest, most direct and effective manner possible.

Our bodies are precious. We do well to nurture them. Our souls are even more important.

For those who don't believe in souls, we could say our being, our personhood, that within us that learns, grows and evolves.

Our bodies will contract diseases or accidents if that is what is most needed to teach our soul.

Bodies have other needs besides love and forgiveness, but they are basic and are usually met.

Every aspect of shadow needs love and forgiveness. Love and acceptance are what hold us together.

This healing tool I offer may not heal all the ailments of the body. But it can heal nearly all the bonds that constrict our soul, heart and psyche. It's the most effective tool for this. It could have a profound effect in the lives of many. And this, in turn, could help transform our world.

The healing circles and individual sessions I offer may be more effective for some of the physical things and intractable patterns. And, of course, sometimes honest, decent health practitioners can be necessary and invaluable.

But the more we give everything we encounter love and forgiveness, the more everything is healed and enriched.

We each can do this.

And instead of being silly or difficult, it becomes joyful, easy and authentic.

## 6. THE LOVE AND FORGIVENESS MEDITATION

Besides TM, I tried many different meditations, including beautiful Buddhist visualization techniques, tracking the breath and using other mantras. I've done Jewish and Christian meditations and facilitated shamanic journey and soul retrieval. For years, I just sat with whatever arose within me or the deep, still, no-thought state that can sometimes arise, which some of us call samadhi. I also participated in and facilitated a variety of other healing techniques and modalities, such as Rebirthing, DNA Activation and Twelve Step Programs. In addition to Maharishi, I studied with four other teachers, working closely with two of them. I believe I benefited from them all. But nothing brought the results I had always been seeking.

I go more deeply into my own history in my previous book, *I Love You and Forgive You: A True Self-Healing Tool and the Life Around It*. Suffice it to say here that in 2002 I started doing less healing work and coming to the conclusion that I was too damaged to heal. In 2007, I stopped completely. More and more, my entire life became the workaday world and greater isolation.

In June of 2011, I lost my last job. Shortly thereafter, I decided to diminish my isolation. I joined a men's circle. It

turned out to be men who had gone through Mankind Project's New Warrior Training Adventure. To stay in the group, I decided I'd go through it, too, though with low expectations. I was more than pleasantly surprised. For deep initiation into male maturity, some of the best shadow work processes I experienced and the transformative alchemy of living, archetypal myth, I would recommend it to any man who may be drawn to it.

About a month later, though, the miracle happened after hearing two parts near the end of Drunvalo Melchizedek's 4/24/12 interview with Jennifer McLean.

He said, 'After the ascension, our hearts will know what to do.'

And he talked about healing work James Hart was doing with Native American chiefs and elders in Canada using forgiveness.

I listened to the interview on April 29th, the day after my sixty-sixth birthday. That night I meditated, as always, before going to sleep. My heart knew what to do.

After starting with something about forgiveness, love came in. I worked with it and honed it down to 'I love you and forgive you' and started using that as a mantra.

I didn't contemplate the nature of love and forgiveness or try to generate them. I simply thought those words, almost as if they had no meaning, an easy, silent statement gently delivered to my inner space and given to whatever arose within me.

Very soon, deep healing kicked in, and I couldn't stop.

For over five hours, this healed nearly everything within me.

After that I went to sleep and awoke a different person.

That day, I revived my old email list and sent the following:

‘I feel completely different, more different than I have ever felt. It feels like 99% of my stuff just disappeared. The spin, fear, rigidity and old infrastructure are almost gone. There’s a lot more calm, joy, space and fun... This has led to a deep change in direction...and a new way of working, living and being.’

Very few people will experience so much happening in so little time though some, perhaps, will.

For most people, the healing will be more subtle and will occur over months and years. I believe that, for many, regular use of this meditation has the potential to unravel the knots and unfold the wholeness like nothing that has come before.

For me, this is the ultimate tool, the final culmination of all the work I have ever done, what all the other things seemed to promise but never delivered.

And it is more than that. It’s the God-given trigger for this moment in our evolution as a species.

The magic is in the utter simplicity of combining the dynamics of deep meditation with the essential healing qualities of love and forgiveness. The small self steps aside and the higher power delivers the divine alchemy of transmuting the lead encasement of our shadow prison to the living gold of love and freedom.

It is my experience that when I lost my job and decided to come out of isolation, Divine Orchestration kicked in. I was led to the New Warrior Training Adventure, to hear what I needed in Drunvalo’s interview and to help co-create, with divine guidance, this simplest, most effective healing tool.

## 7. HOW TO MEDITATE

Many people already have a regular meditation practice. Most probably don't.

If you don't, consider making the decision, now or soon, to add it to your life. Bite the bullet. It's the single most valuable thing you can do for yourself and the world, the greatest counterbalance to stress and promoter of peace, health and well being there is, both internally and externally. And this may well be the easiest, most effective meditation. Doing it regularly as part of your health and spiritual hygiene will accrue the best results and be the best gift you could give yourself. It will also help you access the deeper and higher levels of your being which are already there but may be dormant, the richest, most creative parts of who you are. This is real and serious and deeply needed in the world today. Please don't dismiss it lightly.

The first excuse that most people have is that they don't have time. This is a false belief and the ego's way of protecting itself. You don't have time not to. You don't have time because you don't meditate. I don't wish to negate the intense pressures of modern life. But meditation smooths things out and helps make us more effective, efficient, relaxed and creative in activity, which more than compensates for the time

we put into it. We make time for our highest priorities. This should be one of them. Meditating regularly is one of the most valuable uses of our time.

If you already have a meditation practice, you can devote part of it to this, or meditate a little longer and add this on. Consider replacing your current meditation with this for at least a month. This would be best. In whatever way works for you, give this your best shot.

So two to three times a day, every day, sit with your eyes mostly closed, and gently, quietly, easily think ‘I love you and forgive you.’ Think it when you feel to, over and over. And let it go when you feel to. Then bring it back in. You can also sit quietly attending to what arises within you. Then bring in the sentence when it feels right. Your heart will know what to do, so let it lead.

Sometimes the sentence will come quickly with the words close together, sometimes slower and farther apart. Sometimes it won’t be there at all. It will all unfold as it needs to.

Just gently bring in the sentence when you find yourself drifting into rumination. There’s nothing wrong with ruminating. It’s going to happen. But it’s not the most effective healing and awakening tool. Don’t beat yourself up when it happens. It’s the nature of the mind. Let yourself be comfortable and content with everything that happens. Don’t get some idea in your head of what should happen and then get frustrated when it doesn’t. This is another way of creating false beliefs about meditation.

And when you meditate, don’t engage in any other activity. Devote all your awareness to this. It’s as easy as that, as simple as it can be. Sometimes the simplest is the most powerful.

If your native language is not English, try both English and the translation and use what works best for you.

The best times to meditate are shortly after waking up, in the late afternoon and right before going to sleep.

If all you can fit in is ten minutes sitting up before sleeping and after awakening, do it. Even this could create miracles. And give it more time if you can. The more you can comfortably meditate regularly, the better.

When I meditate in the morning, I get up, go to the bathroom, wash my mouth, nostrils, face and neck, brush my teeth and gums and scrape and brush my tongue. After brushing my tongue, I brush far enough back to evoke the gag response three times. This flushes out my eyes and sinuses and brings up phlegm I'm better off without. Then I drink about thirty-two ounces of good water and sit to do my breathing exercises. We really did get a lot of good things from Maharishi. The yogic breathing, or pranayama he gave us, really is a gift. For those who want it, I offer a DVD.

Then I meditate for half-an-hour, sometimes more. This is the only time I use a timepiece.

Then, three to six times a week, I do my twelve-minute workout. This can be done on your bed with no equipment, exerts every muscle in the body and squeezes out the endorphins like you wouldn't believe. It's a combination of isometrics, a few yoga postures and a few traditional exercises. I call it Conscious Exertion Endorphin Rush, or Crush, for short. This is also available as a DVD.

If all this is too much, just do the meditation. It's by far the most important thing.

I then meditate for about twenty minutes in the late afternoon and ten to thirty minutes in bed at night until I start to see faint dream images or fall asleep. Then I lie down and sleep.

If you can't do the breathing exercises in the morning, consider doing them before your afternoon meditation. Meditating after work is a great way to clear the debris of the day and enjoy your evening.

If I awaken in the night and can't go back to sleep (which I used to a lot but now rarely), I sit up and meditate till I start to fall asleep again. This is the most fruitful use of such time, even if it lasts for hours, which it usually doesn't.

Sitting up without head support is usually the best for meditation. I often lie down towards the end with my head, neck and shoulders propped up with a firm pillow.

If you can create a space in your home just for meditating, that might be ideal. Morning and night, I meditate in bed, leaning up against the wall. In the afternoon, I sit on my couch.

And drop every idea you have of what should or shouldn't happen during meditation. Forget straight spine unless your whole body tells you at a particular time that it wants that.

Forget no thoughts. You're going to have thoughts. Forget no movement. Shift your position when you feel like it. Forget eyes always closed. Open them from time to time if you feel like it.

Forget holding onto the mantra. Let it go whenever you want to. Think it whenever you want to.

Forget everything, and let it be as easy, natural and effortless as possible.

And forget judging. Accept everything that happens as the best possible thing. It truly is.

Just, when you can, give everything that arises within you, 'I love you and forgive you.'

If profound healing, bliss or no-thought silence arises during any meditation, you'll know. Be with it for as long as it lasts. Nothing is more precious. But that will be rare, if ever.

The infinite field is subtle and quiet. It's not at all flashy. If you find everything still, you may also perceive it/yourself as vast, without boundaries. Just be with this and maybe quietly bring in the sentence from time to time.

We carry a universe of things inside, some long term, some brief visitors, a vast infrastructure of our own and particles of the collective passing through. The more they hear, feel and receive love and forgiveness, the more they move on.

Most healing will be self-healing. But others may arise to receive it, as well. Whatever arises needs the same thing. Just give love and forgiveness to everything. Over time, the magic will occur.

Catch yourself if you turn your mantra into a sword. We're attempting to heal, not slay. True love and forgiveness include acceptance and surrender.

With almost everything, this simple technique, over time, will take care of it. But with some things, like addictions or diseases, we may have to extend ourselves and consciously work to meet and embrace them, to love, forgive and truly invite them into our hearts.

Whatever problems and discomforts they cause, this will enhance the resolution. Resisting or opposing them will prolong the conflict. If we have to work with something over time, rise to treating it as your lover, not your enemy, as its grateful partner, not its suffering victim.

Love and forgive yourself, all beings and all things that are. Bring it all through your heart. Let your heart expand to embrace and contain them all.

What better thing could we possibly do?

If you decide to try this and find yourself struggling with it in any way, please email me. A little adjustment could eliminate the problem.

This could become the most important thing you ever do. Please honor yourself and do what you can to allow it to work. Just relax and surrender into the process as much as you can. On some subtle level or other give your permission for it to help. It certainly may not work for everyone, but give it your blessing.

I have tried so many things. It was only this that really did it. It wasn't the straw that broke the camel's back. It was the lever that dumped the thousand tons at sea.

I don't expect it to work as spectacularly for most others. But in its ease, simplicity, power and grace, it has perhaps more potential to help more people than anything that has come before.

If you do decide to give this a try, consider coming back and re-reading the germane sections of the book. We forget things so quickly and often don't get everything on our first read. This could help in your process.

## 8. WHAT ELSE?

Feel totally free to bring in the mantra during your day whenever you feel to. Sometimes, it can help.

You can think it silently, whisper it, say it out loud, shout it or sing it to the skies whenever it feels appropriate.

Especially bring it in when something needs it in you or another, when the old tapes come up or you feel anxiety, fear or anger.

It's important, though, not to use it to suppress anything.

If anger for example arises, allow it to flow through you. You could even shout out your anger in the words of the sentence, which might end up having you laughing. But don't try to use the sentence to squash or tamp down your anger.

We need to allow whatever arises within us to simply flow through us and out, almost always without acting out or suppressing it.

And remember, almost everyone, yourself included, is most often acting from their conditioning, egos or pain.

We are imprinted with reactive programs from our cultures, ancestors and caregivers, our past experiences, lives and the collective.

These things are hard-wired into us, and we often can't help ourselves. We're all damaged and pre-programmed.

The collective—the sum total of all lives, things and activities—influences us far more than most people realize.

We are trapped in these things, like in a prison.

But love and forgiveness can heal them.

So when something triggers you, bring forth 'I love you and forgive you,' both for yourself and what annoys you.

Silently, of course, will most often be appropriate. But try saying it when you can, and see how that works for you. Repeat it till you start to actually feel it or feel more neutral.

It gets easier, faster and more authentic, the more we do this.

From time to time, if you feel to, particularly if you do or remember something you regret, use 'I'm sorry. Please forgive me.'

This is not as powerful or potentially all healing, but it can be important and helpful when needed.

Also, there may be times when you feel like using a very short mantra. This can be especially helpful if you're wired, strung out or having a lot of thoughts. At these rare times, just use the word 'love,' quickly repeated, over and over again. It could even happen that, besides the repetitions, you perceive it occurring as a continuous overtone. But don't get sidetracked trying to make this happen. When you feel calmer and more at ease, come back to 'I love you and forgive you.'

And, of course, everything can be overdone.

Use the words when you're embroiled in your stuff to help you get present. Use them when healing is needed for yourself or others. Use them when you need a little joy or comfort and they bring you that. Use them if you feel guilty.

## The Love and Forgiveness Meditation

Otherwise, who needs them? Just live and be who you are.

This way worked and continues working for me. I hope it works for you. Give it a shot. Who knows, perhaps you'll come to treasure it.

Remember, the sentence will do its most profound work in the deep rest of meditation. Don't substitute the above for that.

And try one of our healing circles. They're profound, and we we'd love to have you.

Or book an individual session with me. The hosts will help.

## 9. THE HOSTS WHO HELP

We are not alone.

There are a myriad of beings and energies dwelling in this vast, multidimensional omniverse of ours.

Some are created for the sole purpose of healing.

In the DNA Activation trainings I took with Robert Gerard and Vianna McDaniel I learned to send my energy upward to help others.

Then I extended that to sending my energy to the highest dimension to call in healing energies and devas.

I seem to have some facility in this.

These highest dimensionals are very pure and subtle but powerful. They gather together and collect healing energy and light. They were created to help beings heal and evolve and have no other purpose or agenda.

They enter our bodies and our cells, our chakras and our shadow bodies, our molecules and atoms when we invite them and fill us with light and healing. I step aside and let them do their work, describing it as I see it unfolding. Together, we can call them in to help you along your way.

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For individual sessions, we can work on one to three issues, any areas of your life you would like to improve, on the phone, through Skype or in person. I also work remotely when needed.

For an appointment, please email me.

See [iloveyouandforgiveyou.org/when.htm](http://iloveyouandforgiveyou.org/when.htm) for our healing circles.

## 10. HO'OPONOPONO, KABBALAH, ETC.

The Love and Forgiveness Meditation is very similar to Ho'oponopono, which suggests saying, 'I'm sorry. Please forgive me. Thank you. I love you.'

Ho'oponopono is beautiful, and I have no doubt it can be very helpful. But it is not this. This special time in the evolution of our species demands something simpler, more concise and more powerful. The above mantra keeps us in the lower self, asking for something, remaining the supplicant. This will limit the deeper healing.

What I offer boils the healing process down to its most essential ingredients and something more profound and effective occurs. It also brings it to the deepest levels of meditation practice. This allows us to go beyond the small self and automatically, without effort, the higher power and subconscious can take over and deliver those energies where they are most needed. The meditator becomes the higher power, the bestower, not the supplicant. This is critical for the deepest healing to take place.

The words are almost the same. But this is a giant leap forward.

After reading about my meditation, someone said, ‘This is in the Kabbalah.’

I asked him if it recommended sitting every day with eyes closed and meditating. He said, ‘No.’

Love and forgiveness are bedrock, universal. This meditation is going to be similar to many things. But other things, not identical to this in every particular, are not this. If they are identical, they are this. If anyone can find this coming from any other source, please let me know. I’ll be surprised and delighted and totally honor whomever else it may have come through.

I believe God and the universe are most behind ‘I love you and forgive you’ as what is most needed and powerful right now.

For what we and the world need most is to heal and become whole and free. We need this more than self-realization, which I now hold to be a misguided goal. In my experience, self-realization does come with healing and becoming whole and free, but it comes as a byproduct and not as one might expect.

Healing oneself is now doable and far easier than it ever has been. Bypassing the shadow and going straight for self-realization has become an endless quagmire for millions, leading to pandemic spiritual bypass and dependency, massive heartbreak, disillusionment and mood-making and the transfer of countless dollars into corrupt and dubious hands.

Everything we have done has been precious and valuable. There are many wonderful, sincere, spiritual practitioners, seekers and modalities out there. But this is now a more effective way. You can do this and still do everything else you may be guided to. There will always be many ways to heal, learn and grow.

We're all transmitters and receivers. We constantly radiate energy in all directions. If we're clear and centered, neutral or filled with love, that's what we transmit. If we're down or angry, sad or feeling angst, waves of that emanate from us and go everywhere.

It's my belief that when we do this simple Love and Forgiveness Meditation, without making effort or consciously trying to manufacture anything, the supreme healing vibrations of love and forgiveness get produced, fill our systems, heal things within us and radiate out in all directions. I believe this benefits all that is, even if we only think it a few times during a long meditation.

I also believe that the more of us doing this identical practice, the greater the impact will be in helping to move things from control and violence into freedom and fulfillment.

So I regularly do this meditation and feel it would be a great gift if you were to join us on this journey.

For me, it goes far beyond whether we feel we personally have anyone or anything to forgive or not. By allowing love and forgiveness to form in the deepest levels of our being, we heal innumerable, damaged areas in others, the world and ourselves and become beacons of freedom and awakening for everything.

It's clear to me that if I hadn't found an effective way to bring about the deliverance of love and forgiveness to every nook and cranny of my wounded existence, my life would still be as it was, mostly lived through pain, fear, limitation and ego.

In writing this, I wish to inspire, not to pressure. This is not about me. It's important for each of us to follow our own inner guidance. If you are moved to do this, I can't help but believe it to be in the highest good of all. May it be your ticket home. It was for me.

## The Love and Forgiveness Meditation

This won't be for everyone. But if enough of us start doing it regularly, we could truly help change the world, what so many have been dreaming of for so long.

I have created a website for those of us using this technique who want to go public. Please go to [thdevas.org](http://thdevas.org) and consider adding your name.

Let's saturate the inner planes, our lives and our world with love, forgiveness and vibrant, awakened freedom.

It is sorely needed.

## 11. DEALING WITH THE SHADOW

The purpose of the Love and Forgiveness Meditation is to heal and release the shadow so we can live more of our true selves. In order to release shadow, it must be dislodged and flow through our bodies and systems on its way out. Often this will happen quickly and easily. But pain, sorrow and fear can come up and be felt as they release.

If we decide to allow this, to be with whatever arises, then we facilitate the process. If we freak out, shut down or run away, we short circuit the process. None of it is as big, dangerous or scary as we make it in our minds. But I don't mean to diminish it, either. There can be a lot to deal with, especially if you've never done any shadow work.

Emotion is vibration. At times, old, difficult emotions might arise. Just take a deep breath, allow them to move through you and repeat 'I love you and forgive you' or just sit with and feel them. This could lead to crying or emotional turmoil. If it does, allow it. But it's also not helpful to be a drama addict. Emotions can also be released as vibrations flowing through us. Sometimes crying is the best thing, but we can overdo or wallow in it.

It's good to learn to call in the witness. The witness is pure, neutral awareness. The things we need to release are not who we really are. They're old traumas, patterns and imprints. When you're in the thick of it, if you can call in the witness and remember the suffering is not who you really are, it can help in the process of release.

We have an energy body that goes from above our head to below our perineum. All the chakras are attached to this energy body. It's like a chimney or the core of a volcano. Stress and shadow can release in any direction, but much of it can flow upward through this conduit and out. We might even become aware of this.

Allowing, with awareness and the witness, can be the most effective way for us to release this material. It's always best to simply be with whatever is happening and allow it to happen as much as it needs to without suppressing or milking it for more than it's worth. Let it have its life, but don't get carried away. We can all learn to do this.

Sometimes shadow can be released as we sleep, yielding intense or difficult dreams. This is also good. Don't be concerned. Just remind yourself that energies holding you back are being processed.

And let yourself love and forgive anything and everything you may have done or others may have done to you in the past. That doesn't mean condoning the abusive behavior of others. But abusers are people, too, and almost universally have been abused. Only in loving and forgiving yourself, everyone and everything can you become free.

It could also happen that difficult feelings and energies come up and seem to last a long time without releasing. This, of course, is more difficult. But it's also helpful and healing. If this happens, all the above applies. But consciously deciding to go deep into the very core of the feelings can help the process.

Bring your awareness to the center of the storm. Feel it all with the witness, without trying to control, stop or exorcise the shadow material. This is the best way to deal with it.

Some are meant to undergo the exponential torment of longing for the un-actualized glory of what could be. This can lead, though, to the beauty and peace of the completely broken and renewed heart. For our hearts must break. And, perhaps, this somehow nudges forward the envelope of what is.

The more simply we sit with whatever arises, the more we facilitate our healing.

## 12. TESTIMONIALS AND FEEDBACK

‘I am so amazed and pleased by the simple beauty of this gift.’  
jml

‘I’m finding your meditation INCREDIBLY powerful, Mark. I had no idea that these wounded places still existed. So simple...but love and forgiveness heal everything! Thank you!’  
Jacklyn Flynn

‘I just wanted to thank you for your ‘I love you and forgive you’ meditation. After I watched your interview on Buddha at the Gas Pump I gave it a try and have done it ever since, basically the most I can, whenever I have 5 min to relax, as I crave it and see how deeply transformative it is, like you said. Who would have said? I had always been weary of the term ‘forgiving’, maybe because I come from a catholic country (Italy). Besides, who’s forgiving who and of what? And yet it’s profoundly affected me. So thank you really so so much.’  
Donatella Brandi

‘Thank you for your impressively simple yet powerful way to ‘heal’ things. Your work helped me go through this huge shift (‘rebirth’) last Sunday to find my grounding for the 1st time in my life and gave me a ‘knowing’ that I’m supported no matter what, a deep knowingness of OKness. The transformation was like ice melting, the structure dissolving. Afterward I felt I wouldn’t trade the feeling for ANY amount of money or whatever else in the world. Yet there are still some patterns to clear.’ Lukin

‘Dearest Mark, I am so limited with words to describe the use of ‘I love you and I forgive you’. It is the most powerful sentence I know—it is like out of the Course in Miracles. It now replaces processes that help me release old energy for it is truly amazing! I say it when feelings come up or old energy. Said it at a moment of feeling of old energy on the 4th day. The result was so incredible that it is so hard to describe. I felt the atonement—it never happened feeling, then followed by lovely blessed childhood innocence. I could then feel my whole beingness. I prayed for those words, something that will help me move through the release of old energies with ease and quickness. The result is a more relaxed, expansive state. Could not wait to report this—had to share how incredible those few words are. I am in such deep appreciation and gratitude for you Mark. Thank you sooo much for sharing this with the world. Love, Joy’

‘From the beginning of engaging Mark’s new I Love You and Forgive You meditation, I have experienced, in a no-hurry-at-all kind of way, a new, very subtle warmth and love, as if with a yellow tint to it, like a sunflower brightly smiling back at me, that I’ve never experienced before in 40 years of meditating. And I receive an actual feeling of forgiveness coming in and

taking the place of that which feels like it needs to be forgiven. Way cool!’ Edmund Kuell

‘The first words that came to my mind this morning as I woke up were ‘I love and forgive you.’ I realised how deeply this is working for me and I almost want to cry with gratitude that something so simple has so much power... When I say I love and forgive you—it is such a holistic mantra to say as I am not directing the words to any one person and so I feel they have meaning for me and others and the universe. These words are so wonderful and they remove any feelings of unworthiness or wrong doing. Blessings to you.’ Norma Thomas, Durban, South Africa

‘I must say that when I first committed to trying Mark Landau’s mantra ‘I Love You and Forgive You’ at least five minutes a day for at least two weeks, I was skeptical. It seemed too simplistic, too easy, to have any real, deep effect. But after a few weeks, as I started chanting it to myself while I was walking, swimming or doing other rhythmic exercise, and at the start of my morning meditations, I started to notice that it made me feel better, more loving and compassionate toward people around me, and even toward people in other places and from my past. Then, last week, while I was chanting it before my meditation, I suddenly realized that, most of all, I needed to forgive God. I have spent much of my life feeling like a victim, like I’ve had more than my share of misfortune. On some level, although I wasn’t always aware of it, I blamed God. But suddenly, while chanting, I found myself forgiving Him/Her, which dovetails beautifully with my long-term effort to take full responsibility for my life, including all the ‘bad luck’ and ‘accidents’ that have happened to me. It’s another way of saying ‘I am not a victim, I am a victor.’ I think Mark’s

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mantra is a beautiful, pure—and yes, simple—practice that can help a person feel more open and accepting of other people, of life's curveballs, and of God himself. Mark, I thank you for sharing this gift so freely with the world.' Wayne Lee

'I have been meditating with iloveyouandforgiveyou for MIN 5 minutes a day, very often a lot more. Well, circumstances & issues LONG forgotten & NEVER thought of issues came up for release !! Have used it to good effect & will continue to do so. Have passed it on to a few people & one in particular came back with GLOWING effects. Love marion'

'“I love you and forgive you’ is wonderful and really works with simplicity! The energies shift and, when in balance, there is no room for any harm. So thanks for reminding me about love and forgiveness melting iron and steel, being able to heal!’ Ina Lervik, Gothenburg, Sweden

From our 1/27/13 healing circle: 'I really enjoyed the healing circle today. It was quite powerful. I hope to participate again.' BW

'Thank you for sharing your gifts of healing so generously. I feel the blessing of your light and wisdom during each session.' Christina

From our 11/25/12 healing circle: 'The entry of new Cosmic energy on the meditation yesterday was huge. A quantum above what had been available previously. Very good to feel and connect.' Julianna Aurelius Wolfe

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From our 10/28/12 healing circle: 'I have participated in over fifty of Mark's Phone Beams and Healing Circles, so I had some context when I agreed with him that the Sunday, October 28th, session was the most powerful one to date. My 'connection' was so strong that I was able to know, through most of the session, what Mark was going to say, just before he said it. (This was the first time this happened.) It also included being pre-cognitively aware of the 'events' or 'scenes.' And I knew the concepts or words for which he was searching in trying to describe his visions, for instance, 'transmutation,' when he was talking about releasing, processing, and embracing our own shadow and 'global androgynous human archetype' for the personhood of our collective consciousness.' Jay

From our 9/12/12 healing circle: 'Dear Mark, Your healings seem to be getting more powerful. I felt so much energy my spine was swaying and pulsing. My neck was releasing a great deal of energy. I could not stay conscious. As soon as you spoke about the pulsar in the heart space, I went into what was probably 'yoga nidra.' Wow! Thank you!' Micaela Corazon

From our 4/12/12 healing circle: 'thank you so much for the magic! your work is priceless. i really feel a sense of renewal.' Alice Chesler

From individual sessions:

'I just wanted to let you know that our session was really intense and gave me a good night's sleep. And the results have been amazing. I was able to discontinue the pain killers and the tooth I was going to lose is now pain free and it's looking like

I'll be able to keep it!' James Delglyn

'Mark, the session was excellent. One of the best I've had. Also, I have the sense of a profound change in my subtle bodies. A lot of energy is pouring through my nervous system at this time. Thank you, BW'

'what this feels like now is like I have thrown off shackles that were keeping me in bondage. like being freed up to be me, the real me. like coming into myself and I can almost see it like that—I am floating out of self and up into Self—and with that comes a lot of peace—serenity—love—almost like I can look at many bad things that have happened as if they are on a shelf. I can take them down and look at them if I want or I can leave them there but they are not a part of me any longer—I am free and I have always been free—I am protected and I have always been protected—I am loved and I have always been loved. On some level, maybe many levels, I actually just did the work I've come here to do. There may be some other thing or purpose—some other reason to be here—but as far as angst over what did I come here for or what am I here to do—those types of questions are not relevant really at all. We are just here to heal and to help others do same—doesn't matter if it's in a grand large way or a simple smile for someone who needs it. I was always hung up on that—the 'big thing' I was here for but what is clear now is that isn't the right question and therefore, no answer could ever resonate. So what happens now is I just let my light shine and the rest unfolds. There is more healing to do but that is the path. I have been told so many times that I have a really big angel standing by and I always thought it was for this grand thing I am to do—now I see it so differently. I continue to ride the wave of the bliss—and I feel myself lifting—bondage to the unreal—it

almost makes me laugh—it does make me laugh. We just hold on to that stuff for dear life don't we? I've had my light on before and I thought that was big but it is nothing like this. i did the i love you and forgive you mantra for awhile too—very effective time to do it after a session with you. thank you for sharing your gift with me. I know we will work together again soon.'

And six days later: 'I wanted to do a quick check in and say hi. I am still very much enjoying the meditation. It makes my heart feel good and open and I like that. I am also still enjoying benefits of the healing time you spent with me—a lot of peace and happy going on here.'

And two weeks after that: 'I've undergone the most profound shift. And now everything is different. Your meditation is a part of it, but not all of it—of that I am sure. And when I tell you everything is different, I mean it. I even see that all of the bad stuff in my life that I shared with you—it was actually good. I get it now—I get what all those things were teaching me. My body feels different—everything is different.' Lynne H.

'I wanna thank you for last night's session. It was an interesting experience. What I noticed in the beginning was a lot of unrest in the stomach area. A lot of contraction going back and forth. Also heat was noticed in the head area, especially the face. This relaxed after a while and the next thing I noticed was like really dense energy being transferred from the stomach and into the back, rising upwards slowly. It was really dense energy and could be described as physical pain, but not very uncomfortable as such. I sat with this about ten minutes after the session. I then went to bed and had an

unusually calm sleep. Today I have noticed some slight improvement in self-acceptance, also noticing how that hasn't been the case before. I noticed just how much I yearn to be accepted and liked by others, but what I really need is to accept and like myself. There seems to be a lot of stuffed down stuff in the stomach area, it seems that's where all the repressed stuff has been going.'

And eight days later: 'Still doing the meditation and it's hard to say exactly what has changed but something has. Basically I feel more okay and more authentic and a little more joyful. I forgot to tell you that you were right on the money about the sorrow, in the session we had. You said something about there being deep sorrow in me and you are right. I wondered where that comes from. You also said that I was not depressed but sorrowful and this makes sense to me. I can't seem to access the sorrowful feeling very well but it's there. It's almost as if I was let down at a very early age. Perhaps abandoned. This would explain why I had extreme fear of abandonment when I was a child. I think I need to allow myself to feel everything and of course to forgive everything. It's not easy and I do distract myself as this is natural to me, but I think the meditation's doing a good job on me ;) Thank you. As I have told you, I would like to have more sessions with you as I feel something really moved in the last session.' L.O.

See [loveyouandforgiveyou.org/feedback.htm](http://loveyouandforgiveyou.org/feedback.htm) for more.

### 13. GIVING IN RETURN

I do not charge for the Love and Forgiveness Meditation. It's free at my website and in my books. For me, it is too precious and powerful to monetize. A price tag would pollute it. For anyone with a bit of motivation, this is all that's needed. L&FM teachers are not necessary. Please let others know.

Since 2011, I've been living on Social Security, Section 8 Housing and food stamps. For most of my life, I was blessed with money. I had a beautiful home and car and have traveled extensively. But I lost it all and could certainly use more income now. So much could be done.

It's good for the soul and one's evolution to give in return. There are many ways to do this.

Join one of our teleconference healing circles. These have great potential to help you and the world. For these, I request a minimum of \$11 per person. Register for a free one at my website.

Book an individual session for \$111. If your means are copious, give more. If minimal, let me know.

Purchase my DVDs.

For me, two of Maharishi's best golden nuggets were given very casually to his inner circle for free. This includes one particular breathing exercise and his soma technique. The breathing exercise is included in the DVD I offer along with the others he gave to all his teachers and TM practitioners.

The soma technique, which very few people received, is also available on DVD. Soma is a more refined and celestial secretion the digestive system can produce under the right circumstances. Think minute traces of 'divine nectar' being produced in the salivary glands and other parts of the alimentary canal. I also recommend an individual session to activate it.

My third DVD is the exercise program I developed and call Crush.

Attend one of my retreats or talks.

You can also reciprocate by emailing me testimonials and feedback.

And, always, please buy my books. Buy two. Buy ten. Hand them out on the street. Donate them to prisons and libraries. Consign them to your local bookstores. Inspire some company or institution to buy thousands. Give them to your friends.

The books are the vehicles that can transform the world.

If you do try the meditation and it helps and you wish to, I accept with deep gratitude any donation you might ever care to give.

For all of the above, see [iloveyouandforgiveyou.org](http://iloveyouandforgiveyou.org). I'm not, as of yet, tax deductible.

## 14. DISCLAIMER

This is an alternative healing practice. I make no guarantees to anyone regarding results for them. Belief is not required.

But still, an open heart and mind will yield the best results.

I welcome your input and feedback.

I consider this the highest gift.

I invite you to experience for yourself.

## 15. POSTSCRIPT

We are all connected with everyone and everything.

We each do make a difference.

And we can grow and evolve.

But, prior to now, many of us have been held back.

No matter what we did, we never really healed.

There are many reasons for this and many reasons why we now can.

This is a new time for the world and the human race.

The old world is dying. Over time, more and more will come to see this.

This meditation is part of our new world.

When we do it, at the deeper levels of existence, it touches everything.

When we move through the world living love and happiness, it affects everything.

As more and more of us start doing this, we push forward the envelope of love, creativity, wholeness and freedom in the world.

## The Love and Forgiveness Meditation

We can move into higher levels of functioning.

We must.

Perhaps this meditation will help you do this. Add it to your life, and let me know.

God bless us all.

Let's live love and happiness together.

Unless we find better ways...

I love you and forgive you.

I love you and forgive you.

I love you and forgive you.

I love you and forgive you.

I love you, I love you, I love you,

m

## ABOUT THE AUTHOR

After devoting a lifetime to healing and awakening himself and others utilizing therapy, Transcendental and other Meditations, energy and bodywork, 12-step programs, Rebirthing, Shamanic Journey, Soul Retrieval, DNA Activation, Sacred Spirit Healing and esoteric Hindu, Vedic, Buddhist, Christian, Jewish, Hawaiian and Native-American practices, and, ultimately, pretty much giving up on himself for this lifetime as just too damaged, Mark Landau was gifted with divine guidance to co-create the tool that did for him what nothing else could. He has a Masters in Linguistics and is ordained as an Interfaith Minister and Spiritual Counselor and now facilitates healing circles and sessions. He worked very closely with Maharishi Mahesh Yogi, founder of Transcendental Meditation, and studied and worked with four other teachers. By 2002, he had worked with thousands of people worldwide and had one book published and a growing following as a spiritual teacher. But his inner life didn't reflect this, so he stopped. On 4/29/12, the day after his sixty-sixth birthday, he discovered the technique that finally brought about what he always wanted. He offers it freely to everyone and lives in Santa Fe.