

## Dialogue for Clearing Unfinished Business

- First sit quietly, and see if you can find a willingness to communicate your problem one last time, *with the intention of finally letting it go*. Find a willingness to really feel heard, and to listen to the other person's perspective as well.
- Visualize the person with whom you have unfinished business. Imagine that this person is sitting in front of you looking exactly the way you remember; but with one very important difference: *consider that he or she is more open and receptive, and can really hear everything you have to say*.
- Reflect on what has been the main difficulty, without rekindling strong emotions. Imagine now that you are telling this problem to the person in front of you, remembering that he or she is very receptive and genuinely able to listen.
- Mentally invite this person, who has really heard you, to express his or her perspective on the problem.
- Now, take a pen and paper and write down what you have just imagined saying. Write out the problem, in a responsible way, without attacking the person. Remember that you are speaking to the other person's open heart, and that he or she is receptive and can truly hear you.
- Allow the other person to express his or her side of the problem. Just begin writing and see what happens. Since you have been speaking to their "best side" and your feelings have been heard, their response probably won't be what you expect.
- Next, write down any other difficult feelings you may still have—  
*fears, hurts, anger, regrets, sadness, expectations, or attachments*  
After you express each difficulty, invite the other person to express their perspective.
- Continue writing both parts of this dialogue, until you feel you are no longer harboring anything negative in your heart.
- If the person had previously hurt you, see if you can now extend understanding and forgiveness to him or her. If you hurt the other person, ask their forgiveness. Perhaps previously the person refused to forgive you, but realize now that *the best part of the other person* would hear and understand your regret, and not hesitate to forgive you. Allow yourself to receive the

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healing love of this forgiveness, and let go of any feelings of self-condemnation or guilt.

- Look into your heart and see if there are any positive feelings, such as appreciation and love for the other person, that you've been holding back. Communicate your love and appreciation in writing, and allow the other person to write their positive feelings for you as well.
- To conclude, you can thank each other, and say good-bye.
- Imagine now that the person is turning and leaving. As he or she leaves, ask yourself: *Am I really letting go now, can I wish him or her well?*

### *Optional:*

- As a support, you may find it helpful to invoke a divine or Loving Presence in the space above you both.
- If you wish, you can conclude the dialogue with: *And I would like to hear from you.*
- You might find it effective to read this dialogue out loud to a grief therapist, trusted friend, or, in front of a photo of the person.
- If it's difficult to imagine the person "open and receptive", imagine them at a much younger age, or that you're communicating when their defenses are softening, such as when they're within a week of dying.
- *Please do not mail or email this dialogue to the other person!* If you now feel ready to communicate, perhaps write a fresh letter, or arrange a meeting or a phone call.
- If you are dialoging with a person who has died, you can conclude this healing with a practice of spiritual purification such as the Essential Phowa, or any prayer or ritual you're connected with that lends spiritual support to the deceased.