

**FORGIVENESS IS THE ART OF COMPASSION  
THROUGH NONJUDGEMENT AND  
ACCEPTANCE OF ONESELF AND OTHERS.**

IN THIS LIFE, OFTEN WE DO WRONG  
TO OTHERS, SOMETIMES OTHERS DO  
WRONG TO US. SHALL WE CARRY THE  
GRUDGE ALONG THROUGH LIFE AND  
MAKE OURSELVES UNHAPPY?



**Practice forgiveness meditation:**

**1.** Whatever wrong others have done to me, may I forgive them. Say it repeatedly. Do not dwell on the wrong others have done to you. Know whatever happens as the effect of certain causes. Understand we have done the same wrong to others too. To forgive others is in fact being kind to oneself.

**2.** Whatever wrong I have done to others, I sincerely ask for forgiveness. May they forgive me my ignorance.

**3.** Whatever wrong I have done, may I forgive myself, knowing we are still imperfect. Do not let remorse enslave your heart. Be kind to yourself, forgive yourself. We all do wrong, don't we? And we come to this world to learn from our mistake and grow. Ultimately it is ignorance that makes us do wrong. See ignorance as ignorance, not as self. When we identify the doer of wrong action as "I" or "Myself," we are trapped in guilt and remorse.

***Remorse and guilt are momentarily arising and passing away. When they pass away, they are gone. However, owing to our grasping them as "mine," they become persistent.***

***Hatred cannot be appeased by hatred, but by love — this is eternal law.***