

GLADDENING THE MIND: MEDITATING IN THE DIVINE ABODES

Session Six: Forgiveness and Reconciliation

A FIFTH DIVINE ABODE: FORGIVENESS

The all too human realities of grievance, resentment, and harm

Asking forgiveness from others

Offering forgiveness to others

Offering forgiveness to oneself

AWARENESS IS OUR REFUGE

The awareness of resentment is not resentful ...

The awareness of hatred is not hateful ...

The awareness of hurt is not itself wounded

LIMITING BELIEFS

“I don’t deserve to be forgiven.”

“She/he doesn’t deserve to be forgiven.”

“Not deserving” peace ... forgiveness ... joy ... happiness

Setting aside these limiting beliefs ... counterfactual thoughts

ACKNOWLEDGING HARM

For any harm I may have caused, knowingly or unknowingly, I
ask your forgiveness.

OFFERING FORGIVENESS

For any harm you may have caused me, knowingly or unknowingly, I offer you my forgiveness.

FORGIVENESS FOR ONESELF

For any harm I may have caused myself, knowingly or unknowingly, I forgive myself.

RECONCILIATION

“Reconciliation is a beginning point in a process, not the end point. While we may not be able to shift our view, we can have the intent to reconcile. We begin by noticing the differences and saying, “Despite these differences, may we be reconciled.” One is not required to let loose of one’s view but rather to state one’s wish for reconciliation in the face of those differences so that suffering ceases.” — Phillip Moffitt

https://www.inquiringmind.com/article/2101_9_moffitt_may-all-beings-be-reconciled/

RECONCILIATION PRACTICE

May all fathers and daughters be reconciled.

May all mothers and sons be reconciled.

May all mothers and daughters be reconciled.

May all fathers and sons be reconciled.

RECONCILIATION

May all brothers and sisters, sisters and sisters, and brothers
and brothers be reconciled.

May all mothers and fathers be reconciled.

May all husbands and wives, lovers and partners be reconciled.

RECONCILIATION

May all friends and enemies be reconciled.

May all teachers and students be reconciled.

May all communities and their members be reconciled.

RECONCILIATION

May all countries and their citizens be reconciled.

May all warring nations be reconciled.

May all races and religions be reconciled.

May all people everywhere be reconciled.

May all people and this Earth be reconciled.

May the merit of this practice be to the liberation of all beings.

RESOURCES

Frank Ostaseski: *The Five Invitations: Discovering What Death Can Teach Us About Living Fully*

John Patton, *Is Human Forgiveness Possible?*

DEDICATION OF MERIT

Whatever merit, whatever benefit, whatever blessing, whatever goodness has arisen from our practice, may it ripple out to all beings, without privilege, without exception.