

Forgiveness transcript for

[https://www.youtube.com/watch?v=YMmUHHoVk5A&list=PL3sECDBQqxIEOYJU2MpO6Mbv357CJ\\_hKo](https://www.youtube.com/watch?v=YMmUHHoVk5A&list=PL3sECDBQqxIEOYJU2MpO6Mbv357CJ_hKo)

## 2015 Forgiveness -Short Discussion May 2015

25 May 2015

**Bhante Vimalaramsi gives some tips on dealing with obstacles in forgiveness meditation and more on how to do it.**

### **Transcript = 5.33 mins**

And you've done it, just everybody's done it.  
I mean if you're a human being, you've done it.  
So that's just part of the way it really goes.  
And I'm not saying you personally, I'm saying all of us.

We try to control our feeling with our thoughts.  
But feelings are one thing and thoughts are something else.  
So the first thing you want to do—you're sitting and you have a pain arising in some part of your body.  
Then what you do is begin to think about all the reasons you don't like that, you want it to stop and you get caught up in your emotional tendencies.  
When you can notice that then what you do is use the six Rs.

So your mind is on your object of meditation, let's say it's forgiveness.  
And then your mind says, "This is dumb! I don't want to do this anymore. It doesn't work."  
All of those kinds of thoughts pull your attention away from the forgiving and now that is a distraction.  
So you let go of the distraction.  
You let go of it by not keeping your attention on that distraction.  
And then you relax and with a little smile in the heart, you come back to your object of meditation.  
You stay with it as long as you can.

Now one of the things with doing forgiveness meditation is that you start repeating this same wish over and over and over again.  
And eventually what happens is your mind starts to accept that and say,  
**"I do forgive myself for not understanding or making a mistake."**

And when you do that, what happens is you start to feel a nice sense of relief, like rocks taken off your shoulders.  
And you feel very light and you have a tendency to have joy arise.  
So that will be there for a while.

Then you go back and start doing the forgiveness again.  
Now somebody comes up into your mind and you feel like you need to forgive them or they need to forgive you.

Then you picture them in your mind's eye and you look them right in the eye and you say, "I forgive you for not understanding, for not understanding the pain or suffering," whatever that misunderstanding was.

And you take that person, you put them in your heart and you radiate that forgiveness feeling to them.

It might not stay very long that doesn't matter.

If you get distracted, do it again.

Stay with that person for half an hour or 40 minutes, something like that and the last five minutes of your sitting, you hear them say to you, "I forgive you too."

So you wind up forgiving yourself, you forgive someone else and they forgive you.

That's the complete circle.

And then you go back when you have forgiven them and you feel relief.

Then you go back and start with yourself again and forgive yourself for causing yourself pain.

Or you can go back to the same statement again, whatever statement seems appropriate.

Put that feeling in your heart and radiate that feeling to yourself, until your mind gets distracted.

Then let go of the distraction and do it again.

This is a do-it-again meditation.

You have to have patience.