

Forgiveness Wisdom

Forgiveness is Pleasing to Kṛṣṇa

The duty of a brahmana is to culture the quality of forgiveness, which is illuminating like the sun. The Supreme Personality of Godhead, Hari, is pleased with those who are forgiving. (SB 9.15.40)

The Lord is very satisfied with His devotee when the devotee greets other people with tolerance, mercy, friendship and equality. (SB 4.11.13)

Forgiveness is Dharma

Forgiveness is virtue, forgiveness is sacrifice and forgiveness is the Vedas. Forgiveness is purity and penance; it is truth, piety, religion, and the holy Nārāyaṇa. Through forgiveness the universe is sustained, and by practicing forgiveness a man can attain to everlasting regions of bliss. (Yudhisthira Maharaja in Mahabharata quoting Kasyapa Rsi)

This is the sum of duty. Do not do unto others what would cause pain if done to you. (Mahabharata 5.1517)

Deal with the faults of others as gently as with your own. (Chinese proverb)

Graciousness is shown by what you don't say, even if what you could say would be true

Forgiveness Releases the Past

Forgiveness is the release of all hope for a better past. (Alexa Young)

Forget the past that sleeps and ne'er
The future dream at all,
But act in times that are with thee
And progress thee shall call
(Bhaktivinoda Thakura, "O Vaisnava Soul")

Forgiveness is an act of the imagination. It dares you to imagine a better future, one that is based on the blessed possibility that your hurt will not be the final word on the matter. (Larry James)

Forgiveness does not change the past, but it does enlarge the future. --Paul Boese

Though no one can go back and make a brand new start, anyone can start from now and make a brand new ending. (Carl Bard)

Forgiveness is Not Always Reasonable

Forgiveness is giving up the resentment to which you are entitled and offering to the person who hurt you friendlier attitudes to which they are not entitled. (Robert Enright)

Forgiveness is often illogical and unnatural because you are confronted with forgiving an "unforgivable" act. Yet anger, blame and revenge only make your pain worse. Forgiveness is the only medicine that will relieve your pain. (Mahatma Das)

Graciousness is shown by what you don't say, even if what you could say would be true

Forgiveness Helps Us Grow

Anger makes you smaller, while forgiveness forces you to grow beyond what you were. (Cherie Carter-Scott)

God designs an enemy to keep us on our toes – and on our knees. Loving an enemy defies natural explanation. To attempt to do so brings us to the supernatural realm. (R.T. Kendall)

The hardest things—the ones that push you up against your limits—are the very things you need to address to make a quantum leap into a fresh inner and outer life. (Doc Childre and Howard Martin)

Without Tolerance We Cannot Be Successful

We must always remember this verse (*trnad api sunicena*) and be as tolerant as the tree, as we execute the Krsna consciousness movement. Without this mentality we cannot be successful. (Letter October 18, 1973)

Note: Sometimes *ksama*, forgiveness, is also translated as tolerance.

Overlook Other's Mistakes

“Even if a devotee commits the most abominable actions, he is to be considered saintly because he is properly situated.” As you will say, “To err is human”, so in the neophyte stage we may always expect some discrepancies are there. Kindly see the things in this light and forgive their small mistakes. The big thing is they have given their life, everything to Krishna--that is never a mistake. (Letter April 30, 1973)

I am glad to learn that your co-operation for this society is appreciated by the authorities, We should learn to forget and forgive minor incidents because whenever there are two men in a place, there is always some misunderstanding. (Letter, January 11, 1968)

I've learned that when you have an argument with your spouse, the first one who says, 'I'm sorry I hurt your feelings; please forgive me,' is the winner. (anonymous)

Forgiveness Comes From Our Higher Nature

So a devotee is always very understanding if there is some discrepancy behavior on the part of non-devotees, and even some devotees misbehave, he is always very tolerant and understanding. (Letter December 31, 1972)

Never does the human soul appear so strong and noble as when it forgoes revenge and dares to forgive an injury. (Edwin Hubbel Chapin)

Humanity is never so beautiful as when praying for forgiveness, or else forgiving another. (Jean Paul Richter)

Forgiveness is the fragrance the violet sheds on the heel that has crushed it. (Mark Twain)

Forgiveness is the Special Quality of the Brahmanas

Brahmanas are beautiful when they are forgiving, ksatriyas when they are heroic and never retreat from fighting, vaisyas when they enrich cultural activities and protect cows, and sūdras when they are faithful in the discharge of duties pleasing to their masters. Thus everyone becomes beautiful by his special qualities. And the special quality of the brahmanas, as described here, is forgiveness. (SB 9.15.40)

A sadhu, a devotee, is never angry. Actually the real feature of devotees who undergo tapasya, austerity, is forgiveness. (SB 6.4.5)

Forgiveness is not for the Weak

The weak can never forgive. Forgiveness is the attribute of the strong. (Mahatma Gandhi)

Resentment is a Symptom of Ignorance

Anger and resentment are due to ignorance due to material attachment. We have to solve the problem through knowledge and purification. (Srla Prabhupada)

Mercy is Higher Than Justice

If we apply an eye for an eye and a tooth for a tooth, most of the world will be blind and toothless. (Mahatma Gandhi)

I have always found that mercy bears richer fruits than strict justice.--Abraham Lincoln.

From Compassion Comes Forgiveness

Let me not desire anything but the highest good for my worst enemies (Bhaktisiddhanta Sarasvati)

The mind should be trained to think of the welfare of others (A.C. Bbhaktivedanta Swami)

Compassion is the antitoxin of the soul: where there is compassion even the most poisonous impulses remain relatively harmless. (Eric Hoffer)

Prabhupada's servant said, "Sometimes I feel bad for others." Prabhupada replied, "Only sometimes?"

If we could read the secret history of our enemies, we would find in each person's life sorrow and suffering enough to disarm all hostility. -- Henry Wadsworth Longfellow

Man is always inclined to be intolerant towards the thing, or person, he hasn't taken the time adequately to understand...--Robert R. Brown

If you cannot mould yourself entirely as you would wish, how can you expect other people to be entirely to your liking? (Thomas á Kempis)

And we do not usually have a gigantic monster to forgive; we have a weak, needy, and somewhat stupid human being. When you see your enemy and yourself in the weakness and silliness of the humanity you share, you will make the miracle of forgiving a little easier.-- Lewis B. Smedes.

Forgiveness (ksama) is the bhava situated between humility and compassion. "I am so wretched and insignificant myself, so how can I inflict punishment upon others?" When this attitude combines with compassion, forgiveness appears automatically. (Jaiva-dharma Chapter 8)

Our Abuser is not Our Enemy

Don't become angry with the agent of your karma. (Srila Prabhupada)

The brahmana said: These people are not the cause of my happiness and distress. Neither are the demigods, my own body, the planets, my past work, or time. Rather, it is the mind alone that causes happiness and distress and perpetuates the rotation of material life.

Failing to conquer this irrepressible enemy, the mind, whose urges are intolerable and who torments the heart, many people are completely bewildered and create useless quarrel with others. Thus they conclude that other people are either their friends, their enemies or parties indifferent to them. (SB 11.23.47)

If someone bites his tongue with his own teeth, at whom can he become angry in his suffering? (SB 11.23.50)

Although a devotee has surrendered to the Lord's devotional service, until he is completely perfect in Kṛṣṇa consciousness he may maintain a slight inclination to enjoy the false happiness of this world. The Lord therefore creates a particular situation to eradicate this remaining enjoying spirit. This unhappiness suffered by a sincere devotee is not technically a karmic reaction; it is rather the Lord's special mercy for inducing His devotee to completely let go of the material world and return home, back to Godhead. (SB 10.14.9)

A devotee's conclusion is that no one is directly responsible for being a benefactor or mischief-monger without the sanction of the Lord; therefore he does not consider anyone to be directly responsible for such action. But in both the cases he takes it for granted that either benefit or loss is God-sent, and thus it is His grace. (SB 1.17.22)

We Suffer When We Inflict Pain

Suniti said to Prahlada. My dear son, don't wish for anything inauspicious for others. Anyone who inflicts pains upon others suffers himself from that pain. (SB 4.8.17)

If you kill a skunk, your hand gets a bad smell. (Bengali proverb quoted by Srila Prabhupada)

Forgiving releases you from the punishment of a self-made prison where you are both the inmate and the jailer. (Sidney and Suzanne Simon)

Release them and you will be released. (Josif Tson)

The hatred you're carrying is a live coal in your heart - far more damaging to yourself than to them. (Lawana Blackwell)

Resentment is like drinking poison and hoping the other person will die. (Nelson Mandela)

When you hold resentment toward another, you are bound to that person or condition by an emotional link that is stronger than steel. Forgiveness is the only way to dissolve that link and get free. (Catherine Ponder)

I shall not allow any man to belittle my soul by making me hate him. (Booker T. Washington)

If you hate, you will give your enemy your heart and mind. Don't give those two things away. (Nelson Mandela)

When faults in others misguide and delude you, have patience, introspect, and find faults in yourself. Know that others cannot harm you unless you harm yourself. (Sri Sri Bhaktisiddhanta Saravati)

"The man who opts for revenge should dig two graves." (Chinese proverb)

Forgiveness Releases Us From Suffering

Don't let these people live rent free in your head. If they hurt you before, why let them keep doing it year after year in your mind? Forgiveness means that you've decided not to let it keep festering inside even if it only comes up once in awhile. (Doc Childre and Howard Martin)

You know you have forgiven someone when he or she has harmless passage through your mind. (Rev. Karyl Huntley)

We Learn Through Forgiving

Many people are afraid to forgive because they feel they must remember the wrong or they will not learn from it. The opposite is true. Through forgiveness, the wrong is released from its emotional stranglehold on us so that we can learn from it. Through the power and intelligence of the heart, the release of forgiveness brings expanded intelligence to work with the situation more effectively. (David McArthur & Bruce McArthur)

We Treat Others as We Treat Ourselves

We hate others when we hate ourselves. We are tolerant toward others when we tolerate ourselves. We forgive others when we forgive ourselves. (Eric Hoffer).

Forgiveness Frees Up Energy

Forgiveness is freeing up and putting to better use the energy once consumed by holding grudges, harboring resentments, and nursing unhealed wounds. It is rediscovering the strengths we always had and relocating our limitless capacity to understand and accept other people and ourselves. (Sidney and Suzanne Simon)

Resentment is About Being Right

Resentment is about you being right. As long as you need to be right you will find it difficult to completely forgive. When you continue to tell others how wrong your offender was, you not only keep your resentment alive but you intensify it. When it comes to forgiving, being right is wrong. (Mahatma Das)