

Forgiveness Practice

In any way that I have harmed you,
knowingly or unknowingly,
by thought, word, or action,
I ask for your forgiveness,
as much as is possible in this moment.

In any way that I have been harmed by you,
knowingly or unknowingly,
by thought, word, or action,
I offer you forgiveness,
as much as is possible in this moment.

In any way that I have harmed myself,
knowingly or unknowingly,
by thought, word, or action,
I offer myself forgiveness,
as much as is possible in this moment.

In any way that I have been unable to be with and respond skillfully to
the pain and suffering of our world—my own pain and that of others:
May I come to accept pain, suffering, confusion, and ignorance to be
part of the journey, my own journey and the journeys of others.
I offer forgiveness for the way that things are and have been,
as much as is possible in this moment.