

## **Forgiveness: A Prayer for Change**

*By Lama Choedak Rinpoche*

Today I will release every unhappy experience of the past and free everyone connected with those experiences. The hurt, pain and suffering I and others have experienced are due to unfortunate circumstances which I and others have contributed due to our own ignorance, disrespectfulness, carelessness and excessive delusion. I now realize that no one has intentionally caused any of the harms I have experienced. I have long been holding my own distorted perception as truth. Today I will let go of all misunderstandings and confusions. From the past mistakes I shall learn to be mindful so that I shall not repeat and cause unnecessary suffering. No one can undo the past but I will take some good from them. The past has no power or control over me.

In the past I have suffered because I have projected my own negativities into others. This has been the cause of all damages in my relation with others. I will not allow this to continue any further as I have now reclaimed my sense of conscience. My forgiveness will not only remove the residues of unhappy experiences from my mind but it will uproot negative feelings people may have about me in their minds. If I release the negative thoughts of ill-will, blame, anger, shame and revenge from my mind, only good will return to me and those around me.

What has happened is already past and I have now fully recovered from those experiences. It is timely that I rise above those problems and free myself and others from these memories. Had I not gone through those experiences, I would have not matured and become as strong as I am today. As all things move forward, I must flow with the wind of changes and not hold onto negativities. I will not stay as foolish as I have in the past but will awaken myself.

As I release all negativities, all concerned will be set free and be forgiven. I shall let the stream of my life to flow naturally and not stagnate it. I forgive myself for each and every mistake I have made, and forgive everyone who, in any way has harmed me, knowing that out of every experience, as I understand it, good will come to me. Each mistake I have made is a stepping stone to greater understanding and to greater opportunities. I bless every experience of the past. May all be blessed!