

A Path with Heart



by jack kornfield

Meditation on Forgiveness

For most people forgiveness is a process. When you have been deeply wounded, the work of forgiveness can take years. It will go through many stages—grief, rage, sorrow, fear, and confusion—and in the end, if you let yourself feel the pain you carry, it will come as a relief, as a release for your heart. You will see that forgiveness is fundamentally for your own sake, a way to carry the pain of the past no longer. The fate of the person who harmed you, whether they be alive or dead, does not matter nearly as much as what you carry in your heart. And if the forgiveness is for yourself, for your own guilt, for the harm you've done to yourself or to another, the process is the same. You will come to realize that you can carry it no longer.