

Four Directions of Forgiveness Practice
Kindly offered by [Larry Yang - Awakening Together](#)

I.

For any way that I have caused harm to myself,
Through judgment, action, self-blame, indifference
Knowingly or unknowingly,
In thought, word or deed,
May I forgive myself.

May I allow myself to be a student of life and to make mistakes,
May I forgive myself,
And if I cannot do so in this moment,
May I be able to forgive myself in the future.

II.

For any way that I have caused harm to you,
Through judgment, action, self-blame, indifference
Knowingly or unknowingly,
In thought, word or deed,
I ask for your forgiveness.

May you accept me with my imperfections and mistakes
May you allow me to learn from my actions
May you forgive me,
And if you cannot do so in this moment,
May you be able to forgive me in the future.

III.

For any way that you have caused harm to me,
Knowingly or unknowingly,
In thought, word or deed,
May I forgive you.

May I allow you to be a student of life and to make mistakes
May I recognize your humanity in the midst of my pain
May I forgive you,
And if I cannot do so in this moment,
May I be able to forgive you in the future.

IV.

For any way that Life has caused harm to me or other beings,
Directly or indirectly,
In thought, word or deed,
May I have forgiveness as my intention.

May I let go of my wanting the present moment to be anything else than it is,
May I allow mistakes and injuries and pain to be part of Life,
May forgiveness naturally flow through pain and suffering of the First Noble Truth
And if I cannot find the forgiveness in this moment,
May I begin to feel forgiveness in the future.