

Of course he [God] will forgive me, that's his business. Last words Heinrich Heine 1856

Selichot (to my kids)

I am sorry for being such a moody father
I am sorry for my problems in your lives
I am sorry not being able to give you a better start
I wish it was otherwise
I am so very sorry

Circumspection.blogspot.com

"Atonement" really means "at" "onement" - being united in spirit for the yetzer hatov, the good inclination, against the yetzer harah, the evil inclination.

And moreover, I say unto you, that salvation doth not come by the law alone; and were it not for the atonement, which God himself shall make for the sins and iniquities of his people, that they must unavoidably perish, notwithstanding the law of Moses. ---Book of Mormon

We are all full of weakness and errors; let us mutually pardon each other our follies --Voltaire

A mature Christian has capacity to absorb the offenses and weaknesses of others, not just demand they perform up to the code of ideals. --Stephen Crosby

To forgive is to set a prisoner free and discover the prisoner was you.—Unknown

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

The offender never pardons. --George Herbert

He who cannot forgive breaks the bridge over which he himself must pass.--George Herbert

Resentment is like a glass of poison that a man drinks; then he sits down and waits for his enemy to die.—Unknown

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

A Christian will find it cheaper to pardon than to resent. Forgiveness saves the expense of anger, the cost of hatred, and the waste of spirit. --Hannah More

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

Forgiveness is giving up the possibility of a better past. --Unknown

Sincere forgiveness isn't colored with expectations that the other person apologize or change. Don't worry whether or not they finally understand you. Love them and release them. Life feeds back truth to people in its own way and time—just like it does for you and me. --Sara Paddison

Not the power to remember, but its very opposite, the power to forget, is a necessary condition for our existence. - Sholem Asch

I can forgive, but I cannot forget, is only another way of saying, I will not forgive. Forgiveness ought to be like a cancelled note--torn in two, and burned up, so that it never can be shown against one. -- Henry Ward Beecher

Forgiveness is a funny thing. It warms the heart and cools the sting. --William A. Ward

What we forgive too freely doesn't stay forgiven. --Mignon McLaughlin

You will know that forgiveness has begun when you recall those who hurt you and feel the power to wish them well. -- Lewis B. Smedes

It is easier to forgive an enemy than to forgive a friend. --William Blake:

We frequently forgive those who bore us, but cannot forgive those whom we bore. --Francois, Duc de La Rochefoucauld

Wrongs are often forgiven, but contempt never is. Our pride remembers it forever. --Lord Chesterfield

Don't tell friends their social faults; they will cure the fault and never forgive you. --Logan Pearsall Smith

Without deep humility, true forgiveness is impossible...and will never happen. --Martha Kilpatrick

Forgiveness is me giving up my right to hurt you for hurting me. --Anonymous

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

Never does the human soul appear so strong as when it foregoes revenge, and dares forgive an injury. --E. H. Chapin

Am I not destroying my enemies when I make friends of them?-- Abraham Lincoln

There is no revenge so complete as forgiveness.-- Josh Billings

To err is human; to forgive, divine.-- Alexander Pope

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

Yes, this is what good is: to forgive evil. There is no other good. --Antonio Porchia

Forgiveness is the answer to the child's dream of a miracle by which what is broken is made whole again, what is soiled is made clean again. --Dag Hammarskjold

Forgiveness is choosing to love. It is the first skill of self-giving love. --Mahatma Gandhi

A happy marriage is the union of two good forgivers. --Robert Quillen

Forgiveness is the final form of love. --Reinhold Niebuhr

We are told that people stay in love because of chemistry, or because they remain intrigued with each other, because of many kindnesses, because of luck . . . But part of it has got to be forgiveness and gratefulness. --Ellen Goodman

One forgives to the degree that one loves. --Francois de La Rochefoucauld

'Tis the most tender part of love, each other to forgive. --John Sheffield

Never forget the three powerful resources you always have available to you: love, prayer, and forgiveness. --H. Jackson Brown

We are all on a life long journey and the core of its meaning, the terrible demand of its centrality is forgiving and being forgiven. --Martha Kilpatrick

Forgiveness is the giving, and so the receiving, of life.--George MacDonald

"Not to forgive is to be imprisoned by the past, by old grievances that do not permit life to proceed with new business. Not to forgive is to yield oneself to another's control... to be locked into a sequence of act and response, of outrage and revenge, tit for tat, escalating always. The present is endlessly overwhelmed and devoured by the past. Forgiveness frees the forgiver. It extracts the forgiver from someone else's nightmare."- Lance Morrow

Do Not Take Revenge Or Bear A Grudge

A person is very sensitive to being insulted and his only comfort from this anguish may be to take revenge, which is to him sweeter than honey...Yet the mitzvah is explicit, "Do not take revenge or bear a grudge" Moses Hayyim Luzatto

Holding grudges and taking revenge can certainly complicate our spiritual lives. They weigh us down. As one saying has it, "Harboring resentments is allowing someone whom you don't like to live inside your head rent-free." Here Rabbi Luzatto, who taught about the moral and ethical developments behind the mitzvot and is best known for his writings on the laws that discuss lashon hara, gossip and slander, starts out by saying up front that we are not angels. We are human beings and, as such, have a very real human tendency to "get back" at those who offended us. Yet, at the same time, we must be ever mindful of the commandment in the book of Leviticus (19:18) that teaches, "Do not take revenge or bear a grudge". How can we fulfill this mitzvah? Holding grudges and resentments is in the end self-defeating. One time-proven method of overcoming such urges is to force ourselves to do an act of kindness for the person we resent, or say a prayer on his or her behalf without any fanfare. As hard as it sounds, try it. Acts of kindness can reduce these very potent, and destructive feelings.

From: Restful Reflections: Night time Inspiration to Calm the Soul Based on Jewish Wisdom

"I hereby forgive whoever hurt me this day"

One of the giants of spiritual history, Rabbi Isaac Luria, or the Ari (the lion), as he was called, had his own prayer book. The Ari felt that he simply could not recite the words of the evening service, praising God for being merciful and forgiving, unless he was willing to be the same. And so he added his own prelude to the one that is printed in most prayer books. Only after he had put anger and irritation out of his own heart did he feel he had the right to ask God to do the same for him.

We ought to take the custom of the Ari and make it our own. What if once a day, before we go to sleep, we say his prayer? What if once a day we let go of the grudges and the resentments and the irritations that have accumulated in our souls during the day? We would sleep better and travel through life much lighter.

Rabbi Jack Riemer. Restful Reflections: Night time Inspiration to Calm the Soul, Based on Jewish Wisdom

The dictionary definition of "forgive" is to cease to feel resentment against an offender, i.e., to pardon one's enemies.

During WWII in France, a young nun was returning to her convent from the market. A soldier on a motorcycle saw her and pulled over. Although she thought he stopped to help her with her heavy basket of food, she soon found otherwise. As he forced her into the woods, she screamed, but no one heard her.

The trauma that occurred that day haunted her with nightmares for years, but gradually she began to heal. Years later, she was chosen to host a meeting of teachers as a gesture of post-war reconciliation. Among the teachers was her aggressor. It all came back! The bitterness and the thoughts of revenge were unbearable until she spent the night in prayer. Crying out to God, she eventually found the grace to serve them - all of them. She was finally free!

Until we forgive, we are the prisoner of the person who has offended us.

Questions to ponder:

1. What kind of offense do you find most difficult to forgive?
2. Do you meditate on an offense over and over?
3. How do you find it in yourself to let go of past offenses even though you "deserve" to hang onto them?
4. Does forgiving someone mean that the offense is forgotten and has no further consequence?
5. Do you ever feel that you are a prisoner of unforgiveness?

When? Why?

Turning Over a New Leaf

Autumn to winter, winter to spring,

Spring into summer, summer into fall –

So rolls the changing year, and so we change;

Motion so swift, we know not that we move . ---Dinah Mulock Craik

Since ancient times, September has been viewed as the beginning of the new year, a time for reflection and resolution. Jews observe the High Holiday of Yom Kippur, the day of public and private atonement, a sacred withdrawal from the world for twenty-four hours in order to become right with God and others, so that real life might be renewed with passion and purpose.

Change in the natural world is subtle but relentless; seasons seem to give way gently to one another, even if the monthly motion is so swift we don't realize we're moving. But when the leaves start turning colors, it's time for turning over a personal new leaf so that our lives might be restored. "What we need in autumn is an emotional or spiritual shot in the arm," Katherine Elizabeth Fife wrote in *Good Housekeeping* in 1949, urging the beginning of a new tradition for women: personal and positive resolutions in September.

"Why do you suppose so many of us waste the autumn? Why don't we make the effort that would provide something new in our lives?" January's negative resolutions "are made when we are worn out in spirit, body, and pocketbook, and have no real urge to do anything but rest."

It seems to me that January resolutions are about will; September resolutions are about authentic wants. What do you want more or less of in your life, so that you can love the life you're leading? It could be as simple as seeing friends more often, setting aside time to have adventures with your children while they still want your companionship, rekindling romance in your daily round, calling a solitary hour a day your own, or just taking more walks in the dazzling sunshine.

The beauty of autumnal resolutions is that no one else knows we're making them. Autumnal resolutions don't require horns, confetti, and champagne.

September resolutions only ask that we open to positive change.

I can try to do that.

So can you.

Simple Abundance – A Daybook of Comfort and Joy By Sarah Ban Breathnach

The remarkable thing is that we really love our neighbor as ourselves: we do unto others as we do unto 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

It is very easy to forgive others their mistakes; it takes more grit and gumption to forgive them for having witnessed your own. Jessamyn West

The weak can never forgive. Forgiveness is the attribute of the strong. ---Mohandas Gandhi

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

Forgiving is love's toughest work, and love's biggest risk. If you twist it into something it was never meant to be, it can make you a doormat or an insufferable manipulator. Forgiving seems almost unnatural. Our sense of fairness tells us that people should pay for the wrong they do. But forgiving is love's power to break nature's rule. --Lewis Smedes

Without forgiveness life is governed by...an endless cycle of resentment and retaliation. -- Roberto Assagioli

We must develop and maintain the capacity to forgive. He who is devoid of the power to forgive is devoid of the power to love. There is some good in the worst of us and some evil in the best of us. When we discover this, we are less prone to hate our enemies. --Martin Luther King, Jr.

Forgiveness is linked to another word – freedom.

If we cannot forgive, we are locked to our past history. To live our lives fully, and peacefully, means letting go of that anger and taking the energy from that anger and putting it into living each day fully.

There are no ways to undo the past. Breaking free of the past, means forgiving those that hurt us and that brings us the gift of freedom and the ability to move forward in our lives and live each day in the moment.

REMEMBER SHALOM

Bombs raining down on Bagdad.

Darkness enveloping the world.

Remember Shalom.

Silence the wails with mercy.

Heal the wounds with deeds of loving kindness.

Remember Shalom.

Stop the dying with righteousness.

Pulverize hatred with compassion.

Remember Shalom.

Remember the bright eyed toddler, the attentive mother, the stalwart father.

Our brethren shuddering amidst chaos and destruction.

Remember Shalom.

Rekindle a rainbow of peace for all nations.

Sustain the divine light of peace.

Remember Shalom. ---Carol Roberts

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

To forgive is the highest, most beautiful form of love. In return you will receive untold peace. - Robert Muller

You can't undo anything you've already done, but you can face up to it. You can tell the truth. You can seek forgiveness. And then let G-D do the rest. - Unknown

People find it far easier to forgive others for being wrong than for being right. - J. K. Rowling

Most of us can forgive and forget, we just don't want the other person to forget we forgave. - Ivern Ball

When a deep injury is done, we never recover until we forgive. - Alan Paton

We achieve inner health only through forgiveness - the forgiveness not only of others but also of ourselves. - Joshua Loth Liebman

If we really want to love

we must learn how to forgive

Mother Teresa