

Everyday Forgiveness



- Be aware whenever any thought of grievance arises against anyone, small or large.
- It could be a loved one or an aggressive driver in the next car during rush hour.
- I might be a person at check-out taking too much time, when you are in a hurry.
- It could be someone you are speaking to about a matter of important, who is only half-listening to you. It can be anything.
- Practice a) being aware of the everyday grievances and judgments you might be making, and b) let the grievances go completely.
- Make this process a daily routine and what will become apparent is the number of grievances you are holding all day long.
- You will find that when you forgive you become happier and when you are happy you can forgive a great deal.