

*'How easy is it to forgive? How often can an individual be forgiven (are you willing to forgive the same person repeatedly)?
Would this change your feelings towards him/her?'*

'The weak can never forgive. Forgiveness is the attribute of the strong' / 'Everyone says that forgiveness is a lovely idea until they have something to forgive'

- Forgiving individuals is an extremely hard task but one which is possible and essential if we are to live together
- Forgiveness should come from within, merely saying 'sorry' verbally is not enough
- Forgiving individuals is made easier if you remember that God is the one who truly forgives and you are only his voice. Emotional pain in a situation makes it harder to forgive, so take it slow and don't try to be courageous.

'Forgiveness is not an occasional act. It is a permanent attitude'

- It is important that we learn from our mistakes, however, it is also good to forgive and learn from the mistakes made by others
 - We must make it our responsibility to forgive, (how ever hard that may be) and leave any negative feelings in Nirankar (God)
- This HOWEVER, does not mean that we should forget the act that has been committed: it is important to learn from the situation to avoid similar incidents in the future: **remember the crime but not the perpetrator!**

'To forgive is the highest, most beautiful form of love. In return, you will receive untold peace and happiness'

- When you forgive, you feel as if a weight has been lifted from your shoulders: **To forgive is to set a prisoner free and discover the prisoner was YOU!**
- Holding a grudge makes matters worse and causes unnecessary emotional pain: by doing this, we continue to keep the incident in our mind, letting it taunt us instead of those who it is intended for. When we hold resentment towards others, we create a link/relationship with him/her. The only way to free ourselves from this link is to forgive.

'God forgives us. ... Who am I not to forgive?'

- We make many mistakes in our lives, whether they be big or small, however God continues to forgive us unquestionably: should we not train ourselves to do the same?

'There is no condition for forgiveness'

- When a crime has been committed against us, we feel that the perpetrator should be punished; however we are not the ones to judge or punish. Life throws back what it gives out...
- If an individual repeatedly makes the same mistake and you find it hard to forgive, then let it be and go your own ways: with time, you will learn to forgive. Try not to change your feelings for such a person and remember that you do not forgive others for their sake but forgive for your own.

Forgiveness is the scent that the rose leaves on the heel that crushes it...