

**Certificate in Integrative Palliative Care – 3**  
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**Week-04**  
**Lecture 37: Forgiveness**

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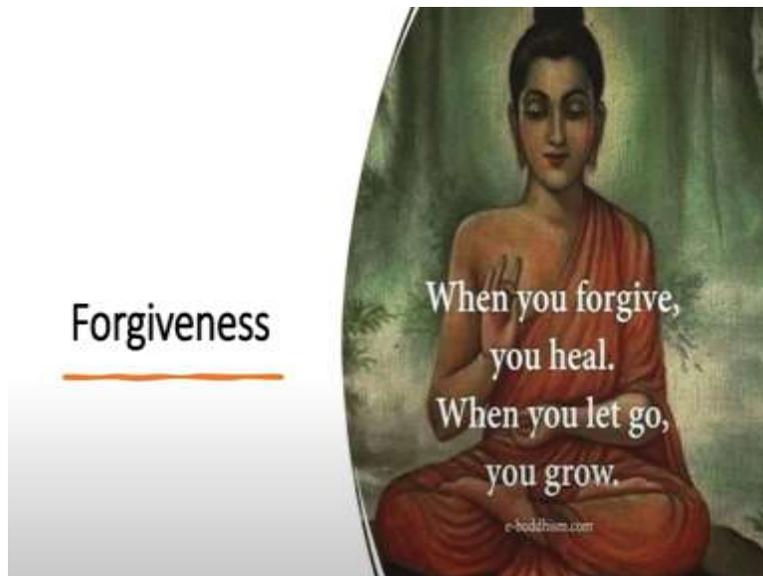
Forgiveness

Lecture:-6

By:  
Dr. Usha Jaiswal

Namaste! Today we are going to learn about the art of forgiving. So before going further, we should know actually what is forgiveness.

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When you forgive, you heal. When you let go, you grow. The attitude of forgiveness is a culmination of spiritual practice and inner growth.

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Forgiveness is taking the knife out your own back and not using it to hurt anyone else no matter how they hurt you

The attitude of forgiveness is a culmination of spiritual practice and inner growth. By cultivating it, one can cultivate all other related virtues.

When we live in this world, it is not possible to avoid hurting or harming others or affecting them in some way.

Intentionally or unintentionally, our actions are bound to hurt others. Violence is inherent in life and survival.

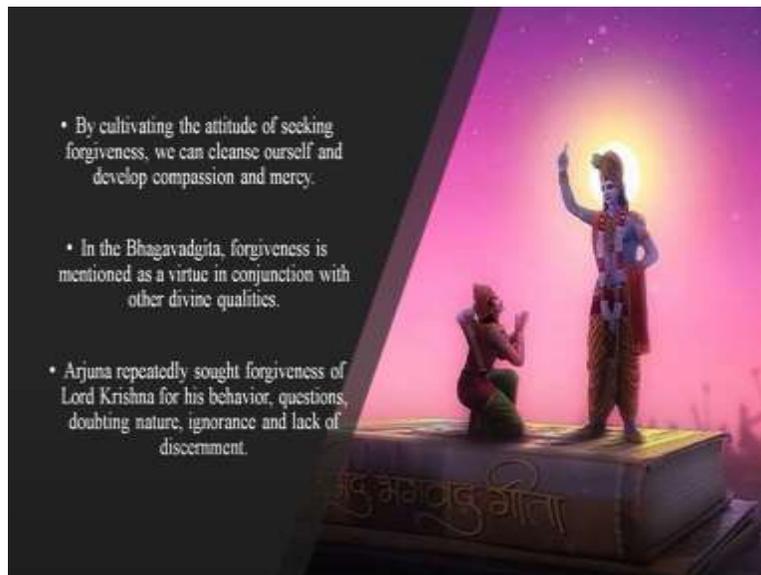
One must seek forgiveness before eating food because we do not know how many people one might have hurt to obtain it. Seek forgiveness when we perform a ritual, because knowingly or unknowingly we may make mistakes while performing it.

By cultivating it, one can cultivate all other related virtues.

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Seek forgiveness when we perform a ritual because knowingly or unknowingly we may make mistakes while performing it.

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By cultivating the attitude of seeking forgiveness, we can cleanse ourselves and develop compassion and mercy. In the Bhagavad Gita, forgiveness is mentioned as a virtue in conjunction with other divine qualities. Arjuna repeatedly sought forgiveness of Lord Krishna for his behaviour, questions, doubting nature, ignorance and lack of discernment.

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Lord Krishna always responded with loving kindness.

According to the scripture in the 11th chapter 42 shloka, one may seek forgiveness for inappropriate behavior whether it is intentional or unintentional. God is ever forgiving because forgiveness is a divine quality and an essential aspect of divine grace. In materialistic life, it is not always easy to forgive someone, especially if they have caused you greater harm or hurt.

(Refer Slide Time: 02:40)



• The ego is the one who hurts and gets hurt. It plays an important role in personal conflicts and in hurting others or becoming hurt by them in the process.

• It is easily offended because it is vulnerable to anger, envy, pride, lust, etc. Ego is the cause of desires, attachments, expectations, restlessness and mental instability.

• If you are offended, disturbed, irritated or inconvenienced by your actions or those of others, you can be certain that it is your ego, which is reacting, and which is responsible for it.

**Remember**  
when you forgive **you heal**  
and when you let go, **you grow.**

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So the ego is the one who hurts and gets hurt. It plays an important role in personal conflicts and in hurting others or becoming hurt by them in the process.

It is easily offended because it is vulnerable to anger, envy, pride, lust etc. Ego is the cause of desires, attachments, expectations, restlessness and mental instability. If you are offended, disturbed, irritated or inconvenienced by your actions or those of others, That means it is certain that it is your ego which is reacting and which is responsible for it.

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Forgiveness is a virtue,  
not merely an act.



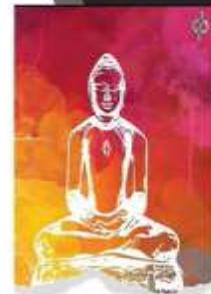
- If you are frequently hurt or offended by others, it means you have a strong ego, and you need to work on it.
- In many spiritual traditions the initiates are advised to attract criticism and negative attention from others by deliberate acts and create opportunities to weaken their egos and cultivate equanimity and calmness.
- Forgiving nature (kshama) is an effect or a consequence of the divine nature, which manifests only through intense yogic effort.

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Forgiveness nature that is the Kshama is an essential or is an effect or consequence of the divine nature which manifest only through intense yogic effort.

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It is better to win over self than  
to win over a million enemies.  
-Lord Mahavir

- One has to go through a comprehensive inner transformation and cultivate all the associated virtues so that one can grow the divinity in oneself.
- In the spiritual evolution of a human being egoism is the first stage, humanity is the intermediate stage and divinity is the highest state.
- To cultivate divinity, one has to cultivate purity or Sattva. To cultivate Sattva, one must practice the Yogas, which are suggested in the Bhagavadgita.

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of human being, egoism is the first stage, humanity is the intermediate stage and divinity is the highest state. To cultivate divinity, one has to cultivate the purity or Sattva. To cultivate the Sattva Guna, one must practice the Yoga which was suggested by Lord Krishna in Bhagavad Gita.

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According to this scripture, firstly one must engage in selfless actions and offer their proof to the divine. Secondly, one must acquire right knowledge from the scriptures and enlightened masters are from self-study that is Svadhyaya. By doing Svadhyaya, you are able to know who I am and what is my purpose, why I have taken this birth. We will get to know by doing Svadhyaya. Thirdly, one must practice virtues such as humility, detachment, discernment and dispassion to let go of selfish desires, egoism, attachment, self-importance, anger, enviousness etc.

One should always seek forgiveness from God, in happiness and in sorrow, in success and in failure, and in daily life too, whether there is an apparent cause or not.

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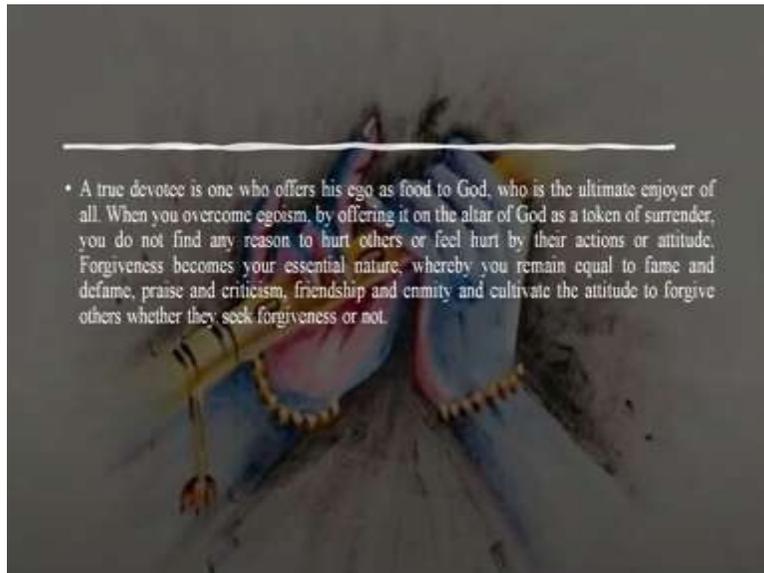
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- One must also renounce worldliness and egoism and stabilize the mind in the contemplation of the Self or God, with devotion and concentration, so that he/she can stop feeding the ego and weaken it or dissolve it in the spiritual Self.
- By nature, the spiritual self possesses all the higher virtues and divine qualities. When you become one with it, you will automatically develop an all-round spiritual personality.

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- A true devotee is one who offers his ego as food to God, who is the ultimate enjoyer of all. When you overcome egoism, by offering it on the altar of God as a token of surrender, you do not find any reason to hurt others or feel hurt by their actions or attitude. Forgiveness becomes your essential nature, whereby you remain equal to fame and defame, praise and criticism, friendship and enmity and cultivate the attitude to forgive others whether they seek forgiveness or not.

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So what is the significance of forgiveness for our general well-being? From time to time in our university, we conduct workshops, shivirs for the patients. In one such shivir, I told the patients to do the practice of forgiveness. So let us do the practice of forgiveness, I told them. So all are ready? One patient stand up with great aggression and started asking me, why I have to forgive? That person has created lot of discomfort, pain and suffering. Till date I am suffering because of him.

I don't want to forgive that person. I told him in a very gentle manner that you are doing forgiveness for yourself. By doing forgiveness to him, you are not doing any favour to him. You are doing the favour to yourself, your body. Because by not doing forgiveness, what we are doing, we are accumulating the pent-up negative emotions, hurt feelings.

Later it will manifest as chronic ailments. No allopathic doctors, super-speciality and multi-speciality hospitals are not able to find a solution, or able to cure the problems. But the root cause is lying within us. We have to do the self-introspection and we have to remove the cause we have to work on the cause so that we can heal permanently. We can lead a happy and healthy life.

So, let us practice this forgiveness. So wherever you are now just simply gently sit whichever asana you feel comfortable it might be Sukhasana or Padmasana, Vajrasana you sit and spine erect, gently close your eyes, deep inhalation and deep exhalation, inhale very very slowly and gently, exhale very slowly inhale and exhale. Inhale very very slowly and gently, exhale very slowly. Deep inhalation and deep exhalation. Wherever your thoughts and emotions are going, just bring back to the practice.

Inhale the peace. Exhale all the stress, tension, and anxiety. Once again inhale the happiness, exhale all the sadness, inhale the love, exhale all the hatred and envious feelings, inhale the divine love, divine peace, inhale the stillness, inhale the bliss. In this state of mind visualize the people whom you have hurted. It might be your family members, friends, relatives, or any person. Just visualize all of them in front of you.

Take your own time, there is no hurry. Now, say mentally to yourself, Atma Namaste. I salute the divinity in you. I salute the Atma residing in you. We are all the children of God.

We are all created by Him. We are all in the evolution process. In this process, knowingly and unknowingly, we make mistakes. I realize that I have hurt you with my actions with my behavior with my words now ask the forgiveness from all the person whom you have visualized in front of you please forgive me. These words should come from the heart.

Please forgive me. Now seek the forgiveness from the God, the Divine. Lord God, please forgive me. Knowingly and unknowingly, I have done these mistakes. By doing these mistakes, I have generated a lot of negative karma. Lord God, You are the abode of peace, unconditional love.

Please forgive me. Now visualize that the God and those people has forgiven you. Lord God has bestowed you with good thoughts, good emotions, good understanding good health happiness prosperity spirituality overall well-being peace and illumination. Deep inhalation and deep exhalation while inhaling visualize you are receiving the blessings inside your system The divine energy has entered into your system. It is going deep, deep inside in each and every cell, each and every particle, each and every chakra, each and every organ.

You are completely healed. The divine energy has the capacity to flush out all the negative emotions, all the hurt feelings which was accumulated in your system. Deep inhalation and deep exhalation. Feel the peace, feel the happiness, feel the bliss. Now visualize those people who have hurt you by their words, by their actions, by their behavior. Visualize all of them in front of you.

Now mentally say, Atma Namaste. I salute the divinity within you. I salute the Atma within you. We are all the children of God. We are all created by Him. We are all in the evolutionary process.

in this process knowingly and unknowingly we make some mistakes. Now you forgive all the people mentally say i wholeheartedly and willingly forgiving you> Now you pray lord god please forgive all these people. You pray the god to show his blessings to all of them. Now visualize that Lord God has forgiven all of them. With the blessings of the

God and the Divine, they are filled with good thoughts, good emotions, good health, good relationship, good understanding, good health, happiness, prosperity and spirituality.

Deep inhalation and exhalation. Inhale very very slowly and gently exhale very slowly, inhale the peace, inhale the happiness, inhale the bliss, inhale the stillness . Now gently open your eyes with a big big smile, probably you are feeling lightness in your body. Just observe, just gently close your eyes for two minutes, just observe, just do the self-introspection. Have you feel complete lightness, have you felt the baggage which you are carrying from yours that you have just put aside. once you are aware of your body you are able to feel this lightness, this inner happiness you feel.

Thank you very much for joining this session.