

## Tranquility Zone

### Forgiveness

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Forgiveness is overlooking mistakes and letting go of resentments. Forgiveness frees us from the needless pain of reliving a hurt over and over. Forgiveness doesn't make a wrong choice right; it brings the generosity of spirit to release it. Forgiveness can heal even the most grievous offense. It brings a blessed opportunity for a clean start. Accepting Divine forgiveness transforms our hopeless guilt into resolve. Self-forgiveness moves us forward, ready to do things differently, with compassion for ourselves and faith that we can change. Forgiveness opens the door of hope.



1. ***“Say: Envy consumeth the body and rage (or anger, wrath) burneth the liver: avoid these two as ye would a fierce lion.”***  
~ Baha’u’llah

2. “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

3. ***“Humility puts an end to a bad reputation,  
Self-effort destroys misfortune,  
Forgiveness destroys anger,  
And good conduct wears away undesirable qualities.”***  
- *The Mahabharata*

4. “Then Peter came to him and asked, ‘Lord, how often am I to forgive my brother if he goes on wronging me? As many as seven times?’ Jesus replied, ‘I do not say seven times but seventy times seven.’” ~ Matthew 18:21

5. “Show ye an endeavor that all the nations and communities of the world, even the enemies, put their trust, assurance and hope in you; that if a person falls into errors for a hundred-thousand times he may yet turn his face to you, hopeful that you will forgive his sins; for he must not become hopeless, neither grieved nor despondent.” – ‘Abdu’l-Baha

6. “Beginning today, treat everyone you meet as if they were going to be dead by midnight. Extend to them all the care, kindness, and understanding you can muster, and do it with no thought of any reward. Your life will never be the same again.” ~ Og Mandino

7. “Anger is an acid that can do more harm to the vessel in which it is stored than to anything on which it is poured.” ~ Mark Twain

8. "There are imperfections in every human being, and you will always become unhappy if you look toward the people themselves. But if you look toward God, you will love them and be kind to them, for the world of God is the world of perfection and complete mercy. Therefore, do not look at the shortcomings of anybody; see with the sight of forgiveness. The imperfect eye beholds imperfections. The eye that covers faults looks toward the Creator of souls. He created them, trains and provides for them, endows them with capacity and life, sight and hearing; therefore, they are the signs of His grandeur. You must love and be kind to everybody, care for the poor, protect the weak, heal the sick, teach and educate the ignorant." ~ 'Abdu'l-Baha

9. "**4:31** Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice. **4:32** And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you." - Ephesians, 4:31-4:32

10. "Words have the power to both destroy and heal. When words are both true and kind, they can change our world." ~ Buddha

11. "The nobler sort of man emphasizes the good qualities in others, and does not accentuate the bad. The inferior does the reverse." ~ Confucius

12. "Spread love everywhere you go. Let no one ever come to you without leaving happier." - Mother Teresa

13. "Let your thoughts dwell on your own spiritual development, and close your eyes to the deficiencies of other souls. Act ye in such wise, showing forth pure and goodly deeds, and modesty and humility, that ye will cause others to be awakened." ~ 'Abdu'l-Bahá

14. "The weak can never forgive. Forgiveness is the attribute of the strong." - Mahatma Gandhi

15. "The one who throws the stone forgets; the one who is hit remembers forever." ~ Angolan Proverb

16. "You may be sorry that you spoke, sorry you stayed or went, sorry you won or lost, sorry so much was spent. But as you go through life, you'll find you're never sorry you were kind." ~ Herbert Prochnow

17. "To put the world right in order, we must first put the nation in order; to put the nation in order, we must first put the family in order; to put the family in order, we must first cultivate our personal life; we must first set our hearts right." ~ Confucius

18. "Beware lest ye offend the feelings of anyone, or sadden the heart of any person, or move the tongue in reproach of and finding fault with anybody, whether he is friend or stranger, believer or enemy. Pray in behalf of all and entreat God for forgiveness and bounty for all." - 'Abdu'l-Baha

19. "Forgiveness is the mightiest sword; Forgiveness of those you fear is the highest reward. When they bruise you with words, when they make you feel small, when it's hardest to take, you must do nothing at all." ~ Jane Eyre

20. "To love means loving the unlovable. To forgive means pardoning the unpardonable. Faith means believing the unbelievable. Hope means hoping when everything seems hopeless." ~ G.K. Chesterton

21. "If you want to see the brave, look at those who can forgive. If you want to see the heroic, look at those who can love in return for hatred." ~ The Bhagavad-Gita 14