

SIX WAYS TO MELT THE HEART

- Heart melts in many ways. When one finds oneself helpless and realizes the greatness of the Absolute (the great Soul or Spirit of the world) and his glory, then one's heart would melt and some transformation becomes possible and devotion takes over.
- There may be circumstances, which create compassion by recognition of someone's helplessness. This immediately moves one to respond and this also happens in the melted heart, to share the suffering.
- A grace also initiates the melting of the heart. Grace can come from any source. When one realizes one's faults and knows to have not deserved and is yet offered grace to uplift, then heart melts.
- When one comes to know about the hardship and sufferings of a great man to have acquired union against all odds, this also melts the heart.
- Being happy in other people's happiness also melts the heart.
- All the artistic creation of the poets, painters, musicians, dancers, actors also brings about the conditions to melt the hearts of their audiences. The proof of a creative and conscious work is this alone, to melt the hearts of those who cannot do it themselves or who cannot find any other source.

These are the ways such occasions arise and the heart having melted a new relationship arises, and the quality of responses changes. A different spirit of devotion comes about and the activity gets the flavor of love.

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A Talk on Forgiveness

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

FORGIVING IN STEPS
ADAPTED FROM A BUDDHIST MEDITATION

Rest, watch the breath for a little while.

Allow memories, images and emotions to come up in your mind that you have not yet forgiven **yourself** for.

Can I accept that as a human being I have some good qualities and some harmful qualities?

Can I accept that pure love is also in my nature and in the nature of all beings?

Have I not suffered enough from these actions?

I have learned and grown, and I am ready to open my heart to myself.

Rest, watch the breath for a little while. When ready say:

"I forgive myself for whatever I did, intentional or unintentional.

May I be happy, free of confusion, understand myself and the world.

May I help others to be happy, free of confusion and full of understanding."

Rest, watch the breath for a little while.

Now imagine in front a person you love and want to forgive.

Can I accept that as a human being this person has some good and some harmful qualities?

Can I accept that pure love is also in his or her nature and in the nature of all beings?

Have we not suffered enough from these actions?

Rest, watch the breath for a little while. When ready say:

"From my heart, I forgive you for whatever you did, intentional or not.

May you be happy, free of confusion and understand yourself and the world.

May we open our hearts and minds to meet in love and understanding."

Rest, watch the breath for a little while.

Now imagine in front someone you have hurt.

Can I accept that as a human being this person has some good and some harmful qualities?

Can I accept that pure love is also in his or her nature and in the nature of all beings?

Have we not suffered enough from these actions?

Rest, watch the breath for a little while. When ready say:

"Please forgive me for whatever I did to you, intentional or unintentional.

May you be happy, free of confusion and understand yourself and the world.

May we open our hearts and minds to meet in love and understanding."

Rest, watch the breath for a little while.

Now imagine in front a person you feel very negative towards.

Can I accept that as a human being this person has some good and some harmful qualities?

Can I accept that pure love is also in his or her nature and in the nature of all beings?

Have we not suffered enough from these actions?

Rest in the breath for a little while. When ready say:

I forgive you for whatever you did to me, intentional or unintentional.

May you be happy, free of confusion and understand yourself and the world.

Please forgive me for whatever I did to you, intentional or unintentional.

May we open our hearts and minds to meet in love and understanding.

Rest, watch the breath for a little while.

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TED is a wonderful website - if you haven't seen it, make a mad dash.

TED.com, <http://ted.com/search?q=Forgiveness+&X=0&Y=>