

## **The Ritual of Forgiveness; A Kriya Practice**

Select a clean, quiet place, stand facing East, and light a white candle. Perform the ritual for creating sacred space, offer a short prayer or affirmation to set your intention, and focus your mind. A subtle incense such as sandalwood can be used. The ritual should be performed verbally for at least the first three times it is offered. After that, it can be practiced silently. Begin the ritual by saying the following words aloud or use your own words that will generate the same feeling and awareness.

“To all those who I may have hurt, knowingly or unknowingly, consciously or unconsciously, in thought, work, or deed, I am sorry. I ask your forgiveness. Let the hurt be healed. Let the karma be dissolved.” Stand quietly and carefully watch your mind to see what arises. Try not to repress or emotionally distort what comes up out of the subconscious. Be receptive to it. It is a gift.

Turn to your left and face North. Repeat once again: “To all those who I may have hurt, knowingly or unknowingly, consciously or unconsciously, in thought, work, or deed, I am sorry. I ask your forgiveness. Let the hurt be healed. Let the karma be dissolved.” Stand quietly for a few minutes and observe your mind.

Turn to your left, face West, and repeat a third time: “To all those who I may have hurt, knowingly or unknowingly, consciously or unconsciously, in thought, work, or deed, I am sorry. I ask your forgiveness. Let the hurt be healed. Let the karma be dissolved.” Stand quietly and observe your mind.

Finally turn to your left, face South and repeat: “To all those who I may have hurt, knowingly or unknowingly, consciously or unconsciously, in thought, work, or deed, I am sorry. I ask your forgiveness. Let the hurt be healed. Let the karma be dissolved.” Stand quietly and carefully watch your mind to see what arises. Try not to repress or emotionally distort what comes up out of the subconscious. Be receptive to it. It is a gift.

Turn to your left once again and face East. Rest for a few moments and reflect on the memories, situations, and thoughts that arose during the first phase of the ritual. You might want to have your spiritual journal nearby so you can record anything you feel to be important after the ritual is complete.

### **Part 2**

Still facing East, say the following words or choose your own words that will generate the same feeling and awareness: “To all those who have hurt ME knowingly or unknowingly, consciously or unconsciously, in thought, word, or deed, I forgive you. I release you. Let the hurt be healed, let the karma be dissolved.” And once again take time to stand quietly and watch the mind carefully. It may try to say something like, “yes, I forgive you but \_\_\_\_\_.” This reveals the source of the deeper hurt and resentment. It is a map to where the more intense emotional karma is within your mind and memory track. It indicates a samskara that you need to focus your tarka practice on over the coming months.

Turn once again to your left, face North and repeat: “To all those who have hurt ME knowingly or unknowingly, consciously or unconsciously, in thought, word, or deed, I forgive you. I release you. Let the hurt be healed, let the karma be dissolved.” And once again take time to stand quietly and watch the mind carefully.

Turn to your left and face West, and repeat: “To all those who have hurt ME knowingly or unknowingly, consciously or unconsciously, in thought, word, or deed, I forgive you. I release you. Let the hurt be healed, let the karma be dissolved.” And once again take time to stand quietly and watch the mind carefully.

Finally turn to your left once again and face South. Repeat: “To all those who have hurt ME knowingly or unknowingly, consciously or unconsciously, in thought, word, or deed, I forgive you. I release you. Let the hurt be healed, let the karma be dissolved.” And once again take time to stand quietly and watch the mind carefully.

When you have offered both phases of the ritual in all four directions, face East once again. Stand quietly and simply watch where your mind goes and the thoughts and memories that pass through it. Offer a prayer for all sentient beings, especially the ones you feel you have hurt and been hurt by. Conclude the ritual by calling upon your Ishta Devata (your chosen form of the divine) and the powers that be to assist you in healing the memories that were awakened by the ritual. In your own way, send your blessing to all those you have hurt and those who have hurt you. Be aware of any resistance that arises within your mind when you do this.

Observing your mind is an integral part of the Ritual of Forgiveness. If you have prepared yourself and developed the practice of self-study and detachment, the ritual will uncover old hurts you thought you had forgotten. Some may seem small and inconsequential, and others will not. The ritual will show you where the deeper resentment and intense emotional karma is within your mind and the people you have symbolically associated with it. It will reveal where the resistance to forgiving is in your soul. The goal is to watch your mind, heal and release the resentment within it, and offer your forgiveness to everyone who has hurt you, **including yourself**.

This has its most profound effects when it can be repeated daily for 5, 7 or 9 days. The first time you perform the ritual only touches the surface of our hurts. You will know when the time is right to conclude the ritual. Also the ritual is best performed with a waning moon. The waning moon is a time of reflection and of letting go. But as all practices and rituals, do them when it best fits in your life. It is better to do them rather than not do them because you cannot find the right time.

Many blessings on your forgiveness journey.  
Deepest Shanti