



4. Forgiveness





## Self-forgiveness – Acceptance - Harmony Forgiveness can set you free! You can forgive yourself and you can forgive others. We tend to be the worst judges of ourselves. Many people beat themselves up for their smallest mistakes. Many tend to be much harder on themselves than they are on others. But this can be painful. This is why forgiveness is one of the most powerful things we can ever do. It can feel like setting ourselves free from some invisible ropes that tie us to the past, which restrict our happiness and fulfillment. There's a story that exemplifies this. There were two monks who were forbidden to have any contact with women. One day they approached a river that they had to cross. There was a woman standing by the side who

So one of the monks lifted the woman onto his back and waded across the water, set her down, smiled, and continued on his path on the other side. The other followed. But as the monks walked, the monk who didn't touch the woman grew more and more irritated. A few hours passed and was now fuming with anger. After a few hours, he could no longer contain his anger. In an angry outburst, he scolded his friend for having broken his vow and making contact with the woman.

also needed to cross, but she was scared of getting into the water in case the current carried her away.

