An individual on Facebook communicated:

I don't understand the concept of forgiveness when someone has done something deliberately nasty to you. How does forgiving them not condone what they did, or say it is acceptable to behave that way?

I dont hold any anger towards the person any more, I just dont want them in my life and have shut them out as they deny they did anything wrong.

Can I acknowledge what happened, accept what happened and let it go without forgiving the person for doing it?

The Four Noble Truths:

- 1 Stress
 - a) the HATE of enduring what seems harmful
 - b) the CRAVING of longing for what seems necessary
 - c) the CLINGING of anticipating the loss of what seems necessary
- 2 Exacerbation

Devadatta's domineering duality of dread and desire – resistance (yang, patriarchy) the Buddha's flexible flow of love and letting-go – acquiescence (yin, matriarchy)

- 3 Liberation from the tyranny of resistance
 - a) not from believing in a real or imagined celestial entity,
 - b) not from worshiping a real or imagined celestial entity, and
 - c) not from supplicating a real or imagined celestial entity
- 4 Mastering the Eight-fold Path
 - to the point of practicing it spontaneously, habitually, easily, and effectively

Skillful Means:

Mindfulness + Scatteredness = Centeredness

Meditation + Controlling tendencies = Spontaneity

Centeredness + Spontaneity = Skillful means or Simplicity

For, when our decisions, utterances, and deeds FLOW from centered spontaneity any harm we do is minimized and any good we do is maximized.

Eight fold path:

Lama is a metaphor of VIEW or contemplation

- 1 letting-go
- 2 love

Dakini is a metaphor for compassionate ACTION

- 3 kind communication
- 4 kind conduct
- 5 kind commerce

Yidam is a metaphor for MEDITATION as described by the seven enlightenment factors

- 6 joyful enthusiasm 4, 3
- 7 mindfulness: vulnerable, passive, visceral, and spontaneous 1, 2
- 8 meditation: physical relaxation, psychic release 5, 6

The Seven Enlightenment Factors:

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1 mindfulness,
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2 curiosity,

3 energy,

4 joy,

5 relaxation,

6 release,

7 balance

<u>Awareness and Letting-go</u>:

Observant inhalation: Notice this...

Relaxing exhalation: relaxing!

NOTICE: vulnerably, passively, viscerally, and randomly

Whether that which we notice is: sensation,

flavor

scent

sound

sight

Whether that which we notice is: emotion,

intention thought memory

imagination

Whether that which we notice is: External or Internal,

Physical or Mental

Pleasurable or Painful Interesting or Boring Glorious or Grotesque

Awareness and Letting-go:

Observant inhalation: Notice this...

Relaxing exhalation: relaxing!

Let us NOT ignore the AT AT in the room

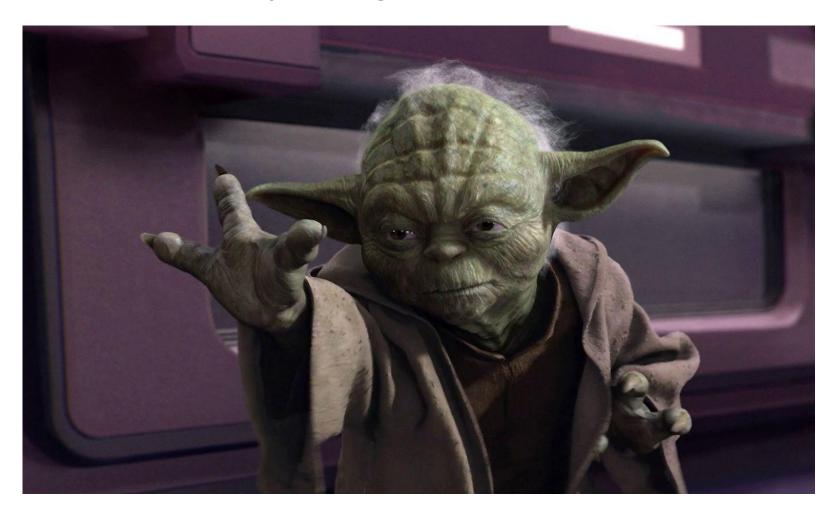
20jul21b – Forgiveness and Boundaries



What are we to DO with that which we notice?

Are we to shove at that which we perceive like Yoda force pushing Darth Sidious in "Revenge of the Sith?"

20jul21b – Forgiveness and Boundaries



Are we to greedily, hungrily, and desperately reach for that which we perceive

like Smeagol chasing after his precious only to plummet into the bowels of Mount Doom in "Return of the King?"

Are we to obsessively analyze and label that which we perceive

like poor, mad Renfield forever organizing and then RE-organizing his bugs in "Dracula?"

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