

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.

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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:

1 mindfulness,

2 curiosity,

3 energy,

4 joy,

5 relaxation,

6 release,

7 balance

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Awareness and Letting-go:

Observant inhalation: *Notice **this**...*

Relaxing exhalation: ***relaxing!***

NOTICE: vulnerably, passively, viscerally, and randomly

Whether that which we notice is: sensation,

flavor

scent

sound

sight

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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

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Awareness and Letting-go:

Observant inhalation: *Notice this...*

Relaxing exhalation: ***relaxing!***

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Let us NOT ignore the AT AT in the room

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What are we to DO
with that which we notice?

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

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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?”

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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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