**Forgiveness Ceremony**

**After a Meditation Retreat**

**Forgiveness From the Buddha / Dhamma / Sangha**

Whatever wrong I may have done out of ignorance,

to the Buddha, Dhamma & Sangha,

by way of body, speech, or thought,

intentionally or unintentionally,

may the Buddha, Dhamma & Sangha accept my admission of it,

so that in the future I may show restraint towards them.

**Forgiveness From the Venerable Teachers** (while looking at or visualising the Ayyas)

Whatever wrong I may have done out of ignorance,

to the Venerable Teachers of this retreat,

by way of body, speech, or thought,

intentionally or unintentionally,

may the Venerable Teachers accept my admission of it,

so that in the future I may show restraint towards them.

**Forgiveness From the Members of this Retreat Community** (while looking at or visualising them)

Whatever wrong I may have done out of ignorance,

to the Members of this Retreat Community,

by way of body, speech, or thought,

intentionally or unintentionally,

may the Members of this Retreat Community

accept my admission of it,

so that in the future I may show restraint towards the Members of this Retreat Community.

**Forgiveness From Other Sentient Beings**

Whatever wrong I may have done out of ignorance, during this retreat,

towards other sentient beings,

seen or unseen, weak or strong, big or small, subtle or gross, far or near, internal or external

by way of body, speech, or thought,

intentionally or unintentionally,

may these sentient beings accept my admission of it,

so that in the future I may show restraint towards these sentient beings.

.....................................................................

**Forgiveness to Others**

Whatever wrong or harm you may have done to me, out of ignorance, during this retreat,

by way of body, speech or thought,

I readily and freely forgive you,

so as to enable you and me to live at ease.

.....................................................................

**Forgiveness to Ourselves/Myself**

Whatever wrong or harm I may have done towards others and myself, during this retreat,

I admit having done so out of ignorance.

And as I will show restrain in the future,

I readily and freely forgive myself,

knowing that freedom from remorse and regret is indeed

True Living according with the Dhamma.

The abandoning of these unwholesome mental states will enable me to live at ease, and make progress towards the State of Peace.

.....................................................................

Thus ends this Forgiveness Ceremony

[www.sayalaysusila.net](http://www.sayalaysusila.net)