

CLASS 4 Levine Notes

Forgiveness-renews our life by finishing unfinished business, just the intention to forgive has power.

Question: do we want to go to our death without have forgiven others or asked for forgiveness of those we have hurt, or freed ourselves from self-recriminations?

Forgiveness does not condone unkind actions, but does embrace the momentary actor whose unskillful ways led to unskillful conduct.

Forgiveness is mercy in action in the same way compassion is wisdom in action.

Gratitude is state of mind of thankfulness with its cultivation it increases our sympathetic joy, our happiness at another's happiness.

Practicing gratitude increases our appreciation for life, potentates our letting go into life and death with an open heart.

Gratitude highest form of acceptance, is a way of seeing, being.