



Jewish Meditation Project of Columbus
Yom Kippur 2015/5776

Quotes on Forgiveness

Forgiveness is not an occasional act: it is a permanent attitude.
Dr. Martin Luther King, Jr.

For every minute you remain angry, you give up sixty seconds of peace of mind.
Ralph Waldo Emerson

Before we can forgive one another, we have to understand one another.
Emma Goldman

Our capacity to make peace with another person and with the world depends very much on our capacity to make peace with ourselves.
Thich Nhat Hanh

Resentment is like taking poison and waiting for the other person to die.
Alcoholics Anonymous

Sweet mercy is nobility's true badge.
William Shakespeare

Forgiveness is the key to action and freedom.
Hannah Arendt

For me, forgiveness and compassion are always linked: how do we hold people accountable for wrongdoing and yet at the same time remain in touch with their humanity enough to believe in their capacity to be transformed?
bell hooks

When Jews appear for Divine judgment, the angels say to them: "Don't be afraid, the Judge...is your Father."
Midrash Tehillim

I hereby forgive all who have transgressed against me, whether on purpose or by accident, whether in this lifetime or on any other plane.... Let no one be punished on my account.
Hareni Mochel prayer before the evening *Shema*