

# Forgiveness Journal

- based on Dada J.P. Vaswani's teaching



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FOR WORLD PEACE


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# Prayer for Forgiveness and Embracing the Moment of Calm

So bless me lord,  
That I may learn to return good for evil  
– A blessing for a blow.

May my heart be so filled with love  
That there is no empty nook or corner  
Init for resentment against anyone.

May my heart be so filled with love

May I not remember

Any wrong that has been done to me,  
Any hurt that has been inflicted on me.

I FORGIVE ALL! I LOVE ALL!

I FORGIVE ALL! I LOVE ALL!

I FORGIVE ALL! I LOVE ALL!





# Why Forgive?

Dada J.P. Vaswani emphasized forgiveness as a transformative act, promoting inner peace and spiritual growth. He viewed forgiveness as a courageous choice, breaking the chains of negativity, and a key to harmonious relationships. According to him, forgiveness is a practical wisdom, liberating individuals and fostering a compassionate, understanding world.

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**Let us forgive one another while there is yet time: for the day cometh when the opportunity to forgive will be taken away from us.**

~Dada J. P. Vaswani





## Lets meditate on forgiveness

The meditation begins – **sit** in a comfortable posture. **Let your hands rest** loosely in your lap, **Close your eyes** and relax, relax your body, relax your muscles, **relax** your limbs. Take a long **deep breath** in hold it for a moment and then slowly exhale. Take another deep breath in and exhale completely. Now **tighten your hands** into his **clench your fists** really firm, **feel the tension** in your hands and arms, **hold tighter**, tighter, tighter, and **now relax... Let go**, let go, allow your hands, and arms to be relaxed and loose.  
**You feel so relieved**

Remember it was your own choice, you were the one clenching your fists, Similarly, you are the one holding on to your grudges and resentments.  
**Choose to let go and be free.**

Think of the people for whom you are holding a grudge in your heart.  
Call them by name and say Mr. X, Mrs. Y, Miss Z... and say  
I forgive you, I forgive you, I forgive you, You feel so calm, and peaceful.

### Now let us say a prayer

Dear God, help me cast away all arrangements and grudges, help me release the burden that I have been holding, help me to let go and be free. I forgive all, I love all, I forgive all, I love all, I forgive all, I love all  
**and now must come the final benediction**  
May all, all, all without exception be free from disease,  
free from ignorance, free from sorrow.

As you get up from this meditation, many of you will feel that you yourselves are happy, full of peace and bliss. Now let us rub the palms of our hands together, place them gently on the eyelids and gently, very, very gently open the eyes.

**Om Shanti Shanti Shanti!**

Dada's Guided Meditation:  
[https://www.youtube.com/watch?v=6zpA\\_X46UUw](https://www.youtube.com/watch?v=6zpA_X46UUw)



“  
**Forgiveness builds bridges between broken relationships**  
~Dada J. P. Vaswani

” 3



# Understand Forgiveness

Date: \_\_\_\_\_

Dada J.P. Vaswani's wisdom on forgiveness inspires conscious release. Grudges are unwanted anchors that hold back our growth; therapeutic journaling aids self-awareness, unburdening the soul for growth.

**Write about a grudge you've been holding onto...**

Lined writing area for journaling.

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**“Forgiveness teaches us to face life with tolerance, understanding and equanimity.”**

~ Dada J.P. Vaswani



# The Power of Letting Go

Date: \_\_\_\_\_

In meditation, I confront unforgiveness, sensing the weight of grudges. Journaling unveils the liberation, a lightness felt when letting go—an empowering freedom.

**How does it feel to hold on to the grudge?**

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Acknowledge the grudges and burdens and visualise releasing them now.

**How does it feel to let go?**

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**“Life without forgiveness is like a temple without light.”**

~Dada J. P. Vaswani

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# Choose to Forgive

Date: \_\_\_\_\_

Choose forgiveness with the "I forgive you" mantra. Reflect on those you need to forgive, saying their names followed by the mantra.

**Write about your experience of choosing to Forgive someone here:**

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Mam actually the content is way too much, so it is looking like this, can I reduce something?

**"See the good in everyone. Be blind to the faults of others."**  
~Dada J.P. Vaswani





# The Final Benediction

Date: \_\_\_\_\_

Make forgiveness a ceremony, sit comfortably, repeat "Om Shanti Shanti Shanti". Visualise you have released all grudges, they have left your body, mind and heart, open your eyes when you feel ready, notice the ease, peace and lightness in your heart.

**Write a reflection of your journey towards forgiveness journaling in your own words:**



A large, light blue rectangular area with horizontal dashed lines, intended for journaling. A blue pushpin icon is at the top center.

**"Seek the One, and you will find the All."**

~Dada J.P. Vaswani

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# Embrace Peace and Bliss



Date: \_\_\_\_\_

Meditate on peace, envisioning a life free from grudges. Embrace the tranquility forgiveness brings. Journal about your vision for a peaceful, blissful life, exploring emotions and relationships flourishing in forgiveness.

**Write about your vision of what a peaceful, blissful life could look like for you.**

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**“Your life is a manifestation of the thoughts that go on in your head.”**

~Dada J.P. Vaswani



# Embody Forgiveness

Date: \_\_\_\_\_

Reflect on your forgiveness journey and the strides you have made. Write a letter to yourself forgiving all your past mistakes. Commit to a lifestyle of forgiveness, and peace. Remember, forgiveness is a journey, not a destination. It requires continuous effort and practice. Be patient with yourself and remember the words of Dada JP Vaswani: "Let go and be free."

Handwriting practice lines consisting of multiple sets of horizontal dashed lines for writing.

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**"Silence and solitude are as essential to spiritual growth,  
as are water and sunshine to a tree."  
~Dada J.P. Vaswani**



# Forgiveness Practice - Daily Reflection

"Reflect on any hurts or grudges from today"

Dada encourages immediate and daily forgiveness for a peaceful mind and to keep consciousness clean

List names or situations that caused negative feelings today.

Take a moment to identify any instances where you felt hurt, angered, or upset of your day.

Make a list of people or situations that triggered negative emotions. Be honest with yourself about the impact these experiences had on you.

Select one person from your list who you find challenging to forgive. Consider someone you interacted with today or someone from your past.

Describe your feelings about this person or situation. Explore the emotions that arise, such as anger, resentment, or disappointment.

Following Dada's wisdom, verbally forgive this person. Say, "I forgive you, [Name] Thrice Engage in Dada's empathy exercise. Swap mental positions and understand their perspective. Write down any shifts in your feelings towards this person.

Visualise cutting the negative energy cord that connects and bids you to this person. Release it. Reflect on the act of forgiveness as a choice for freedom and peace. Write down any insights or shifts in your mindset.

**“The more you love, the more you forgive. The more you forgive, the more you forget. The more you forget, the more you serve!”**

~ Dada J.P. Vaswani

## EXERCISE

**Remind yourself** of the holistic benefits forgiveness brings. Consider the positive impact on your social, professional, personal, and spiritual life. **Set intentions** for how you want to approach forgiveness tomorrow. Consider how this practice contributes to your overall well-being. **Embrace forgiveness as a daily practice** for a life filled with light and liberation. Each act of forgiveness brings you closer to inner peace and spiritual growth. Print more sheets of this page for daily self reflection.

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# Forgiveness Practice - Monthly Reflection

“**Forgiveness is often regarded as a weakness. But forgiveness holds great power. Forgiveness reveals your inner strength. For it is only the strong who can forgive.**”

~Dada J. P. Vaswani

Review the past month. Identify lingering resentments, Consider situations where forgiveness is needed.

Summarize the key events and emotions of the past month. Highlight any forgiveness-related challenges or successes

Acknowledge instances where forgiveness played a positive role. Write down the positive outcomes or changes in your mindset.

Reflect on forgiveness challenges faced during the month. Write down any lessons learned or insights gained.

Choose a forgiveness mantra for the upcoming month. Repeat this mantra daily to reinforce a forgiving mindset.

Express gratitude for those who have played a role in your forgiveness journey. Consider reaching out to express your appreciation

## EXERCISE

Approach the new month with a forgiving heart and a commitment to growth and Let forgiveness be a continuous thread woven into the fabric of your life.



# Forgiveness Practice - Annual Reflection

Reflect on the transformative power of forgiveness over a year

“ **Forgiveness isn't about justice. Justice seeks to punish. Forgiveness seeks reconciliation.** ~ Dada J. P. Vaswani ”

**Look back on the entire year. What forgiveness milestones can you recall?** Reflect on the significant events and experiences of the past year. Identify any recurring themes or patterns related to forgiveness

**List people or situations that stood out in terms of forgiveness challenges.**  
Consider both positive and challenging forgiveness experiences.

**Write down the lessons you've learned about forgiveness in the past year.**  
Explore how forgiveness has impacted your relationships and well-being.

**Acknowledge instances where you successfully forgave** and experienced positive outcomes.  
Celebrate your growth in forgiveness throughout the year.

**Identify any lingering forgiveness challenges or unresolved issues.**  
Consider the emotions attached to these situations.

**Apply Dada's four stages of forgiveness** to the unresolved issues. **Reflect on your progress** through hurt, hate, healing, and coming together.

**Set forgiveness intentions for the upcoming year.**  
Consider how forgiveness can play a more prominent role in your life

## EXERCISE

**Embrace the new year as an opportunity for continued forgiveness and growth. Let the past be a stepping stone to a more forgiving and liberated future.**



# Forgiveness Practice - Life Reflection

Consider individuals or events throughout your life that require forgiveness.

“How long will you wait for the right time to come? The right time is now and the right place is here. ~ Dada J. P. Vaswani”

**From the Beginning:** Reflect on forgiveness challenges from your early years until now. Identify any long-standing patterns or recurring forgiveness themes.

**Transformation Over Time:** Consider how your approach to forgiveness has evolved over the years. Write about transformative moments and key learnings.

**Generational Forgiveness:** Reflect on forgiveness patterns inherited from previous generations. Explore how you can contribute to breaking negative cycles.

**Unconditional Self-Forgiveness:** Forgive yourself for any unresolved guilt or self-blame. Practice self-love and acceptance as part of your forgiveness journey.

**Dada's Wisdom Integration:** Integrate Dada's forgiveness practices into your overall life reflection. Apply Dada's teachings to unresolved forgiveness challenges.

**Gratitude for the Journey:** Express gratitude for the entire forgiveness journey. Acknowledge the strength and resilience gained through forgiveness.

## EXERCISE

EMBRACE FORGIVENESS AS AN ONGOING JOURNEY, RECOGNIZING ITS POWER TO SHAPE A FULFILLING AND LIBERATED LIFE. COMMIT TO CONTINUOUS GROWTH AND HEALING THROUGH THE PRACTICE OF FORGIVENESS.

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# Forgiveness Practice for self-forgiveness

Reflect on moments where you have been hard on yourself. Identify instances where self-forgiveness is needed.

“ **Our forgiveness must be total and complete. When you forgive, make sure that you forget – Dada J. P. Vaswani** ”

**Acknowledging Inner Turmoil:** Reflect on instances where you've been hard on yourself. Identify areas of self-judgment, guilt, or unresolved emotions. Write about a specific moment when you were harsh on yourself. How did it make you feel, and what emotions arose?

**Release of Self-Blame:** Forgive yourself for past mistakes and shortcomings. Let go of self-blame and cultivate self-compassion. List three instances from your past that still carry self-blame. For each, write a forgiveness statement, releasing yourself from that burden.

**Growth Through Compassion:** Explore how self-forgiveness contributes to personal growth. Write about instances where self-compassion led to positive change. Describe a situation where practicing self-forgiveness opened the door to personal growth. How did it impact your life?

**Nurturing Self-Love:** Commit to fostering self-love and acceptance. Identify daily practices that reinforce a positive self-image. List three self-love practices you will incorporate into your daily life. Reflect on how they can reshape your self-perception.

**Dada's Guiding Wisdom:** Integrate Dada's teachings on self-forgiveness into your reflection. Apply Dada's insights to specific areas of self-blame or criticism. Select a Dada quote on self-forgiveness that resonates with you. Explain how you can apply this wisdom to a current self-forgiveness challenge.

**Gratitude for Self:** Express gratitude for your journey of self-discovery and forgiveness. Acknowledge the courage it takes to forgive yourself. Write a gratitude letter to yourself, acknowledging your strengths, resilience, and capacity for self-forgiveness.

## EXERCISE

**Affirm your commitment to ongoing self-forgiveness and healing. Embrace the transformative power of self-love on your journey. Self-compassion as a key to inner peace.**





All the people I have forgiven in this lifetime.  
I release all negative ties with them and wish them peace.

Om Shanti Shanti Shanti.

Write Names

Fill up the jar



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Sign 

# Notes

Date: \_\_\_\_\_

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# Notes

Date: \_\_\_\_\_

Lined area for writing notes, consisting of multiple horizontal dashed lines.





# THANK YOU



Dear You, the reader of this letter

We want to congratulate and Thank you for reaching this page after being so committed and total in your practice of forgiveness. You have successfully completed this journal and we hope you are feeling much lighter and easier in your heart by now.

Feel free to repeat any of the pages especially the daily pages, keep a few copies handy for the monthly and self forgiveness pages too and use them often to keep yourself clear of any burdens and grudges for anyone or towards yourself.

This is a powerful practice and it is a gift from Dada that keeps on giving. With his blessings may you always feel easy and light in your heart. Happy New Year from all of us at Sadhu Vaswani Center For World Peace.

Sincerely,

Team at Sadhu Vaswani Center For World Peace





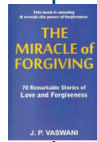
# Stay Connected on the path of your regular Forgiveness Practice

## Books on Forgiveness by Dada



### THE MAGIC OF FORGIVENESS

-bringing inner well being through the act of pardoning



### THE MIRACLE of FORGIVING

-70 Remarkable Stories of Love and Forgiveness

[www.dadavaswanisbooks.com](http://www.dadavaswanisbooks.com)



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Stay in touch with the latest updates, resources, world tours, contact us, and get help to make donations or get involved to spread the message of Dada.

For Daily Soul Searching with Didi Krishna Kumari based on Dada's teaching join us on our social handles below. Celebrate Global forgiveness with us annually on Aug 2 Celebrate Meatless Day with us annually on Nov 25

Scan to get connected on all our social media handles



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Pinterest | Threads | Reddit  
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[Twitter.com/SadhuVaswaniCen](https://twitter.com/SadhuVaswaniCen)



# Maintain Your Forgiveness Practice

Practice forgiveness, journal fresh insights and experiences. Revisit Dada J. P. Vaswani's teachings, meditations, and readings for continued guidance and inspiration as often as you may need it.

About Sadhu Vaswani Center for World Peace (USA):

Sadhu Vaswani Center For World Peace, headquartered in New Jersey, USA, is dedicated to fostering global harmony and understanding. Rooted in the teachings of Dada J.P. Vaswani and Sadhu T.L. Vaswani, the center emphasizes education, service to the underprivileged, sustainability, interfaith dialogue, and universal love. By promoting forgiveness, compassion, and upliftment, the center aspires to create a more peaceful world.

About Sadhu Vaswani Mission (Pune, India):

Sadhu Vaswani Mission, headquartered in Pune, Maharashtra, is a non-sectarian, non-profit organization founded by Sadhu T.L. Vaswani and led by Dada J.P. Vaswani. Guided by the motto "To be happy, make others happy," the Mission is committed to spiritual upliftment, humanitarian service, and promoting unity among all religions. Through diverse initiatives, including International Meatless Day and The Moment of Calm, the Mission seeks to cultivate a world of compassion, peace, and harmony.

About Dada J.P. Vaswani:

Dada J P Vaswani (2 August 1918 – 12 July 2018) ), affectionately called "Dada," was a spiritual leader with a difference. His message of love and forgiveness resonated deeply with millions of people around the world. He spearheaded Sadhu Vaswani Mission, which he took over after the passing away of his master T L Vaswani. The mission has centres around the world and continues to do humanitarian work. Dada has received the prestigious U-Thant Peace Award for his dedicated service to the world peace.

About Didi Krishna Kumari:

Didi Krishna Kumari, born on May 9, 1961, is a beacon of wisdom and compassion, steeped in the teachings of Saints Sadhu T. L. Vaswani and Revered Dada J. P. Vaswani. As the head of the Sadhu Vaswani Mission, she leads with inclusive, spiritually rooted values, steering educational and humanitarian initiatives globally. Accompanying Dada on impactful journeys, her writings and speeches resonate, embodying the mission's message of love, compassion, and service. Didi dedicates her life to propagating the transformative legacy of Dada J.P. Vaswani.

Follow the Journey: IG/YT: @sadhuvaswanicenter

Email: info@sadhuvaswanicenter.com

USA Website: www.sadhuvaswanicenter.com

India Website: www.sadhuvaswani.org




**"Faith sees the invisible, believes the incredible and achieves the impossible."~Dada J.P. Vaswani**

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# 2024

## Make This A Year Of Forgiveness

### January

MO	TU	WE	TH	FR	SA	SU
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4

### February

MO	TU	WE	TH	FR	SA	SU
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	1	2	3

### March

MO	TU	WE	TH	FR	SA	SU
26	27	28	29	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

### April

MO	TU	WE	TH	FR	SA	SU
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	1	2	3	4	5

### May

MO	TU	WE	TH	FR	SA	SU
29	30	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2

### June

MO	TU	WE	TH	FR	SA	SU
27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

### July

MO	TU	WE	TH	FR	SA	SU
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4

### August

MO	TU	WE	TH	FR	SA	SU
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1

### September

MO	TU	WE	TH	FR	SA	SU
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	1	2	3	4	5	6

### October

MO	TU	WE	TH	FR	SA	SU
30	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3

### November

MO	TU	WE	TH	FR	SA	SU
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	1

### December

MO	TU	WE	TH	FR	SA	SU
25	26	27	28	29	30	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5









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