

FORGIVENESS

For Corwin and Keagan and all children: "How can we be anything but loving?"

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Slowly and very much not in strict time, with great openness and flexibility, dynamics and expression flowing from the text ♩ = c. 40, ad libitum

SOPRANO
ALTO

TENOR
BASS

Be - gin to re - flect for a mo - ment on what the word "for - give - ness" might mean.

2

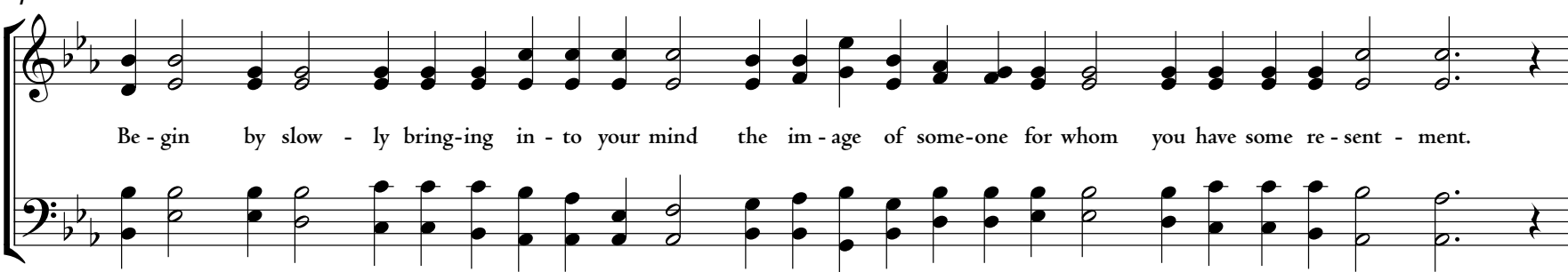
S.
A.

T.
B.

What is for-give - ness? What might it mean to bring for-give - ness in - to one's life, in - to one's mind?

4

S.
A.



Be - gin by slow - ly bring - ing in - to your mind the im - age of some - one for whom you have some re - sent - ment.

T.
B.

5

S.
A.




Gent - ly al - low a pic - ture, a feel - ing, a sense of them, to gath - er there.

T.
B.

6

S.
A.

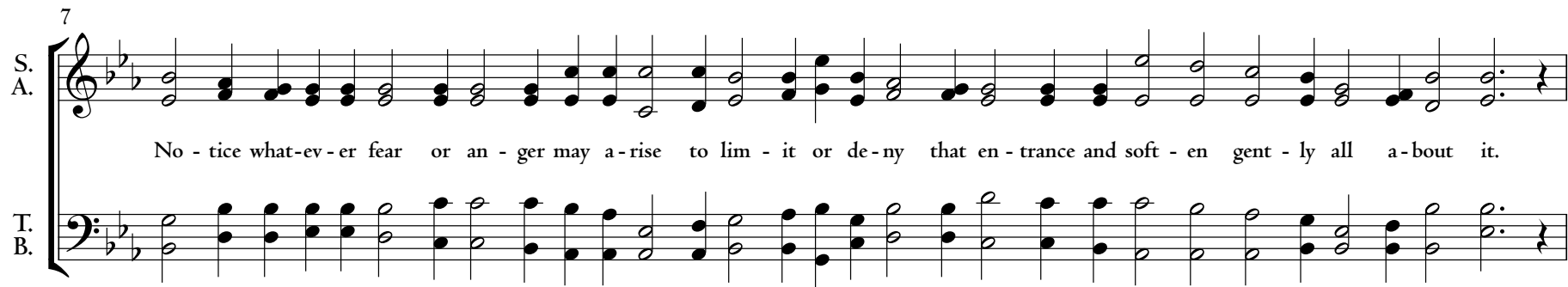


Now in - vite them in - to your heart just for this mo - ment.

T.
B.

7

S. A.



No - tice what-ev - er fear or an - ger may a - rise to lim - it or de - ny that en - trance and soft - en gent - ly all a - bout it.

T. B.

8

S. A.



No force; just an ex - per - i - ment in truth which in - vites this per - son in.

T. B.

9

S. A.



Si - lent - ly, in your heart, say to this per - son, "I for - give you."

T. B.

10

S. A.

Op - en to a sense of their pre - sence and say, "I for-give you for what-ev - er pain you may have caused me in the past,

T. B.



11

S. A.

in - ten - tion - al - ly or un - in - ten - tion - al - ly, through your words, your thoughts, your ac - tions.

T. B.

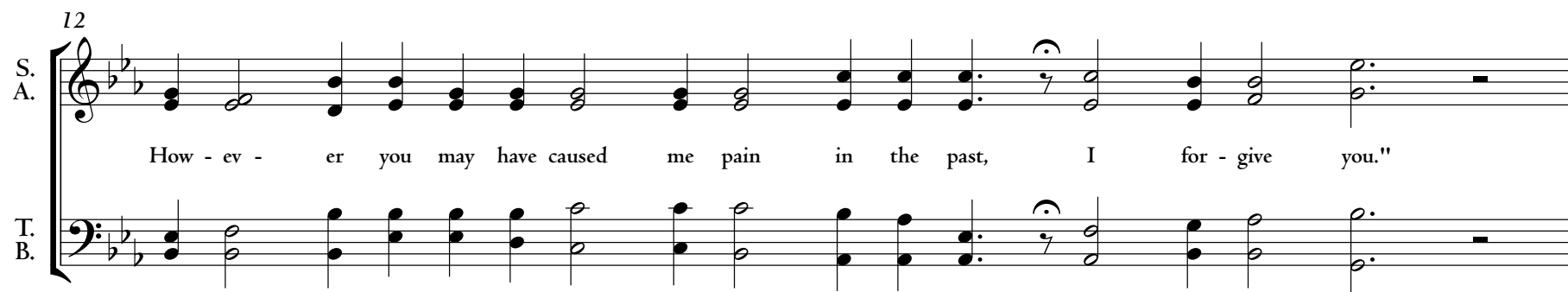


12

S. A.


How - ev - er you may have caused me pain in the past, I for - give you."

T. B.




13

S. A.




Feel for a mo - ment that spa - cious-ness of the heart which al - ways con-tains the pos - si - bil - i - ty of for-give - ness.

T. B.




14

S. A.



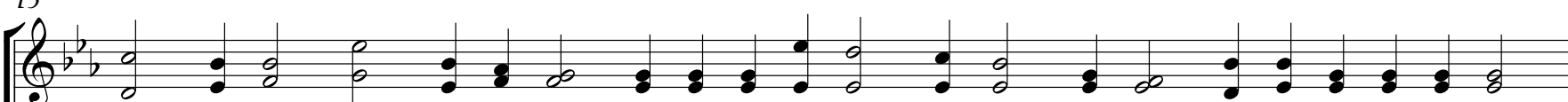
Let go of those walls, those cur - tains of re-sent - ment, so that your heart may be free, so that your life may be light - er.

T. B.




15

S. A.



"I for - give you for what - ev - er you may have done that caused me pain, in - ten - tion - al - ly or

T. B.



16

S. A. un - in - ten - tion - al - ly, through your ac - tions, through your words, ev - en through your thoughts, through what-ev - er you did,

T. B.

17

S. A. through what-ev - er you did - n't do. How-ev - er the pain came to me through you, I for-give you.

T. B.

19

S. A. I for-give you." It is so pain - ful to put some-one out of your heart. Let go of that pain.

T. B.

22

S. A.

Let them be touched for this mo - ment at least with the pos - si - bil - i - ty of for - give - ness.

T. B.

23

S. A.

"I for - give you. I for - give you."

T. B.

25

S. A.

Al - low that per - son just to be there in the still - ness, in the warmth and pa - tience of the heart.

T. B.

26

S.
A.

Let them be for-giv - en. Let the dist - ance be-tween you dis-solve in mer - cy and com-pas - sion. Let it be so.

T.
B.

29

S.
A.

Now, hav-ing fin - ished so much busi - ness, dis-solved in for-give - ness, al-low that be - ing to go on their way.

T.
B.

30

S.
A.

Not push - ing or pull - ing them from the heart, but simp - ly let - ting them be on their own way,

T.
B.

31

S. A. touched by a bless - ing and the pos - si - bil - i - ty of your for - give - ness.

T. B.

32

S. A. Giv - ing your-self what-ev - er time is ne - ces-sar - y, al-low that per - son to de-part, no - tic-ing an - y feel - ings as they leave.

T. B.

33

S. A. Now gent-ly bring in-to your mind the im-age, the sense, of some-one who has re-sent-ment for you, some-one whose heart is closed to you.

T. B.

34

S. A.

In - vite them, just for this mo - ment, in - to your heart.

T. B.

35

S. A.

No-tice what-ev - er lim - its their en - trance and soft - en all a - bout that hard-ness. Let it float.

T. B.

37

S. A.

Mer - ci - ful - ly in - vite them in and say, "I ask your for-give - ness." "I ask your for-give - ness."

T. B.

39

S. A. "I ask to be let back in - to your heart.

T. B.

40

S. A. That you for - give me for what - ev - er I may have done in the past that caused you pain,

T. B.

41

S. A. in - ten - tion - al - ly or un - in - ten - tion - al - ly, through my words, my ac - tions, ev - en through my thoughts."

T. B.

42

S. A. "How - ev - er I may have hurt or in - jured you, what-ev- er con - fu - sion, what-ev- er fear of mine caused you pain.

T. B.

43

S. A. I ask your for - give - ness." Al - low your - self to be touched by their for - give - ness.

T. B.

45

S. A. Al - low your - self to be for - giv - en. Al - low your - self back in - to their heart. Have mer - cy on you.

T. B.

48

S. A.

Have mer - cy on them. Al - low them to for-give you. Feel their for-give - ness touch you.

T. B.

51

S. A.

Re - ceive it. Draw it in - to your heart.

T. B.

53

S. A.

"I ask your for - give - ness for how - ev - er I may have caused you pain in the past--

T. B.

54

S. A.

through my an - ger, through my lust, through my fear, my ig - nor-ance, my for-get - ful-ness, my blind - ness, my doubt, my con - fu - sion.

T. B.

55

S. A.

How - ev - er I may have caused you pain, I ask that you let me back in - to your heart.

T. B.

56

S. A.

I ask your for-give - ness." Let it be. Al - low your-self to be for - giv - en.

T. B.

59

S. A.

T. B.

If the mind at-tempts to block for-give-ness with mer - ci - less in - dict - ments, re-crim-in - a - tions, judge - ments,

60

S. A.

T. B.

just see the na - ture of the un - kind mind state. See how mer - ci - less we are with our-selves.

62

S. A.

T. B.

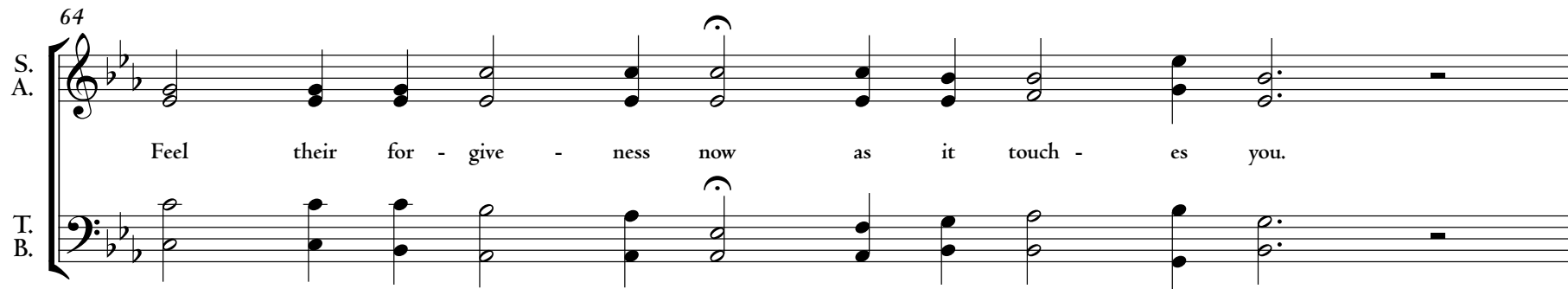
And let this un-kind hold - ing be soft - ened by the warmth and pa - tience of for-give - ness. Let it be so.

64

S. A.

Feel their for - give - ness now as it touch - es you.

T. B.

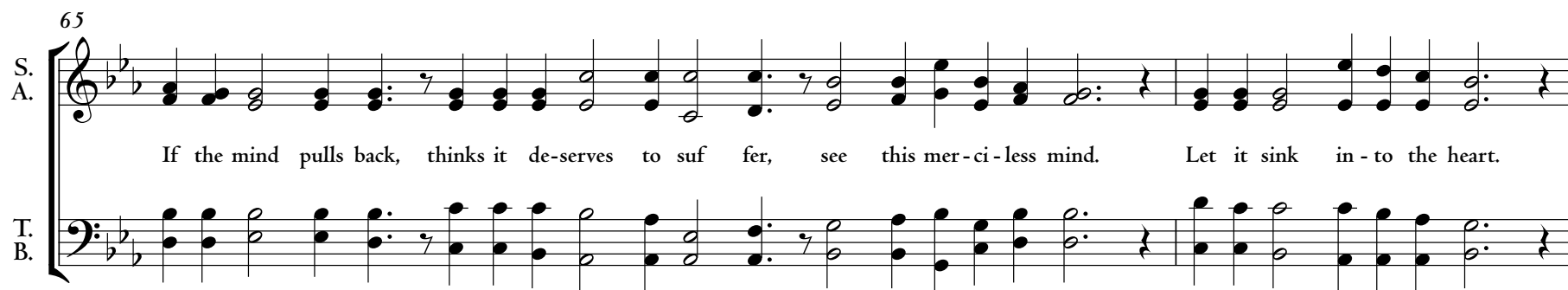


65

S. A.

If the mind pulls back, thinks it de-serves to suf fer, see this mer-ci-less mind. Let it sink in - to the heart.

T. B.



67

S. A.

Al-low your-self to be touched by the pos - si - bil - i - ty of for-give - ness. Re-ceive the for-give - ness.

T. B.



69

S. A.

Let it be. Gent - ly bid that per-son a - dieu and with a bless - ing let them be on their way,

T. B.

71

S. A.

hav-ing ev - en for a mil - li - se-cond shared the one heart be-yond the con-fu - sion of seem-ing - ly sep - ar - ate minds.

T. B.

72

S. A.

Now gent - ly turn to your-self in your own heart and say, "I for - give you," to you.

T. B.

73

S. A. It is so pain - ful to put our-selves out of our hearts. Say, "I for-give you," to your-self.

T. B.

75

S. A. Call - ing out to your-self in your heart, us - ing your own first name, say "I for - give you."

T. B.

76

S. A. If the mind in - ter - pos - es hard thoughts, that it is self - in - dulg - ent to for - give one - self,——

T. B.

77

S. A. if it judg - es, if it per - sec - utes you, just feel that den - si - ty and let it soft - en at the edge.

T. B.

78

S. A. Just watch that un - kind mind and let it be touched by for - give - ness. Al - low your - self back in - to your heart.

T. B.

80

S. A. Al - low you to be for - giv - en by you. Let the world back in - to your heart.

T. B.

82

S. A.

Al - low your-self to be for - giv - en. Let that for - give - ness fill your whole bo - dy.

T. B.

T. B.

84

S. A.

Feel the warmth and care that wish - es your own well - be - ing.

T. B.

T. B.

85

S. A.

See your-self as if you were your on - ly child;— let your-self be em-braced by this mer - cy and kind - ness.

T. B.

T. B.

86

S. A.

Let your-self be loved. See your for-give - ness for - ev - er a - wait - ing your re - turn to your heart.

T. B.

88

S. A.

How un - kind we are to our - selves. How lit - tle mer - cy. Let it go.

T. B.

91

S. A.

Al-low you to em-brace your-self with for-give - ness. Let your-self be loved. Let your-self be love.

T. B.

94

S. A. And be - gin to share this mir - a - cle of for - give - ness, of mer - cy and a - ware - ness.

T. B.

95

S. A. Let it ex - tend out to all the peo - ple a - bout you.

T. B.

96

S. A. Let all be touched by the pow - er of for - give - ness, for all those be - ings who al - so have known such pain,

T. B.

97

S. A. who have so oft - en put them-selves and oth - ers out of their hearts, — who have so oft - en felt so i - so-lat - ed, so lost.

T. B.

98

S. A. En-cour - age them with your for-give - ness, with your mer - cy and lov-ing kind - ness, that they too may be healed just as you wish to be.

T. B.

99

S. A. Feel the heart we all share filled with for - give - ness so that all might be whole.

T. B.

100

S. A.

Let the mer - cy keep ra - di - at - ing out - ward un - til it en - com - pass - es the whole world.

T. B.

101

S. A.

Let the whole plan - et float like a bub-ble in your heart; the whole world bob-bing on the o - cean of in-fin-ite com-pas - sion.

T. B.

102

S. A.

May all sen-tient be - ings be freed of their suf - fer-ing, of their an - ger, of their con-fu - sion, of their fear, of their doubt.

T. B.

103

S. A. May all be-ings know the joy of their true na - ture. May all be-ings be free from suf - fer - ing.

T. B.

105

S. A. Whole world float - ing in the heart. All be - ings freed of their suf - fer - ing.

T. B.

107

S. A. All be - ings' hearts op - en, minds clear. All be - ings at peace.

T. B.

109

S. A. May all be-ings, on eve-ry lev-el of re-al- i - ty, on eve-ry plane of ex-ist-ence, seen and un-seen, be freed of their suf - fer-ing.

T. B.

26 110 A bit more quickly, direct, recited in earnest...

S. A. May they all be at peace. May we heal the world, touch - ing it a - gain and a - gain with for-give - ness.

T. B.

112

S. A. May we heal our hearts and the hearts of those we love by merg - ing in for - give - ness,

T. B.

113 Broadening... (divisi optional, as possible)

S. A. by merg - ing in peace, _____ in peace.

T. B. (div. optional)