

Forgiveness Meditation: Mindful Self-Healing

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Abstract

Rising like lotus blooms from bloodied war-torn devastation and muddied destitution of war crimes, divided societies and imperialistic ravages of Western colonialism, the two Indochina nations of Vietnam and Cambodia have shown amazing power of resurgence in less than 50 years. In many regional league tables, Vietnam notably, have even pulled ahead to show amazing achievements in GDP and education. What has happened seems like a distant past today. What are the unique cultural roots of this human resilience and socio-economic dynamism?

At an individual level, it is not often that post traumatic stress disorder of abused victims show their mental and emotional suffering. One can only note the behavioral signs which impede normal life and block success. Part of this presentation is to share with the audience the clues to help one recognize such indicative signs with the objective of supporting those who are suffering. There is an effective way to uproot the self-blame, anger and hatred associated with suppressed memories and to overcome the submerged negativities in subconscious minds of the afflicted. Forgiveness meditation is a mindful self-healing way of peaceful living, and when paired as an integral part Insight Meditation, the underlying benefits can empower the healed to progress onward to bigger success.

Real-life cases of two personalities who have taken different paths to demonstrate the power of mindful living towards human resilience and effective healing in the midst of bleak uncertainties are shared:

A. A Cambodian (multiple) noble peace prize nominee who demonstrated not only to his people, but also the world, to seek the only resource where we can find true peace and genuine understanding of truths... in our own hearts. Like many of his compatriots, his entire family, friends and disciples were massacred. A forest monk and meditation master turned peacemaker at the United Nations, he walked step by step bringing forth the spring of hope in the hearts of the shell shocked survivors. Tens of thousands wept as he chants the timeless metta verses of loving kindness and other traditional spiritual chants lost in the unspeakable sorrows of war and ideological conflicts.

B. A postwar Vietnamese case study of a globally successful social entrepreneur, she was left to fend for herself aged 16 years after her entire family was killed by foreign powers. Her social enterprise employed the war destitutes, former prostitutes and the disabled to produce quality handicrafts and furniture made from organic resources. Her voice is recorded here to illustrate her maxim of “one must forgive to move on but the painful lessons must never be forgotten” in order to sustain success.

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