

# Forget and Forget Not

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Forget the evils done to you  
and forget the evil ones too  
Forget the harms and the harm doers  
Forget not those who helped you.  
Forget those who hated and hate you  
Forget not those who loved, and love you.  
Forget the past memories which make you sad and cry  
Forget not the memories of happiness and joy  
which blossom a smile on your face and in the mind.

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## Quote

*Power to remember is a great strength  
Power to forget sad experiences and evil done by others  
to you is greater strength.  
Power to remember the good people and their love and kindness  
and so to them and others likewise is the noblest and greatest.*

*A good memory is an asset. Forgetfulness is a handicap. But the ability  
to consciously forget wrong done to you by someone else is great. Forget  
unpleasant incidents / experiences after analysing and learning lessons  
from these to take suitable actions in future, which can make you and  
others happy and smile.*