



February 18, 2004

Beloved Peacekeepers,
The personal journey, deepening the practice continues with self-forgiveness.

Today's Principle, Today's Practice – SELF-FORGIVENESS

When you judge yourself, you tend to believe that who you are is what you have done or not done, what you have or don't have. Knowing that who you are is greater than all these things, today, forgive yourself for forgetting the good that is in you.

Ask yourself: How does self-forgiveness relate to nonviolence? Have you ever consciously forgiven yourself for something specific? What are some of the thoughts and feelings that get in the way of self-forgiveness? What does self-forgiveness look like, and feel like?

Activities:

Write an apology letter to yourself for anything you have ever done to yourself that you wish you hadn't done. – ways you have disappointed yourself and not fully lived up to your potential. Mail it to yourself at home, and when it arrives, read it in a quiet place. Notice how you feel. Schedule a Practitioner appointment

Journal Activity: Journal your thoughts....

Consider these Quotes on Self-forgiveness:

I am focused now on forgiving myself for all the mistakes, big and little, past and present, that I make all the time. Self-forgiveness is much harder than forgiving someone else. – Margot Silk Forest

They are the prudent who leave behind yesterday's mistakes in complete self-forgiveness, but for the lessons they learned from them, and to then face each new dawn as if it were their very first.-
Unknown Teacher

"Forgiveness of self is where all forgiveness starts. If I am unable to forgive myself, it is impossible for me to truly forgive others. And I must forgive others. What I give out is what I receive. If I want forgiveness, I have to give forgiveness." Betty J Eadie- Embraced By The Light, p. 116

The weak can never forgive. Forgiveness is the attribute of the strong.- Mahatma Gandhi

if you have made mistakes... there is always another chance for you... you may have a fresh start any moment you choose, for this thing we call 'failure' is not the falling down, but the staying down. --
Mary Pickford

To be a Christian means to forgive the inexcusable, because God has forgiven the inexcusable in you. – C.S. Lewis, "On Forgiveness," in *The Weight of Glory*, Collier/MacMillan, 1980

Love is an act of endless forgiveness. -- Peter Ustinov

It is not events that disturb the minds of men, but the view they take of them. -- Epictetus

The first and the only person to be healed by forgiveness is the person who does the forgiving. –
Lewis Smedes



Day 20

Forgiveness is remembering the past that it might be forgotten. – Paul Tillich

Love means to love that which is unlovable, or it is no virtue at all; forgiving means to pardon that which is unpardonable, or it is no virtue at all. -- G. K. Chesterton

Did you plant a forgiveness garden – now's the time to take a walk in that garden, knowing you were born in original divinity.

Blessings,

SNVOakland
www.oakland.org