



## Day 29

Beloved Peacekeepers,

Ah, forgiveness this is the second time we've looked at forgiveness (Day 20 Self Forgiveness) -- it's a powerful practice! It is a key to our future.....

### **Today's Principle, Today's Practice - FORGIVENESS**

When we forgive, we do not condone hurtful behavior. When we realize that there is something within us that is more important than this, wounding experience, we are free to let go of the past and move on with our lives. Today, write a letter to forgive someone. You do not have to mail it.

**Ask yourself:** Is forgiveness something that you can make happen? How can lack of forgiveness for yourself or for others hurt you? Is forgiveness something you can do without involving another person? When was the last time you were forgiven by someone? How did it make you feel? How did they let you know? What would you have to know about yourself in order to forgive another person? Does forgiveness mean accepting a wrong behavior or deed? Explain

**Activity** - Look within yourself to all the kinds of hurts you believe society has imposed on you in your lifetime -- now look and see the value in forgiveness to this belief.

Draw a picture of someone you have been unable to forgive. See if you can remember their good qualities. It's now time to forgive, allow the process to heal, and reclaim yourself.

**Journal Activity:** Journal your thoughts....

### **Consider these Quotes on Forgiveness:**

Forgiveness starts in our own hearts. Only when we have forgiven ourselves can we give it to, or receive it from others. - Paul Ferrini

There is a place inside each of us that is more than our experiences, our deeds, and the circumstances and conditions of our lives. When we forgive ourselves, we are remembering that place of goodness and wholeness within us, and begin to make new choices for our lives - Eisha Mason, RScP

Divine Forgiveness (Matthew 18:21-22) - Jesus clearly explains the meaning of divine forgiveness. He says that we should forgive until seventy times seven (Seven is the number universally known as the representation of the natural world; the seven centers through which intelligence is expressed: seeing, hearing, tasting, feeling, intuition, telepathy. Seventy, then represents the seven centers and their efficiency multiplied tenfold). This is but another way of saying that forgiveness is eternal and ever available. What a load is dropped from the shoulders of personal responsibility, when we realize that the Eternal Mind holds naught against anyone! - Ernest Holmes SOM p 457

Among the last words of Christ - "forgive them Father, for they know not what they do" -- its time to forgive ourselves, those we hold in unforgiveness, circumstances and move into the realm of possibilities.

"Imagine a world that works for everyone.....where poverty, hunger, homelessness, disenfranchisement and war no longer prevail; where forgiveness, compassion, nonviolence, respect, appreciation of beauty, and the generous sharing of resources are the norm.".....

Blessings,

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