

Touchstones Theme: Forgiveness



Forgiveness is not a single action, but a process. This is not to say that forgiveness is easy. It cannot be rushed or engineered, but it may arrive over time. Forgiveness can be bittersweet. It contains the sweetness of the release of a memory that has caused you so much suffering, but it is also a poignant recognition that relationships shift so much in the course of our lives that perhaps we cannot reclaim the way we were to each other in the past. Whatever decision we

come to about action in daily life, in the end, forgiveness is a path to peace and a powerful and important component of love. *Sharon Salzberg*

I don't know if I continue, even today, always liking myself. But what I learned to do many years ago was to forgive myself. It is very important for every human being to forgive herself or himself because if you live, you will make mistakes- it is inevitable. But once you do and you see the mistake, then you forgive yourself and say, 'Well, if I'd known better, I'd have done better,' that's all. So, you say to people who you think you may have injured, 'I'm sorry,' and then you say to yourself, 'I'm sorry.' If we all hold on to the mistake, we can't see our own glory in the mirror because we have the mistake between our faces and the mirror; we can't see what we're capable of being.

Maya Angelou



Join us in exploring Forgiveness

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