



WHAT IS FORGIVENESS? www.heartlandmiracles.com

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To forgive is merely to remember only the loving thoughts you gave in the past, and those that were given to you. All the rest must be forgotten.

~ A Course In Miracles

Forgiveness involves faith in a love that is greater than hatred, and a willingness to see the light in someone's soul even when their personality has harbored darkness.

Forgiveness doesn't mean that someone didn't act horribly; it simply means that we choose not to focus on their guilt.

~ Marianne Williamson

Forgiveness is a mystical act, not a reasonable one. It is an act of release, surrendering the need for an explanation.

~ Carolyn Myss

From the perspective of Love and Spirit, forgiveness is the willingness to let go of the hurtful past. It is the decision to no longer suffer, to heal your heart and soul.

~ Gerald G. Jampolsky, M.D.

Forgiveness is recognizing that we no longer need our grudges and resentments, our hatred and self-pity. Forgiveness is moving on.

~ Dr. Sidney B. Simon and Suzanne Simon

Forgiveness is a disciplined and increasingly joyful approach to seeing and being that amounts to a new way of life. Seeing everything differently is the way of forgiveness.

~ D. Patrick Miller

The process of forgiveness starts in your own heart. It has very little to do with others.

~ Paul Ferrini

I define forgiveness as the experience of peace and understanding that can be felt in the present moment. Forgiveness is the powerful assertion that bad things will not ruin your today even though they may have spoiled your past.

~ Dr. Fred Luskin

Forgiveness is a journey. Forgiveness is transforming and offers you a new perspective and a fresh start. It's a journey that will continue for the rest of your life.

~ Connie Domino, MPH, RN

Forgiveness is the sanest, most spiritually practical thing you can do for your own healing. It is a blessed release of old hurt and emotional baggage for a sacred infusion of peace.

~ Louise Dunn