

## **Forgiveness practices**

Different approaches for respectful letting go, reconciliation and integration



<https://pixabay.com/en/forgive-forgive-each-other-208824/>

*“With each act of forgiveness, whether small or great, we move toward wholeness”*

Desmond Tutu

Tags: Culture/Worldview - Personal Growth, Healing  
Social - Conflict Resolution, Reconciliation

### Challenge:

“ We can not start reading the next chapter of our life, if we keep re-reading the last one”.

How can we move to a place from which we can let go what has occurred in our past, find a new place we can relate in a healthy way with our memories and move to place of inner freedom.

### Solution:

The ability to achieve forgiveness and let go of past hurts is one of the most critical challenges many of us face on the road to attaining personal peace and inner balance.

Forgiveness can be defined as the decision to let go of resentment, anger, and thoughts of revenge as a result of a real, or perceived offense, hurt, or wrongdoing against you.

Forgiving someone does not mean denying a person's responsibility for hurting you, nor does it mean minimizing, or justifying the act. It does mean willing to forgive someone without condoning or excusing what they did, and then letting it go.

Most world religions include teachings on the nature of forgiveness, and many of these teachings provide an underlying basis for many varying modern day traditions and practices of forgiveness.

### References:

- Website : <http://plumvillage.org>  
[www.hooponopono.org](http://www.hooponopono.org)

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