

Forgiveness Workshop

“Forgiveness is giving up all hope for a better past” - unknown

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Part One

Introduction

Dave Schofield

Forgiveness Meditation

RAIN – Recognition, Acceptance, Investigation, Non Identification

To see what is and to share the reality of the situation.

The Wise Heart – Chapter 21 Redemption, And Forgiveness

Stories of forgiveness, how do we practice? How do we let go? If I don't hold on to it, will it happen again? How do we become unchained by the past?

Group Discussion

Additional Readings

- Jack Kornfield – *Beginners Guide to Forgiveness, Audio Talk, Publisher Sounds True. The Wise Heart, Chapter 2 “Psychology of Compassion” Chapter 7 The Liberating Power of Mindfulness*
- Chapter 14 “Beyond Hatred To A Non-Contentious Heart” Chapter 16 “Suffering & Letting Go.”

Thich Nhat Hanh – *Miracle of Mindfulness, Seeing With the Eyes of Compassion, pages 101-108*

Part Two

“Forgiveness of others.”

Loving Kindness & Loving Kindness Meditation – There are many ways others have hurt, & harmed me out of their anger, fear & confusion.

Guest speaker

Discussion

Readings

Emmet Fox – *The Sermon on the Mount, Chapter 2, Beatitudes* – Page 35&36 “*blessed are the merciful: for they shall obtain mercy.* Chapter 4, *Resist Not Evil, pages 65-84.*

Part Three

“Forgiveness of ourselves & others”

Forgiveness & Loving kindness Meditation

“In a world of tension and breakdown it is necessary for there to be those who seek to integrate their inner lives by not avoiding anguish and running away from problems, but by facing them in their naked reality and in their ordinariness.” – Thomas Merton

Guest Speaker

- Harms done to others

- Loved ones
- People close

Discussion

Additional Readings & Material

Jack Kornfield The Wise Heart, Chapter 14 “Beyond Hatred To A Non-Contentious Heart” pages 205-221.

Part Four

Forgiveness of ourselves & others & loving kindness, using recovery and the spirit to live free from the effects of resentment

Forgiveness/ Loving Kindness Meditation

Guest Facilitator

There are many possible parts to forgiveness; many memories, injustices, and traumas. But there is only one forgiveness, and the fruit of forgiving is love. Love, the healer of all wounds, can then grow and blossom and bring forth great fruit from trauma, injustice and horrible memories, and bring a brand new understanding of present day life as never cultivated before.

This workshop consists of a reflective forgiveness reading to help pinpoint any unforgiving areas within, a meditation to clarify where and how unforgiveness has hurt us and others, followed by partner discussion.

A second meditation will focus on bringing both parties into the light of forgiveness. In forgiveness, any withholding of love becomes clear, the “offenders” humanness is evident and the logical conclusion is to forgive all, which allows love, the fruit of forgiveness, to pour in.

This segment of the workshop concludes with a group discussion.

