



Practicing Forgiveness

Edwin Navarro

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“To err is human; to forgive, divine.” Though it may be divine, forgiveness is seldom easy. When we look out into the world, our first reaction is often anger and resentment toward those we believe are guilty. Even when given time to understand the facts better, it seems almost impossible to release all this anger and resentment. Wouldn't we be letting the guilty get away with something?

We also feel our own guilt for the things we have done, whether we intended to or not. We resist forgiving ourselves, believing there really is something wrong with us. We can't just act badly and not face the consequences. How can we ever forgive ourselves for all the things we've done?

In this book, we learn of a unique perspective on forgiveness. We learn of a simple, three-step process that can be repeated over and over for anything we want to forgive. We learn of a God who sees only love and never sees guilt. We discover a path to our own freedom from guilt, and we learn how this simple method of forgiveness will lead us to expressing more unconditional love, compassion, and kindness in the world.

By following this process, we are on a journey back to our Home within the Loving Mind of God. We will discover a place of peace and freedom from guilt. It is inevitable we reach this place; it is only a matter of how much time and effort is required. This book has the potential to hasten our journey and to ease our pain along the way. Through learning this way of forgiveness, you can profoundly change your life.

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