

We will truly have more peaceful relationships when we stop *telling* others how to live and start *practicing* love and forgiveness.

To forgive yourself is
to release trapped
energy that could be
doing good work in
the world.

Not to forgive is a
decision to suffer.

Our immune systems
can become stronger
when we forgive.

Look upon everyone
you meet as a teacher
of forgiveness.

Forgiveness is
something I *choose* to
do *within myself* so that
I can go back into
relationships *with love*.

No one is ever
required to forgive
anyone anything.

Forgiveness is a gift I
give myself.

Forgiveness is letting
go of all hope for a
better past.

We are responsible
for our own
happiness.

Forgiveness can mean
looking at where I
have not lived up to
my expectations for
myself.

Forgiveness can be
learned by anyone at
any age.