



- Love Only
- Forgive Everything
- Remember Who You Are

Forgive – Everything ???





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FORGIVENESS: “The conscious decision to value peace of mind and heart over any righteousness.”

FORGIVENESS MUSCLE: “The habits and practices that lead to our freedom. It is that which has you feeling strong and with a sense of conviction.”

Dr. Michelle Wadleigh, *Forgiveness – A Path, A Promise, A Way of Life*

“Forgiving is not forgetting. It is letting go of the hurt. Instead of thinking of it as an eraser to wipe another’s slate clean or a gavel that I pound to pronounce someone “not guilty,” I think of forgiveness as a scissors. I use it to cut the strings of resentment that bind me to a problem or past hurt. By releasing resentment, I set myself free.”

Courage to Change – One Day at a Time in
Al-Anon

People who live wholeheartedly, share the qualities of

- Courage
- Compassion
- Connection

“Compassion – from the Latin words pati and cum, meaning “to suffer with.”

In cultivating compassion, we draw from the wholeness of our experience – our suffering, our empathy, as well as our cruelty and terror....compassion is not a relationship between the healer and the wounded. It’s a relationship between equals....Compassion becomes real when we recognize our shared humanity.”

Brene Brown

“The better we are at accepting ourselves and others, the more compassionate we become.... The research has taught me that if we really want to practice compassion, we have to start by setting boundaries and holding people accountable for their behavior.”

Brene Brown, *The Gifts of Imperfection*

“You were not put on this Earth to suffer. You deserve to be free. You deserve to know you are worthy. You deserve to remember you are a gift to this great human family. The sooner we each remember this and act from this place, the more we will exude it and give permission for others around us to embrace their own perfection.”



“May your heart feel safe to feel, to open, to heal.

May your desire for freedom outweigh your reasons to be angry or resentful.

May you forgive yourself and all others, for anything and everything that could hinder your natural state of joy.

May all people have safe passage through your heart and mind.

May the Presence of God bring you peace now and forever more.

May your motivation to heal give you the strength you need to let go.

And may your body, mind and soul be healed through your Truth being revealed.”

Rev. Dr. Michelle Wadleigh, Forgiveness – A Path, A Promise, A Way of Life

