

FORGIVENESS

Forgiveness means reclaiming peace of mind by letting go of anger toward someone who has done something that feels hurtful or disturbing.

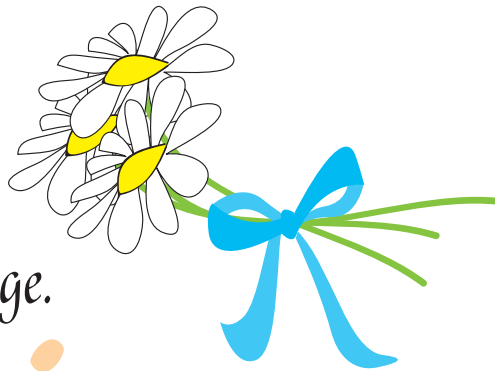


photo: Denise Flora

Staying angry makes everybody sad. Learning to forgive doesn't mean forgetting what happened, it means making a new start.



To feel peaceful, let go of anger and hurt instead of holding a grudge.



I forgive, then I feel better.

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