

## Forgiveness

...To revolt against it [the ego's way] is still to believe in it.  
T 9 IV 22:5

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...blame must be undone, not reallocated. T 10 V 35:3

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Ask not to be forgiven, for this has already been accomplished. Ask rather to learn how to forgive, and to restore what always was to your unforgiving mind.

T 13 IX 88:4-5

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In the holy instant, it is accepted that the past is gone, and with its passing the drive for vengeance has been uprooted and has disappeared. T 16 VIII 75:4

[ Vengeance is built on the past, living in the past.  
Give up vengeance, give up the past which in reality is already gone. ]

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...the belief that punishment is correction is clearly insane.  
T 19 III 17:6

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Grievances darken your mind...

Forgiveness lifts the darkness...

W 73 5:3-4

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Forgiveness is acquired

W 121 6:1

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## Forgiveness

Across this bridge, as powerful as love which laid its blessing on it, are all dreams of evil and of hatred and attack brought silently to truth. W 134 11:1

[ Forgiveness is the bridge between this world of separation and the true world of oneness with God. Forgiveness is the bridge that frees us from Guilt, attack(desire to), hatred.

Just as you must walk the bridge to get over it, you must practice forgiveness.

Practicing forgiveness is walking the bridge to God. ]

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Forgiveness is an earthly form of love, ...Salvation of the world depends on you who can forgive. W 186 14:2...5

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Forgive, and you will see this differently. W 193 4:1

[ We can rationalize our way to forgiveness - I forgive you because...

We must learn to forgive regardless of reason or without reason. Forgiveness is always the answer. ]

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The way to God is through forgiveness here. There is no other way. T 256 1:1-2

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Father, forgiveness is the light You chose to shine away all conflict and all doubt and light the way for our return to You. W 333 2:1

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Forgiveness is the final goal of the curriculum. It paves the way for what goes far beyond all learning.

M 4 24:9-10

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## Forgiveness

[ If we cut a finger, how do we heal it. Do the other fingers look down upon the cut finger and begrudge that now they must work harder. If it were so, healing would not occur. Rather they know they are of one hand, it's not the finger that is injured - it's the body and the body responds to heal itself. The finger does not respond saying I must get better, the body says I must heal the finger. - ]

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[ Forgiveness perhaps starts with forgiving others but it is not finished until it includes yourself.

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Jun 06 ]

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[ Forgiveness is as important as breathing. Jampolsky/Cirincione - ]

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[ If I have forgiven the world...

I do not avoid anyone, I am glad to be with everyone. I am not angry or degrading toward anyone - I am filled with Joy to share time with others. My days are not hurried with tasks and chores. Manifesting forgiveness doesn't take extra time, it takes extra mind activity until it becomes natural. #I am not pre-occupied with structuring my world - any structure accommodates forgiveness, the practice of forgiveness. - 16 Jun 07 ]

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[ The extent of gladness you experience when you greet someone is a measure of your forgiveness toward them. If I hold a grudge, I will not be glad to see them. ]

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