



## Forgiveness Handbook: Spiritual Wisdom and Practice for the Journey to Freedom, Healing and Peace (Paperback)

By Editors at SkyLight Paths

Jewish Lights Publishing, United States, 2015. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book. Inspiration, encouragement and spiritual practice from across faith traditions for all who seek hope and wholeness through letting go. We all carry wounds that can bind up our hearts and keep us from fully loving and fully living in the present. Our pain may come from devastating trauma or unconscious resentment from accumulated everyday grievances. No matter the depth of the hurt, in the warmth and wisdom of this inspiring guidebook readers will find courage to face the past and begin the process of letting go. Contributors active as spiritual directors, clergy, religious scholars and retreat leaders draw on the depths of their own spiritual practice, religious traditions and sacred texts to offer hope and encouragement for the journey of forgiveness. They provide a rich variety of practices for cultivating an open and forgiving heart, both toward ourselves and others, as well as step-by-step guidance in the process of forgiveness. They share their insights on: Healing ourselves through forgiveness Overcoming obstacles to forgiveness Letting go of resentment, blame and anger Forgiving ourselves Deciding whether to restore relationships Asking for and accepting forgiveness Receiving Divine forgiveness Fostering mercy in...



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