

Tonight's topic of *Forgiveness and Healing* resonated deeply with all of us.

Forgiving ourselves is both the hardest and very often the most essential form of forgiveness. Many of us have found that compassion for others grows in proportion to how much we have for ourselves. Compassion really is the key. Most of us are doing the best we can. Being a human being means being imperfect and in need of understanding. This is harder for some of us to accept than others.

Time heals. Often, other people or wisdom, Spirit or transformation is needed, too – but the passage of time almost always helps. Still, we wish it was in *our* time rather than God's Time.

Letting it go is as much for ourselves as for the one who hurt us. Many of us carry very heavy burdens (boulders) of everything we've done wrong – or someone else has *done wrong to us*. Some of us ask our partners or family or friends to carry these rocks for us – and some of them do! What does it mean – what does it feel like – to truly “let it go?”

Forgiveness is an action. Just saying the words “I forgive you” implies a superiority, or hierarchy of power. True forgiveness is seen in how one acts towards oneself or towards the other person. Grace – inexplicable healing Light and Love – seems often to be the catalyst for the transformational moments of clarity and *letting go*. These moments are gifts that we have no control over. How can we be open to them?

Praying for your enemies can help. Those of us who have done this have found it challenging – and transforming. Some of us have come to see our “enemies” as just another person like ourselves. This works even if the person who hurt us is no longer alive.

Unconditional love -- in relationships or in communities such as this Seekers Group -- provides support for forgiving oneself. We know we are seen in all of our imperfections and gifts, and are loved anyway. We are so grateful for this group and the love, honesty, wisdom and laughter we share.

Our next meeting will be on Monday, September 28, 2015 at 7pm in the Community House. Our topic will be *Being Right*.