

A Forgiveness Practice

There is no part of our life that we cannot bring into the Light. If you feel a growing sense that you need to mend a quarrel or long to replace anger with a sense of peace and acceptance in a hard situation, you may wish to try a Forgiveness Practice.

Forgiveness is for our benefit.

- Center in quiet—sit in physical stillness and wait for an emotional and spiritual stillness to come.
- When you sense you are in a place of closer connection to the Light, ask for the help you need. There is a power in naming our true needs.

-is it knowing how to proceed?
-is it acceptance, letting go?
-is it healing and wholeness?

- “Sit with” any new directions that arise. See if they stand the test of time. Are they loving ways? The Light does not direct us to unkindness and retribution.
- Return daily, or as often as you are able, to this place of earnest seeking for guidance and healing.

The Language of the Inner Journey

It helps to have words to describe and convey our inner journey.
Below are a few to help as we begin.

Centering—The process of intentionally laying down and moving away from the pre-occupations and concerns of this world and coming to rest quietly in the presence of God or Spirit.

Clearness—A state of confidence and acceptance that an understanding or course of action is in line with Truth and Love’s Way.

The Light—Divine Love, God, Spirit, The Guide, Inward Christ, the Source.
Quakers use many words to refer to the divine.

Tendering—The transformation of the heart to a more compassionate, empathetic disposition toward a person or situation.