



The Sacred Art Of Forgiveness: Forgiving Ourselves and Others through God's Grace (The Art of Spiritual Living)

Marcia Ford

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Tap into the power of the Divine. Learn how to forgive?and be forgiven.

Everyone knows that forgiveness is a virtue and a key to emotional, spiritual and even physical well-being. But learning *how* to actually forgive?or to accept forgiveness, as the case may be?is a sacred art few of us have mastered.

It doesn't have to be that way. Writing from personal experience and her broad knowledge of many faith traditions, Marcia Ford offers a new perspective on forgiveness and reconciliation, an approach rooted in the Spirit that can be learned by anyone no matter how deep the hurt. Through real-life examples, penetrating reflections, scriptural references and practical suggestions, Ford outlines the steps that one by one can help you to forgive, including:

- Coming to terms with anger, bitterness and resentment
- Understanding the differences between forgiveness and reconciliation
- Taking the initiative, even when you're the one who's been wronged
- Strategies for listening "with the heart" in emotionally charged situations
- Knowing when to forgive and forget?and when to forgive and take action
- Ways of allowing the power of the Divine to work through you
- Finding compassion for others?and for yourself
- ... and much more

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