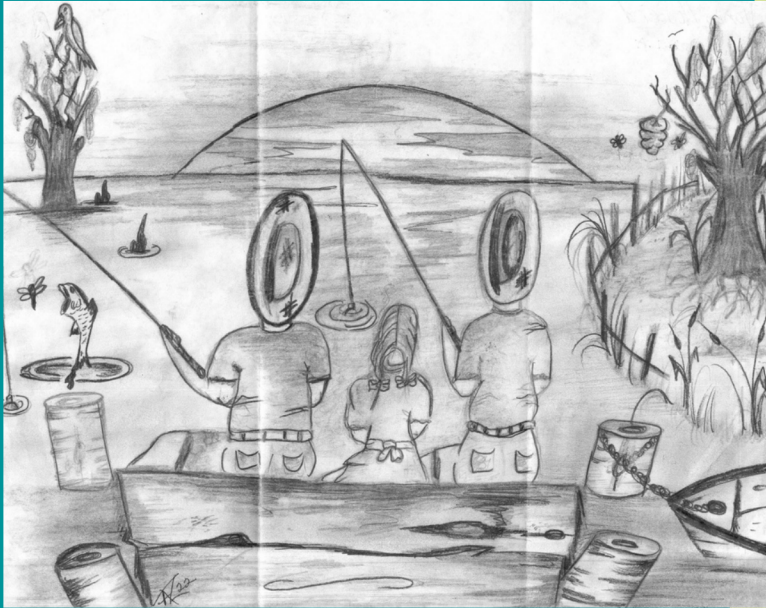


**Forgiveness is not a one
and done thing.
It requires maintenance.
Sometimes
you have to keep forgiving
people.**

Anonymous, 2023



Art by Tonya H.

Reflection

Anything we do can be an opportunity to practice mindfulness. Today, as you brush your teeth, imagine letting go of some of the power a past pain holds in your present, even just a bit. Ask yourself to not let past pain control your thoughts and actions today. Be kind to yourself if you don't fully succeed. Tomorrow, when you brush your teeth, do it again. Repeat as needed.

Questions

What does forgiveness mean to you?

Do you think forgiveness is always possible or necessary? Why or why not? Can you forgive without forgetting?

Why or why not?

What changes in you when you forgive someone? When you forgive yourself?