

Module 7.10

Forgiveness for Educators



TAKE IT DEEPER:

The Art of Forgiveness

Pick one of the meditations found at this link (seeking forgiveness from others, forgiveness of self, or forgiving others) and follow the instructions.

<https://jackkornfield.com/forgiveness-meditation/>

How did it feel to reflect on forgiveness in this way? Write a few sentences about how it felt to extend forgiveness to yourself or others.

What was challenging about this meditation for you?

Do you have any next steps you can think of now, in terms of extending forgiveness to someone else or yourself?

What else might you need in order to move forward with forgiveness?

