



Heart of Forgiveness: A Practical Path to Healing

Madeline Ko-I Bastis

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Madeline Ko-i Bastis is a Buddhist chaplain. She works with cancer, AIDS, psychiatric, and Alzheimer's patients, with battered women, caregivers, inmates, with people with addictions, as well as so-called normal people. In her work she has found that the most difficult thing for people to do is to grant forgiveness. Some people cannot ask for forgiveness, others cannot forgive one another. And some don't realize how harsh they are to themselves when they cannot forgive the one person they have to live with daily - themselves.

Heart of Forgiveness helps readers reflect on what forgiveness really means and how it can heal their lives and relationships. Ko-i Bastis explores the difficult emotions that keep us from forgiving and offers tools to help us overcome them.

The three parts of *Heart of Forgiveness* mirror the phrases of the Buddhist Forgiveness practice: For all the harm I have done to others, knowingly or unknowingly, forgive me. For all the harm others have done to me, knowingly or unknowingly, I forgive you as much as I can. For all the harm I have done myself, knowingly or unknowingly, I forgive myself.

Each section includes stories of forgiveness, a meditation, guided imagery, and other exercises to help understand forgiveness and letting go.

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Anne Hahn:

Spent a free time and energy to be fun activity to do! A lot of people spent their down time with their family, or their own friends. Usually they carrying out activity like watching television, going to beach, or picnic from the park. They actually doing same thing every week. Do you feel it? Do you wish to something different to fill your own free time/ holiday? Could be reading a book could be option to fill your free time/ holiday. The first thing that you will ask may be what kinds of publication that you should read. If you want to try out look for book, may be the publication untitled Heart of Forgiveness: A Practical Path to Healing can be great book to read. May be it could be best activity to you.

Kenneth Poor:

Typically the book Heart of Forgiveness: A Practical Path to Healing has a lot info on it. So when you make sure to read this book you can get a lot of benefit. The book was authored by the very famous author. Tom makes some research ahead of write this book. This particular book very easy to read you may get the point easily after looking over this book.

Donald Lee:

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