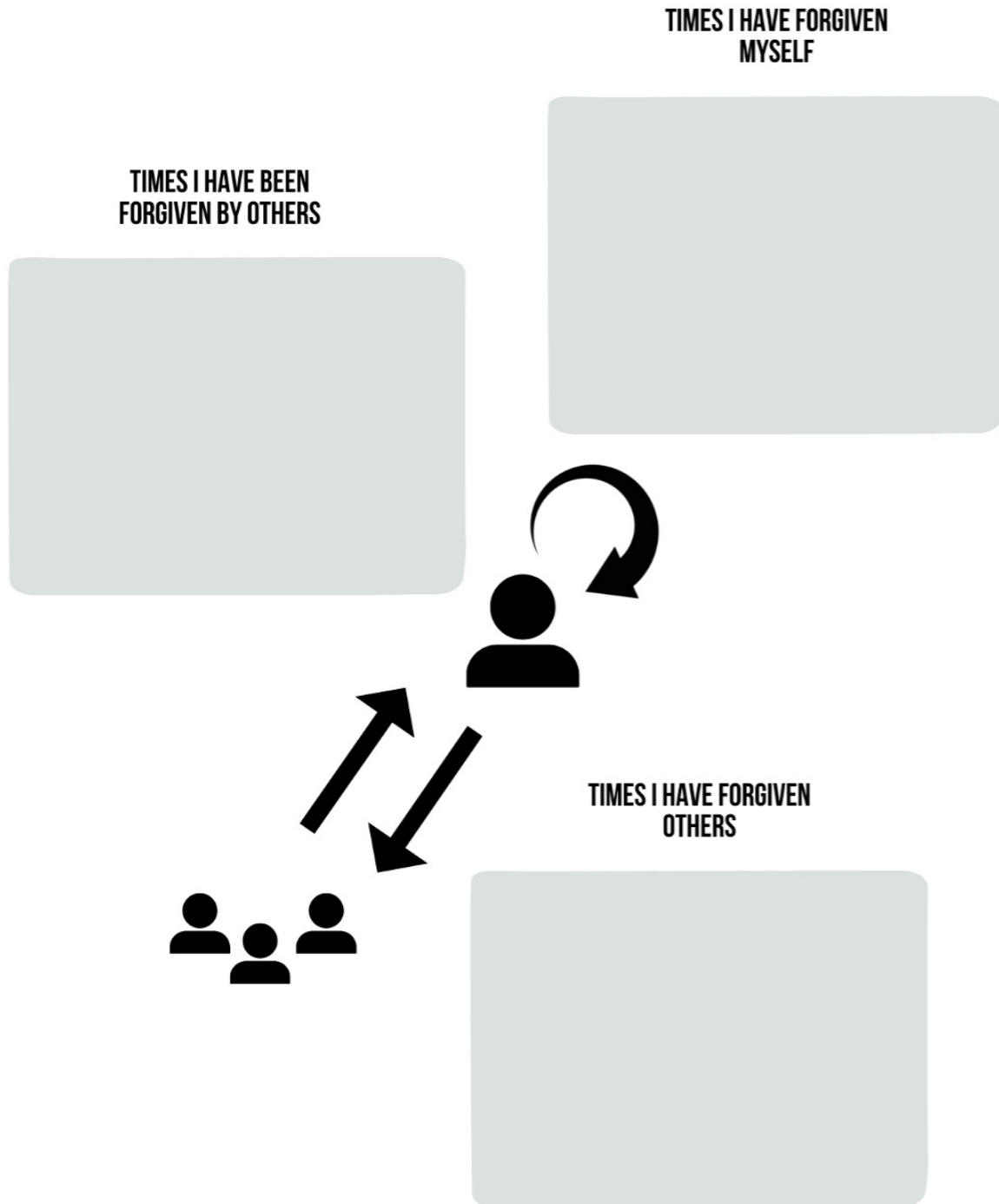


FLOWS OF FORGIVENESS



It can be useful to reflect on how the three flows of forgiveness are intertwined in our lives - has forgiving ourselves facilitated the forgiveness of others? Do we notice that we tend to have to forgive others for things for which we have also had to forgive ourselves? What do I notice when I focus attention on this idea of flows of forgiveness?

