



Center for Restorative Justice & Peacemaking

An International Resource Center in Support of Restorative Justice Dialogue, Research and Training
In Collaboration with the Restorative Justice Initiative, Marquette University Law School

Authentic Forgiveness

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2009

Authentic forgiveness is a gift of
awakening, a freeing of one's spirit,
a release of long held toxic energy.

Forgiveness is more of a direction than a
destination, a way of life grounded in an attitude
of humility and compassion.

Authentic forgiveness has little to do with moral
obligations or externally imposed values.