



**FROM THE MINISTER'S DESK for NOVEMBER**

**SELF FORGIVENESS**

When the Dalai Lama was first invited to North America, he was shocked to learn that he would have meditation students who did not love themselves. It was inconceivable to the Dalai Lama that any person did not love themselves, did not understand the preciousness of their life.

In a highly materialistic and competitive society, few people arrive at deep contentment, peace and self-love. How do we begin to turn this around? We do it through a practice of self-love and self compassion which leads to a greater love and compassion for all others.

Try this out:

**I FORGIVE MYSELF FOR ALL THE TIMES I:**

Judged myself / Blamed myself / Criticized myself / Doubted myself / Disrespected myself.

**I FORGIVE MYSELF FOR ALL THE TIMES I DIDN'T:**

Love myself / Accept myself / Listen to myself / Value myself / Stand up for myself / Appreciate myself.  
All these times and more.

**I FORGIVE MYSELF FOR ALL THE TIMES I:**

Didn't complete things / Discontinued good practices & self-care / Pushed myself / Procrastinated /  
Allowed disorganization / Wasted time.

**I FORGIVE MYSELF FOR:**

Not speaking up for myself / Not trusting myself / Not believing in myself.

**I FORGIVE MYSELF FOR:**

**NOT FORGIVING MYSELF!**

**LOVE IS ALL WE NEED! LOVE NEVER FAILS!**

Rev. Jane Fleming