

FORGIVENESS

A Workshop about Freedom

“To forgive is to set a prisoner free and discover the prisoner was you.” Lewis B. Smedes

Gift yourself with the act of forgiveness. Forgiving self and others is one of the first steps to every form of freedom. Prosperity teachers teach forgiveness. Relationship teachers teach forgiveness. Life coaches teach forgiveness. Learning to forgive is a foundational act required to **live in the now.**

Choose to free yourself from the hurts, regrets and guilt that bind you to the past. This workshop will help you identify areas in your life where these emotions are weighing you down, blocking you from your highest expression, locking you into undesirable patterns.

During our time together you will tailor the discussion and exercises to your specific needs. We will experience a variety of tools that have been proven to help the process of forgiving and healing. Additional tools and information will be included in your workbook.

About your facilitator: Rev. Cindy Shellum has studied and practiced Religious Science for over 26 years. She combines her practical mind, her loving heart and her joyful presence to support healing and growth at all levels.

“Never forget the three powerful resources you always have available to you: Love, prayer and forgiveness.” H. Jackson Brown

Sunday September 12, 2010
Louisville Center for Spiritual Living
Time: 12:30- 3:30 p.m.
Suggested Love Offering : \$20 Plus All are welcome!
Bring Something to Share for Lunch