

Peace Session 6: Forgiveness Chat Log

00:21:58 Charles Betterton: Interesting reasons that we don't forgive others. Looking forward to your developing and sharing the list of reasons we SHOULD forgive. Imagine that is part of this program!!!

00:23:36 Betsy: I just recently read an article about the link between stress and anger and cancer

00:26:51 Barb: Here's my pattern: if I feel someone hurts me, I instantly get them out of my life b/c I don't want that type of dysfunction in my life. It's a protection. I know this stems from my issues with my family, but I don't know how to break this pattern without feeling that I'm letting them continue with the hurtful things and continue with getting away with it.

00:27:18 Charles Betterton: C.P.U. Compassion, Patience. Understanding.

00:32:22 Betsy: sorry; watching my grandson

00:35:37 AnnedeLovinfosse: I can understand Scott difficulty with forgiveness as He was inheriting a situation that was interfering with a new relationship. I suppose that on a mysterious level it was an invitation to up level his compassion and learning about peace, compassion...

00:37:31 Charles Betterton: Agree with that observation Annede. I was just thiking about how that situation has helped both Scotty and Shannon to become Love Masters and Peace Masters and share their wisdom and guidance!

00:38:50 Betsy: Compassion Compassion is a process that unfolds in response to suffering. It begins with the recognition of suffering, which gives rise to thoughts and feelings of empathy and concern. This, in turn, motivates action to relieve that suffering.

00:39:41 Charles Betterton: Wow Betsy, That is an awesome definition of compassion.

00:42:39 Betsy: check out Stanford Univ research:
<http://ccare.stanford.edu/research/current-research/> ;
<http://ccare.stanford.edu/research/compassion-database/>

00:43:44 Betsy: I'm involved with 'The Charter for Compassion';
<https://www.charterforcompassion.org/>

00:44:35 Betsy: Women and Girls sector (1 of 11 sectors)
<https://www.charterforcompassion.org/partners/women-and-girls>

00:50:40 Betsy: If you check out our site, please also check out the Compassion Games:
<http://compassiongames.org/>

00:51:40 Betsy: And the W&G's year-long webinar serries 'Reaction to Response':
<https://www.charterforcompassion.org/reaction-to-response>

00:55:26 Betsy: London is doing a 'thing' called the 'Forgiveness Project':
<https://www.charterforcompassion.org/jevents-public/icalrepeat.detail/2017/03/08/191/-/the-forgiveness-project-takes-over-gallery-oxo-on-london-s-south-bank>

01:04:35 Betsy: You should have done a past-life regression on him to see what in a past life made him rage in this one

01:06:48 Charles Betterton: Thank you sister Shannon for sharing the love story with your brother. At the youthful "middle-age" of almost 69, I now realize the ONE person I MOST need to forgive is myself.

01:08:17 Betsy: I think patience is one of the hardest things to acquire

01:09:10 Betsy: But your brother at least found out from your mails the hurt he caused you

01:12:49 Charles Betterton: Great collection of quotes on forgiveness, Love to see those in print.