



The Book of Forgiving: The Fourfold Path for Healing Ourselves and Our World

Desmond Tutu, Mpho Tutu

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Archbishop Desmond Tutu, Nobel Peace Prize winner, Chair of The Elders, and Chair of South Africa's Truth and Reconciliation Commission, along with his daughter, the Reverend Mpho Tutu, offer a manual on the art of forgiveness—helping us to realize that we are all capable of healing and transformation.

Tutu's role as the Chair of the Truth and Reconciliation Commission taught him much about forgiveness. If you asked anyone what they thought was going to happen to South Africa after apartheid, almost universally it was predicted that the country would be devastated by a comprehensive bloodbath. Yet, instead of revenge and retribution, this new nation chose to tread the difficult path of confession, forgiveness, and reconciliation.

Each of us has a deep need to forgive and to be forgiven. After much reflection on the process of forgiveness, Tutu has seen that there are four important steps to healing: Admitting the wrong and acknowledging the harm; Telling one's story and witnessing the anguish; Asking for forgiveness and granting forgiveness; and renewing or releasing the relationship. Forgiveness is hard work. Sometimes it even feels like an impossible task. But it is only through walking this fourfold path that Tutu says we can free ourselves of the endless and unyielding cycle of pain and retribution. *The Book of Forgiving* is both a touchstone and a tool, offering Tutu's wise advice and showing the way to experience forgiveness. Ultimately, forgiving is the only means we have to heal ourselves and our aching world.

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Like self-hatred and self-contempt, hatred of others gnaws away at our vitals. Whether hatred is projected out or stuffed in, it is always corrosive to the human spirit. • Desmond Tutu, *The Book of Forgiving: The Fourfold Path for Healing Ourselves and Our World*. 14 likes. Like. • A very important but difficult piece of renewing relationships is accepting responsibility for our part in any conflict. If we have a relationship in need of repair, we must remember that the wrong is not usually all on one side, and we are more easily able to restore relations when we look at our contribution to a c

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