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Forgiveness

Cindy Currier

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Forgiveness

Cindy Currier

Forgiveness Cindy Currier
A hero is someone who has given his or her life to something bigger than oneself. - Joseph Campbell What Cindy Currier teaches us is that everyone has the potential to be a hero. Despite years spent struggling with her troubled past, Cindy finally found the strength to let go of her trauma and move forward into a life of happiness and peace. Though this kind of healing can require a monumental amount of strength and temerity, Forgiveness: A Hero's Journey shows that any feat can be accomplished through determination and faith in God's love. Once lost in the woods of despair and hatred, Cindy faced down witches, ogres and all manner of beasts before emerging once more into the sunlight. Now, in simple sections and with heartfelt words, she explores the nature of Anger, Fear, Shame, Guilt, and ultimately Forgiveness and how it can be achieved. The journey to forgiveness is cyclical: It begins with a call to adventure (dissatisfaction with life as it is), and is followed closely by chaos (a life event that calls into question old beliefs and thought patterns), battling enemies (marshaling new coping skills and strategies), spiritual awakening (development of new insights, new self-awareness), and carrying the message home (sharing new insights with others). Following these steps will enable anyone to overcome the monsters of anger and shame and emerge from the forest into forgiveness and love, and to share that love with the world.

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