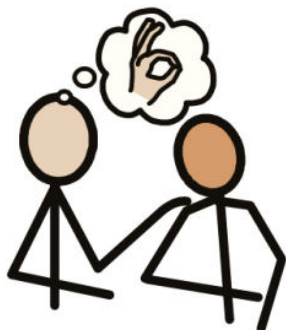
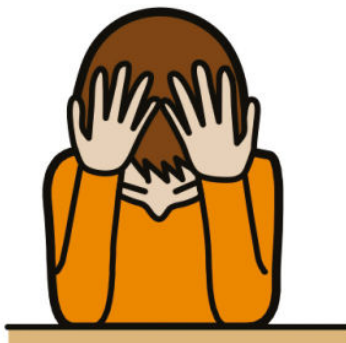


Session 5 – Practising Forgiveness



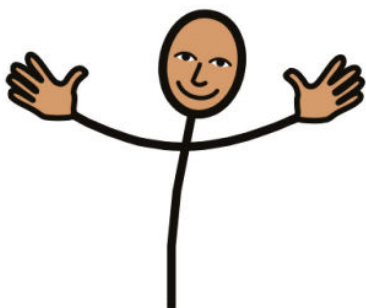
Forgiveness



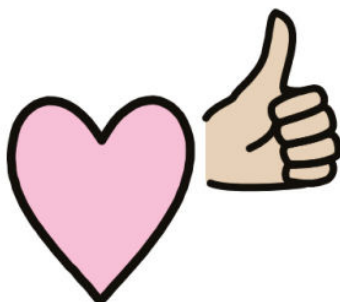
Helpless



Reconciliation



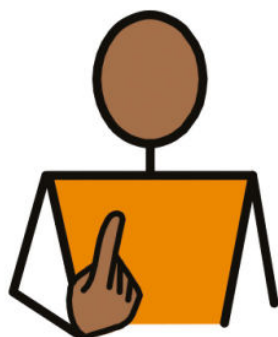
Hospitality



Compassion



Peace



Self-compassion



Calm/serenity



Gentle