



William Fley: The World Needs More Forgiveness



William Fley is the founder of Mindfulness Network for People of Colour. He aims to bring awareness through mindfulness-based interventions for resilience, self-care and cross-cultural dialogue. Decide what world you wish to create for the generations to come, what your legacy will be, and where you stand on the line of divisive politics. Explore this pivotal moment to make a better world *right now*.

TOP EMBODIMENT TIP: Writing on seven stones the things you want to project; and then put them all around yourself.

The World Needs Forgiveness: **There is an intersectionality between mindfulness, forgiveness and trauma.**

- This practice of forgiveness relates to both saving the planet and saving ourselves from the vast destruction we are seeing on our planet. **Guided Meditation in Three Directions** involves practicing forgiveness for oneself, for others, and asking for forgiveness. It incorporates the **Seven Principles of Forgiveness**.
- Between the interpersonal and global catastrophes that we are experiencing, the world needs more forgiveness: the health of ourselves and the planet depend on this. It is a dual relationship.

Seven Principles of Forgiveness:

- **Forgiveness is a process of mourning**, and grief which takes time. It is a conscious and deliberate choice to release feelings of anger and revenge regardless of whether the person deserves forgiveness or not. It is actually to release ourselves.
- **The capacity for rebuilding begins with forgiveness.** Forgiveness boosts our resilience. It shapes our internal world and our outlook caused by injustices and grievances. Forgiveness heals.
- **Forgiveness is evolutionary.** Social decision-making relies heavily on cognitive adaptations designed by human selection to optimize choice. This means that evolutionary forgiveness makes you more adaptable to your environment.
- **Forgiveness is fully embracing.** In this practice of meditation, we can really uproot and witness our own pain.
- **Forgiveness is not bypassing.** It is a lifelong process that requires deep inquiry of who we were before our traumas.
- **Forgiveness heals the heart of great injustices.** Sometimes it is the small, unwitnessed things that hurt us the most - the small injuries and transgressions.
- **Take accountability that we are all interconnected within the diverse ecosystem.** Trauma is intergenerational and collective: hurt people hurt other people!

Resources

- ❖ **Website:** <https://www.meditationcircle.co.uk/> Network: <https://www.mnpc.co.uk/>
- ❖ **Social:** Instagram: [@william.fley](https://www.instagram.com/william.fley) Facebook: [facebook.com/william.fley](https://www.facebook.com/william.fley)
- ❖ **References:** Barbara Hunt



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Philip Shepherd, TEPP [The Embodied Present Process](#)



Philip Shepherd is the author of two books, *Radical Wholeness* and *New Self, New World*, and is also the originator of The Embodied Present Process (TEPP), which is taught online and in workshops around the world.

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