

***“A quality of life that is extremely toxic
is living in bitterness and
non-forgiveness—shame and blame.***

The remedy will eventually be forgiving and gaining a state of compassion that elevates you to understand that we are all profoundly flawed. . .some of us more than others.” – Mariah Fenton Gladis



For Mariah Fenton Gladis, forgiveness is not a concept – it is a full-body experience. It includes the heart, soul and body—not just the intellect. True forgiveness embodies the process. It acknowledges the shock, the hurt, and the anger. Following the acknowledgement, a resolution is made in reaction to being hurt; it is the profound disappointment and abandonment felt when we are betrayed. With this found self-knowledge, Mariah then guides clients away from blaming others and helps them imagine what life would feel like after forgiveness—the physical, emotional and spiritual benefits.

Sometimes there is an understanding that forgiveness is a decision to forgive the transgression and move on, like swallowing a pill rather than going through the experience. The risk is that we will suppress our negative feelings and they then become trapped in our bodies, with nowhere to go. This can cause chronic tension, anxiety, depression, and compromise our immune system and general health.

Within the theme of forgiveness, Mariah utilizes art, music, story, and individual and group emotional work, to explore how living in non-forgiveness may impact our lives. It is nearly impossible to shut down one part of oneself without shutting down the rest, resulting in numbness, and thus producing more numbness. A numb heart disables a deeper level of relationship with others, and consequently a relationship with oneself.

***“Before you embark on a journey of
revenge, dig two graves.”***
– Confucius

Forgiving oneself may be the most difficult. When we cannot forgive ourselves, we are weighed down with guilt, remorse, and feelings of inadequacies. We are effectively punishing ourselves, and exiling ourselves from those we most love, including ourselves.

“Resentment is like drinking poison and then hoping it kills your enemies.”
– Nelson Mandela

“I knew when I received the e-mail about the forgiveness workshop that I NEEDED to be there. One of those intuitive things. It had been years since I did anything with Mariah. Being in Mariah’s presence again was deeply moving as her beauty, both physical and internal, shone and reached into my heart and bathed me.

What touched me about the workshop was the piece she did on self-love toward the end. Mariah modeled how to be with and talk to ourselves from a deep place of loving. Hearing her words and feeling the love with which she spoke to herself was transformative for me. I’ve heard the term self-love forever and it’s always been vague. I’ve worked with “talking to my inner child” and that’s gone only so far. This conversation that Mariah was having with herself was a conversation of her to her. it was adult, it was supportive, it was loving, it was unconditional love and intention manifest in words and touch (she was stroking her leg as she spoke to herself by name). This is my new practice, talking to myself, supporting myself with words of love a few times a day. I’m clear that it is just what I need to cleanse the internal landscape of my mind.

I’m so grateful to Mariah, once again, for modeling love.” –Sandy

“ *F*orgiveness is not an occasional act, it is a constant attitude. ”

–Martin Luther King Jr.

“Thank you for the workshop last Sunday. I wish I could have stayed in that room forever! The amount of love coming from everyone in that room... well, I have never experienced something so beautiful, cleansing and necessary. I am so grateful I was able to experience that. Thank you for everything you do for those who seek it.”
Sonia

“Thank you so much for a heart-felt and beautiful experience on Sunday . . . The experience moved me forward in the next step towards the active act forgiveness . . . As always, a new light became present. And for that I am grateful.”
Love, Linda

Thank You to our network of support in this much needed social endeavor:
Forgiveness

AZIM KHAMISA- Founder & Chairman at Tariq Khamisa Foundation. Following the murder of his only son Tariq in 1995 through a senseless, gang-related incident, Azim chose the path of forgiveness and compassion rather than revenge. Azim’s forgiveness work has reached millions through international speaking, public and corporate workshops, video and audio recordings and four published books about Forgiveness.
<http://www.azimkhamisa.com/>

Ben Bingham - Founder and CEO of 3Sisters Sustainable Management LLC - which is dedicated to addressing the serious environmental and social issues of our time through sustainable investing in capital markets, striving to use the power of private capital to support and promote a just, sustainable world.
<http://www.3sistersinvest.com/>

Catherine Nerney, SSJ, Ph.D., director of the Institute of Forgiveness and Reconciliation. The mission of the Institute for Forgiveness and Reconciliation at Chestnut Hill College grows out of the legacy of the Sisters of Saint Joseph and their mission of unity and love for all without distinction.
http://www.chc.edu/institute_for_forgiveness_and_reconciliation/

Clemens Pietzner - President/Executive Director of Triskeles Foundation which believes that aligning practice with purpose – at the individual level, in the community and on a global scale – is the way to achieve a positive future. Triskeles’ mission is to co-create a conscious and sustainable world through enlightened philanthropy.
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Patty Hillkirk – Founder and Director of Camp Dreamcatcher which has been providing free therapeutic and educational programs for HIV/AIDS infected and/or affected youth for seventeen years. Camp Dreamcatcher feels it is important for kids to have a special place that was safe, supportive and nurturing, a place to express their feelings of fear, sadness and anger with adults who understand and with children who may share their burdens.
<http://campdreamcatcher.org/>



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