

## FORWARD

*The sun will stand as your best man*

*And whistle*

*When you have found the courage*

*To marry Forgiveness*

*When you have found the courage*

*To marry Love*

~~Hafiz (as translated by Daniel Ladinsky in *The Gift*)

On November 26, 2008, my husband and only daughter were killed by terrorists in the Oberoi Hotel in Mumbai, India. Naomi was thirteen. After a painful period of shock and mourning, I realized that, for me, the only thing to do was to love and forgive the people who did this. When I saw the face of the lone surviving terrorist, a very confused young man, I saw there was already too much fear and hate. We must send love and compassion. The most compassionate and loving thing to do is to forgive. Forgiveness is an act of love that generates more love. It is the bridge to peace.

I then began a long journey of research and analysis to try to understand why areas of humanity are continually using violence for ends that a peaceful society shuns. Since then, love and forgiveness have become my keystones because they bring me the most strength and nourishment. The more I have put this into practice, the more I have healed myself from this horrific loss. Healing restores balance and wholeness. I came to life all over again in a way I never imagined. As Mark says, "Love and forgiveness are the foundation stones for acceptance, tolerance, compassion and benevolence and even understanding, faith and surrender—all the positive agents of progress and healing."

This book is a powerful gift that provides a simple and effective tool for transforming any kind of darkness into light. It is a key to open our hearts so that we may experience the love that we are, that is our very nature and that is aching to flow out of us into a world that has forgotten what is most important for our evolution as a human race.

I believe this book and the Love and Forgiveness Meditation it contains are ideal adjuncts to all the work I have been doing to counter-balance terrorism since the death of my husband and daughter. It will help many people develop the most beneficial qualities in their lives. I plan to offer *What We Can Do* as a companion to my *Pocketbook of Peace*.

To respect the dignity of life in all, we must love and forgive on a daily basis. This will keep our connection to each other alive. When we feel that connection, we cannot harm one another. We will find ways to resolve our differences. A profound contribution to world peace is to practice the Love and Forgiveness Meditation. By transforming ourselves, we transform the world. It's what we can do, as Mark so eloquently outlines for us in this remarkable little book.

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