

FORGIVENESS

A divine quality

No separation between
hearts

Pertains to the next world

Receptive

Ask and open to grace

Easier when preceded by
accountability

ACCOUNTABILITY

An earthly responsibility

Repairing specific harm

Pertains to this world

Active

Process and remediate

Easier when preceded by
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ACCOUNTABILITY

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MORAL COMPASS

Spine/Tailbone

Alignment

Righteous

Addresses intentions

Standing on principle

ETHICAL RESPONSE

Low belly

Connection

Caring

Addresses impact

Hurts when we hurt
anyone

THE UNITY APOLOGY

- 1.** A clearly expressed sincere desire to do the work required to restore the open flow of grace between hearts with no separation, not just a surface patch up.
- 2.** A clearly expressed understanding, caring, and remorse as to the nature of our impact on others (low belly/ethical accountability).
- 3.** A clearly expressed recognition and remorse as to where we were “off” in our behavior i.e. our inner experience of how we were not straight (backbone/moral accountability).
- 4.** A sincere offer of a new behavior and/or reparation process.
- 5.** A request for feedback on our apology: Is anything more needed for resolution, with regard to both earthly accountability and divine grace (no separation between hearts)?