

PRESS KIT 2023

# INTERNATIONAL FORGIVENESS DAY

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5<sup>th</sup> edition  
Septembre 18<sup>th</sup> 2023

 International  
**Forgiveness** Day<sup>®</sup>

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## EDITORIAL

The 5<sup>th</sup> edition of the International Day of Forgiveness will take place on September 18<sup>th</sup> 2023. It was created in 2019 by Olivier Clerc, Honorary President of the Association Pardon International (API), creator of the Forgiveness Circles, in partnership with the International School of Forgiveness (Italy, Spain, Colombia), Path to Forgiveness (California), Radical Forgiveness (South Africa), Laskow Holoenergetic Association (Switzerland, USA).

The first three editions were a great success, with more than 100 events held each year in some twenty different countries, bringing together more than ten different approaches of forgiveness, despite the limitations of Covid.

This day is based on an obvious observation. We have all been hurt and offended at one time or another. We have also often caused harm: either to others or to ourselves. The result is resentment and grudges that end up locking us into a destructive inner pattern.

If we ever want to establish real understanding between beings and peoples, the first step is inner peace, which comes through the healing of the wounds of the heart that forgiveness offers.

Hence the importance of this International Day of Forgiveness on September 18<sup>th</sup> ! By proposing this approach, which is accessible to all, in a multitude of forms, without distinction or restriction (regardless of religion, nationality, etc.), we want to initiate a profound change in mentalities and open the way to a positive relationship with others and with ourselves.

«Forgiveness is regaining personal power» Fred Luskin

Forgiveness is not endorsing the actions of others, nor is it necessarily reconciling with the other, nor is it necessary for the other to ask for forgiveness for me to forgive. Through the power of forgiveness it is possible to free myself from resentment, anger or sadness in order to regain my inner freedom to love myself and the world around me.

Roger Baumann, president of API







## Part 1

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A DAY TO PRACTICE  
AND UNITE AROUND  
FORGIVENESS IN ALL  
COUNTRIES OF THE  
WORLD

# A TRANS-NATIONAL AND TRANS-RELIGIOUS EVENT



On September 18, 2023, the International Forgiveness Association (API) is repeating the International Day of Forgiveness, an universal event that invites us to live a transforming experience: to get rid of the toxic resentments and bitterness that many of us harbour towards each other.

This concept is innovative in its secular and universal approach: beyond the existing events in certain countries and religions, the International Day of Forgiveness brings together all people, throughout the world, who are on the path to forgiveness, a true «healing of the heart» accessible to all.

Roger Baumann, API President, underlines :

« Since 2019 the International Day of Forgiveness have enabled thousands of people to make peace with themselves, sometimes to be reconciled, to be able to move forward more freely and serenely on the paths of life. We are very happy about this! »

Forgiveness is what allows the heart to heal, to be relieved of its burden of resentment, anger, grief or hatred, and to regain its full capacity to love.

During the International Day of Forgiveness, tens of thousands of people will attend hundreds of different events all over the world (France, Switzerland, USA, Belgium, Algeria, Estonia, Lebanon, Uruguay, India, Morocco, Canada, Africa...).

## How it works

Everyone, organisation, association, etc, can plan and organise an event on that day, whatever the philosophy, spirituality, religion. A website shows every event on that particular day.

Anyone wishing to organise an event on that day is invited to announce it by filling in the form «Add an event to the IDF 2023» which you can find on the website: [en.journeeinternationaledupardon.org](http://en.journeeinternationaledupardon.org)

To participate in an event, consult the agenda on the website and contact the event organiser directly.

## FOCUS ON PAST EVENTS

In the four previous editions, hundreds of workshops, conferences, film or documentary screenings, guided meditations, round tables, etc. took place. These secular or spiritually inspired events have allowed each participant to experience different approaches, to walk towards forgiveness according to their affinities and sensitivities.



Here are some examples of past initiatives:

- Forgiveness Circles in France, Switzerland, Belgium, Morocco, Quebec, Mauritius...
- The Gifts of Forgiveness, a two-day workshop including a Forgiveness Circle
- A one-day meeting on Ho'oponopono
- Evenings of sharing-debates with various speakers, secular and religious. In Switzerland, France and Morocco.
- Screenings of the documentary «The Forgiveness Effect
- Forgiveness free-hugs in the streets of certain cities
- Holoenergetic forgiveness workshops according to Dr. Laskow's method
- Radical forgiveness workshops according to Colin Tipping's method

« As I walked through the door to freedom, I knew that if I didn't leave behind all the anger, hatred and bitterness, I would still be in prison.»

NELSON MANDELA





## Part 2

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# INTERNATIONAL FORGIVENESS DAY: CREATOR AND PARTNERS

# THE ASSOCIATION PARDON INTERNATIONAL (API)

(INTERNATIONAL FORGIVENESS ASSOCIATION)

The Association Pardon International (API) was created on May 1<sup>st</sup> 2015. It aims to promote the study and practice of forgiveness, in its many forms, whether religious or not.

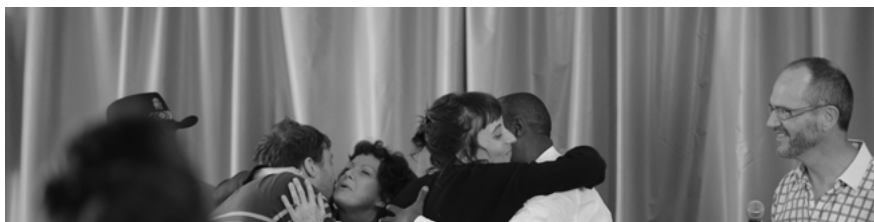
It particularly supports the rapid development of Forgiveness Circles around the world, a totally secular approach that allows everyone to learn to free themselves from tensions and grudges thanks to the forgiveness ritual elaborated by Olivier Clerc, API's Honorary President.

It is governed by a Board of Directors of 6 members, and is supported by a remarkable range of honorary members, including prestigious representatives of very different traditions and from many countries :

## PARTNERS

The International Forgiveness Day is actively supported by :

- The International School of Forgiveness, founded in Rome by Daniel Lumera
- The Path to Forgiveness, created in California by lawyer Eileen Barker
- The Laskow Holoenergetic Association founded by Dr Leonard Laskow
- The Radical Forgiveness Practitioners founded by Colin Tipping



Association Pardon International  
[info@assoc-pardon-international.org](mailto:info@assoc-pardon-international.org)



## PORTRAIT OF OLIVIER CLERC, FOUNDER HONONARY PRESIDENT OF API



Olivier Clerc is a passionate person wearing many hats! He is an author, trainer and organiser of events on the themes of personal development and spirituality in the broadest sense. Very prolific, he has already published more than 20 books which have been translated into about fifteen languages.

In 1999, he translated and published «The Four Agreements» by Don Miguel Ruiz. An experience that literally transformed his life! That same year, he met this author in Mexico and had a deeply moving experience of forgiveness. Ten years later, he recounts this story in «The Gift of Forgiveness», a book translated into 9 languages, published in 2010 by Trédaniel.

Driven by the desire to share and transmit, Olivier then created workshops on forgiveness, and in 2012 launched the Circles of Forgiveness. Today, there are more than 230 active Forgiveness Circles in some fifteen countries and 75 group sessions are organised on average each month.

This powerful experience gave him the idea of an International Day of Forgiveness, a new concept with a universal vocation: in as many countries as possible, at the same time, each of us is invited to implement or participate in an event based on forgiveness (a conference, a concert, a forgiveness circle, a time of prayer, a film screening, etc.).

## PORTRAIT OF ROGER BAUMANN, PRESIDENT OF API



Trained in 2012 in the facilitation of Forgiveness Circles, Roger quickly became involved in this approach and subsequently participated in numerous meetings organised by Olivier. Since 2017 he has also been facilitating the two-day workshop «The Gift of Forgiveness». Links were forged with Olivier and his wife Annabelle and Roger has become more and more involved in the API, particularly in managing the IT tools needed by the association.

Roger had a sports accident in 2011 which left him a paraplegic, an experience with serious consequences which led him to reorientate his view of life, to show resilience and acceptance, and the work of forgiveness

is also necessary to mourn his past life.

A personal and spiritual journey of some fifteen years led him to open up to the world of the spirit, of the subtle, of emotions, of wounds, of healing. This approach to forgiveness became obvious to him, as did the facilitation of group workshops which he has been doing for the past 10 years.

Roger will take over the presidency of API in May 2021 following Olivier's departure, supported in this task by 5 members of the Board of Directors as well as by a dozen active members.

[cerclesdepardon.fr](http://cerclesdepardon.fr)

## LEARN MORE

Website : <https://en.www.journeeinternationaledupardon.org/>

 <https://www.facebook.com/JIPIFD>

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