



## Além do perdão (Portuguese Edition)

*Phil Cousineau*

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Perdoar é melhor que se vingar, disse Heráclito. Mas perdoar somente não basta. Pois um ato cruel, mau, destrutivo, inconsequente, causa desequilíbrio no mundo, e este precisa ser restaurado de alguma forma. Para restaurar o equilíbrio, é necessária a reparação, ou atonement (at-one-ment), palavra que significa tornar inteiro novamente. Tradição em muitos povos, é a prática que permite ao abusador se arrepender e fazer algo para reparar o mal feito. A reparação é necessária e funciona mesmo quando feita por outra pessoa, não pelo perpetrador do ato. Sem a reparação, falta o reconhecimento da humanidade tanto no abusador quanto no prejudicado. “Eu reconheço que você foi machucado em sua humanidade”, diz o abusador. “E eu reconheço que você é humano e falha”, diz o machucado. “O que posso fazer para aliviar meu senso de culpa e dar vazão ao meu arrependimento?” Essa é a pergunta e a consequente ação que operam milagres e restabelecem a ética, solucionam conflitos e estancam a cadeia de violência que o mal iniciou. A alma é sanada assim como a sociedade. A partir do perdão e da reparação, inicia-se uma nova vida. Phil Cousineau entrevistou e colheu textos de personalidades mundiais que se destacaram por suas práticas de não violência. São pilares de amor pela humanidade, sabedores que, se praticarmos olho por olho e dente por dente, acabaremos todos cegos e desdentados. A prática do atonement muda o presente, o futuro, como também o passado. Diz Tutu: “A não ser que você trate o passado de forma criadora e positiva, corre o terrível perigo de não ter um futuro sobre o qual valha a pena falar. O passado pode ter um impacto desastroso ou benéfico sobre o futuro. A África do Sul será corroída gravemente se aqueles que se beneficiaram do odioso sistema de apartheid, considerados os opressores, não pedirem perdão pelas coisas hediondas feitas sob o apartheid e se as vítimas – os oprimidos – não lhes derem o seu perdão.

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