

## Forgiveness: Inner-Dimensional Inquiry (2-21-2022)

**Forgiveness is one of the most important factors influencing our awakening from the 3D matrix:**

- Forgiveness releases the body-mind from the bondage of unloving, false beliefs. The resulting change in perspective is more in alignment with Source Perspective (Truth)
- Forgiveness dissolves all forms of suffering at the causal level
- Forgiveness initiates healing of the body-mind
- Forgiveness dissolves the veil hiding our true nature
- Forgiveness transmutes our vibrational signature
- Forgiveness shifts our consciousness into more loving timelines

**What is Forgiveness?:**

- It is the giving over to love that which was created without love
- It is a conscious, free will choice to be a channel of love so that love can transmute and transform that which is unlike love.
- It is a demonstration of allegiance to love
- It is a choice to express your Divine Nature over expressing your lower, conditioned nature.
- It is healing at the causal level.

**Forgiveness is the means by which our Reality Constructs are replaced with Truth:**

- Love and Truth are inseparable. Where one abides, the other must abide also. Where one is absent, the other is absent also.
  - Truth is Source Perspective
  - Reality Constructs, otherwise known as “personal truth”, are those ideas that we have taken as Truth, whether they agree with Source Perspective or not.
  - Untrue Reality Constructs are the underlying cause of all suffering.
    - ◆ All ideas we hold to be true are ultimately derived from what we think we are ([examples, ask for a challenge to this to test it](#)). When our Reality Constructs are in disagreement with Source Perspective, they are also in disagreement with our True Nature.
    - ◆ When this occurs, we create a reality that is unloving because it is untrue.
    - ◆ The untrue, unloving beliefs do not align with Source nor our True Nature and therefore feel bad ([example of a fish living out of water](#)).
    - ◆ Beliefs that feel bad create manifestations that feel bad.
    - ◆ The more unloving, untrue a belief/manifestation is, the more

traumatizing it is.

- Understanding forgiveness rests on understanding that Love and Truth are inseparable and that when something feels bad, it must be out of alignment with Truth and therefore out of alignment with our True Nature.
  - We only have to know that something feels bad to know it is not aligned with what Source desires for us ([let this be challenged by asking the group to suggest an example](#))
    - ◆ Our Divine Nature was bestowed upon us at the moment of our creation. Source's only desire for us is the expression and experience of our Divine Nature. Our Divine Nature is our inheritance, immutable and eternal.
    - ◆ When we feel bad, we are experiencing something that is not in alignment with our Divine Nature.
  - We don't have to know what is true, nor how to perceive a situation differently. We only have to allow love to flow, and Truth will flow with it.

#### **Forgiveness cannot take place in the presence of resistance:**

- Resistance is a form of energy that is diametrically opposed to love. Love and resistance cannot occupy the same vibrational space. We must choose to have either love or resistance, we can not have both simultaneously.
- Forgiveness requires the relinquishment of resistance in exchange for love.

#### **Forgiveness, when misunderstood, will trap you in hell:**

- The traditional understanding of forgiveness involves sacrificing your wellbeing in order to be good. It perpetuates trauma, fosters the abuse/victimization cycle in relationships, causes psychological fragmentation, creates internal conflict, and promotes self-hatred.
  - Traditional forgiveness (religious, social forgiveness):
    - ◆ A good and righteous person is expected to ignore or deny what is unloving and the pain that goes with it. This form of forgiveness is seen as an essential virtue, demanded of you by God (or society) in order to be pleasing to Him.
    - ◆ You must "put-up and shut-up" with what harms you if you want to be a good and righteous person.
    - ◆ In order to "put-up and shut-up" with what hurts you, you must enter into a state of denial, whitewashing the situation to make it bearable.
    - ◆ Feeling hurt equates with falling short of God's expectations of you. Therefore, being in pain makes you a horrible person.
    - ◆ Unhealed wounds are seen as an unwillingness to forgive, "being negative", and therefore your wounds are the evidence that you are falling short of your spiritual responsibilities, un-evolved and less than you should be.
    - ◆ Failing to forgive in the traditional way equates with failing to be good.

- This is where people fall into spiritual by-passing in order to maintain a positive self-concept and to avoid judgement.
  - ◆ Spiritual bypassing is a form of denial and suppression. It is the practice of using spiritual teachings to disown painful feelings, unmet needs, and unresolved trauma. It is a state of inauthenticity in which you resist a negative aspect of yourself in favor of a seemingly more enlightened version of yourself. It is a form of self-delusion and false transcendence.
- This form of forgiveness leads to a deep sense of shame, inadequacy, and unworthiness.
  - ◆ This in turn leads to making decisions to stay in situations that are harmful, because if you CAN be hurt, you DESERVE to be hurt for being less than you should be.
  - ◆ You suppress the natural urge to move away from that which causes pain, trapping yourself in an abusive situation and damning yourself to ever increasing torment in the name of righteousness.
  - ◆ You end up being repeatedly and relentlessly abused, not understanding what you are doing wrong to make people treat you so badly.
  - ◆ Over time, the continuous abuse you allow in the name of “being loving” or “being godly” cripples you emotionally, energetically, and physically.
- There tends to be a cluster of relationship patterns that go along with this type of forgiveness
  - When a child, you were not allowed to have certain emotions and be “good”. You were judged by your parents and authority figures as bad or flawed because of how you felt. The only way to have a positive relationship with the people you loved the most was to disown your feelings and perceptions.
  - On one hand, you are determined to forgive others for serious offenses. On the other hand, you are unwilling to forgive yourself for even the slightest mistakes. When you perceive you have made a mistake, you keep yourself on the hook indefinitely, punishing yourself relentlessly with guilt and shame. You hate yourself for not being perfect.
  - You attract abusers. You believe that sacrificing yourself for others makes you good and therefore worthy of love. This belief makes you a perfect partner for narcissists. You find yourself in relationships where others feel at liberty to abuse you, take advantage of your “good” nature, and have no regard for your well being. You are in relationships with people who fully expect you to put up with their abuse as a demonstration of love, faithfulness, and virtuousness. After all, you must overlook their damaging behavior because that is your job as a righteous person. When you are hurt by their behavior, they see you as falling short of “being

good”, making your pain your fault. You are expected to kiss the hand that slaps you and smile like everything is ok. Your part in the relationship is to serve their needs, disregard your own needs, and let them abuse you without complaint or defense. If you display signs of pain, they demand that you change your feelings so they can be off the hook for what they have done. Your well being has no significance to them, because it has no significance to yourself. These relationships reflect what you truly believe about your relationship with God.

**In order to release our belief in this form of forgiveness, lets clearly understand what Forgiveness is NOT:**

- Forgiveness is not sacrificing your well being so as to overlook harm in order to be good and virtuous.
- Forgiveness is not putting up with something that feels harmful.
- It is not something you can force on yourself or another
  - Force arises from resistance and forgiveness can not take place in the presence of resistance
  - Trying to force forgiveness exacerbates a sense of separation from love and only serves to re-traumatize a person
    - ◆ It is abusive to force yourself or another to forgive.
    - ◆ It is cruel to judge because forgiveness has not yet been accomplished
    - ◆ It is heartless to shame someone because they can't change how they feel
    - ◆ While it is sometimes noble to want someone to feel better, often we want people to change how they feel so that WE can be off the hook for the damage we have caused or to escape being around someone who feels bad.
- Forgiveness is not accomplished by human means.
  - You can't make forgiveness happen through effort
    - ◆ Effort is applying force against resistance. In other words, effort is resistance to resistance.
    - ◆ Forgiveness can not take place in the presence of resistance because love can not flow where resistance is present.
- Forgiveness is not an internal toilet that you can push a handle, and all the shit gets flushed away. Healing the emotions is a process that takes time, just as healing of the body takes time ([example](#)).

**What forgiveness is:**

- A process of transmutation accomplished by Grace through love.
- A process of transmutation that changes the fundamental nature of what is unloving into something loving.
  - This transmutation from unloving into loving results in healing on the

- emotional, mental, and physical levels.
- This healing is evidenced by the transformation of form, ushering in miraculous changes in the circumstances of your life.
  - It is the natural effect of love coming into relationship with that which is unlike love.
    - The effect of forgiveness is healing. Just as a cut or broken bone is healed by an innate intelligence that knows exactly what to do, so too are our emotional and mental wounds healed by the innate intelligence of love
    - Forgiveness occurs naturally and automatically in the presence of love.
    - Love accomplishes forgiveness through relationship, not dominance.
  - A natural process under Divine direction and timing
    - Our ONLY part to play is to ask love to abide wherever love is needed and to create the conditions conducive for love to do what love does naturally
    - Setting a broken bone creates the necessary alignment for the innate intelligence of the body to heal the bone. Resistance creates internal, energetic fragmentation. So, we must re-align our internal channel with Source so that healing can occur. By doing this, we create the conditions conducive for love's innate intelligence to heal our internal breaks.
    - The process of creating the conditions conducive for love to minister to our wounds is our forgiveness practice. A helpful forgiveness practice is one that re-aligns our internal channel by removing the resistance that prevents love from flowing. It is a process by which we recognize where love is needed and ask love to go there.
    - We will cover one form of this practice shortly.

**Common reasons we resist forgiveness:**

- Before any serious undertaking, it's important to deal with any resistance we have so that we are not divided against ourselves.
- We believe forgiveness means letting yourself or another "off the hook", not holding someone accountable for their actions.
- We believe that holding resentment or fear will protect us from being hurt again.
- We believe forgiveness means someone gets to cause harm without paying the consequences, which is unfair and unjust.
- We may want the offender to suffer as we have suffered. We believe that if the person hurts as we hurt, we will be able to release our pain and move on to heal. Hurt people hurt people.
- We feel that forgiveness equates with abandoning ourselves and is a betrayal of our best interests.
- We equate forgiveness with whitewashing what happened, a form of re-writing history, so as to minimizing the significance of the damage that was done. It feels like living a lie and letting the other person live a lie too.
- We believe forgiveness is saying that what happened is ok or of no

consequence.

- Society sees victims as good and abusers as bad. We might feel that staying in the victim role makes us good and supports a positive self-concept.
- We may rely on being a victim in order to get positive attention that we otherwise cannot get from others. If we are starving emotionally, being a victim may bring the significance and love we so desperately crave.
- Forgiveness often requires the revisiting of strong and painful feelings and thoughts. We are afraid that if we let ourselves feel these feelings and hear these thoughts, they will over take us. We may feel that the feelings will destroy us or cause us to destroy someone else.

### **An example of a helpful forgiveness practice:**

- This is one of many excellent forgiveness practices. Take what feels right, then make it your own. Your internal guidance is an expert at forgiveness, so listen to your internal prompts remembering that Grace is here to do this for you, on your behalf.
- The need for forgiveness becomes self evident.
  - If something feels bad, forgiveness is needed
  - If you are triggered, a full forgiveness practice is most appropriate
  - If an unloving thought or bad feeling is experienced, but you are not triggered by it, simply observe it, ask love to go to it, and go on without further focus.
  - If you experience a recurring thought or feeling, and simply asking love to go there has not resolved the recurrence, then a full forgiveness practice is necessary.
- Choose the best setting for this practice
  - Go to a quiet, private place where you will not be disturbed or observed.
  - If you feel the urge to talk to someone, rather than doing this alone, choose a spiritually mature person to help you
    - ◆ Choose someone who has a proven track record where forgiveness is concerned.
    - ◆ This person should be able to reliably hold compassionate, non-judgmental space for you and anyone else involved in the situation.
    - ◆ Preferably, this person will be a clear Source channel, able to communicate to you on Source's behalf
- The first step in a forgiveness practice is to allow yourself to fully experience the painful thoughts, emotions, memories, etc.
  - Mentally return to the thought or situation that is causing pain or disturbance.
  - Be unconditionally present with what arises.
    - ◆ DO NOT try to control or suppress what comes up. Let it exist exactly as it is.
    - ◆ DO NOT judge what arises. It is not good nor bad, not right nor

wrong, not logical nor illogical, not accurate nor inaccurate. It is simply an experience, valid and significant because it exists.

- ◆ DO NOT correct what arises. Correction is not your part to play. Seek instead to CONNECT with what arises so that love may flow through you to where love is needed. Correction takes place as an effect of love's presence and your understanding is not required.
  - ◆ DO NOT shame yourself for what arises. ALL things are perfectly valid and understandable.
  - ◆ DO hold compassionate space for whatever arises so it may be fully felt, seen, heard, and remembered. Whatever you judge, you will keep and amplify.
  - ◆ DO recognize the importance and significance of how you feel.
  - ◆ DO acknowledge your experience as valid and understandable.
  - ◆ DO honor and cherish yourself as worthy of love and happiness. You deserve the time and attention you are giving yourself. You deserve to heal and to be happy.
- Allow the energy to be discharged as it moves through you. Discharge of energy is essential and may look like crying, yelling, running, punching something (preferably a pillow or similar), laughing, stomping, etc.
  - During or after the initial discharge of energy, ask The Presence of Love within you to help you.
  - The Presence of Love within you will prompt you at the optimal moment to begin breathing deeply. Use your breath to pull everything that has arisen (emotions, feelings in the body, thoughts, emotions, memories) into the heart space.
    - Deep breathing opens the heart, allowing love to embrace all things as you usher them out of the body-mind into the heart space
    - As the experience flows into the heart, it is bathed in love, transmuted, and resurrected as it's loving counterpart. (Examples)
  - After the initial discharge, you will begin to receive new thoughts, emotions, and desires that feel much better. Place your attention on these thoughts and feelings.
  - It is common to go through the discharge step several times.
    - Healing often takes place in layers, and energy discharge will be required for each layer
    - Note that having to do the forgiveness practice multiple times is not an indication that it does not work. Be patient and have faith as you work your way through all the layers until healing is total.
  - Once sufficient energy has been discharged, and sufficient love is flowing, ask "What must I believe is true for this to manifest in my life?"
    - This is an essential step in the process. DO NOT skip this step.
    - Breathe deeply and relax to the best of your ability.
    - The answer MUST be revealed to you because you have asked for it.

- When the belief is shown, do not judge it, resist it, or try to correct it. Once the old belief has been fully revealed, a new, loving belief will be offered to you by The Presence of Love within you.
- Once the old belief is fully revealed, say to The Presence of Love within you: "In my innocence, I have misunderstood. In my innocence I have taken a lie as Truth. How else has this lie manifested in my life?"
- Allow the answer to be shown to you. Again, do not resist it, judge it, or try to correct it.
- When it feels right, say: "I bring The Presence of Love to this and Truth is restored to my mind."
- Remain relaxed but alert, breathing deeply as Truth and the new perspective that comes with it are revealed to you.
- Sit with the new thoughts, letting them come alive in you for as long as you can.
- This is where Truth sets you free, joy replaces suffering, peace replaces conflict, and love replaces judgement.
- Love is a quantum phenomenon so healing is total
  - When love transmutes energy (be it thought, emotion, memories, etc) it simultaneously transmutes all underlying causes, all effects, and all manifestations throughout all space-time.
  - As a result of love's presence in relationship to what you have offered it through your forgiveness practice:
    - ◆ What was created without love is resurrected as an expression of love
    - ◆ Feelings and emotions are changed
    - ◆ Memories loose their emotional charge
    - ◆ Our hearts and minds are freed from the bondage of painful perspectives
    - ◆ Peace abides where once there was pain
    - ◆ Human vision is replaced by Christ Vision
    - ◆ Miracles abound as internal healing is manifested in your living reality
    - ◆ Your heart is eased so that it may expand. Greater levels of happiness and joy are now possible

**Remember your part in this process:**

- The lion's share of your part is your willingness to allow love to flow where love is needed.
  - Remain unconditionally present with what arises, holding compassionate space no matter what ( no judgment, resistance, correction, etc)
  - Ask The Presence of Love within you for help as you allow the energies to be discharged
  - Ask to be shown the unloving, false beliefs you hold in your mind.
  - Ask The Presence of Love within you to restore Truth to your mind.
  - Receive the Truth and allow it to come alive within you

- The Presence of Love within you will do everything else.
  - Love will faithfully guide you through this process ensuring that love reaches everything that has been left outside of love's embrace.
  - You will see and feel your healing manifest as miracles in your life.