

# True Forgiveness: A Journey to Inner Peace

## Overview

True Forgiveness is a science. We use the technique of Subjective Science to get to the source of the upset we are observing as part of the process of True Forgiveness. We continue the use of Subjective Science as we experiment by replacing the un-true belief and observing the results in our lives, gathering the evidence and form a conclusion. The scientific process is:

1. Making observations
2. Forming a hypothesis
3. Conducting experiments to test the hypothesis
4. Analyzing the data
5. Drawing conclusions based on the results

This will be evident and obvious as we develop the process of True Forgiveness. Let's start with this.

Imagine consciousness as a pristine lake, naturally reflecting the sky above with perfect clarity. Our untrue beliefs are like sediment that clouds this lake, distorting our perception of reality and ourselves. True Forgiveness is the process of allowing this sediment to settle and eventually dissolve, revealing the clear waters of our True Self that were always there. This journey of forgiveness is not about changing what's outside us, but about releasing the internal beliefs that cloud our vision and cause our pain.

The path to True Forgiveness represents a transformative journey in consciousness evolution, leading to a more peaceful, joyful, and abundant life. Based on deep understanding of consciousness at Individual, Collective, and Universal levels, this approach integrates insights from Science, Metaphysics, Quantum Physics, and Psychology to present a comprehensive framework for personal and collective transformation. In fact, forgiveness is the accelerator of transformation. Each time we forgive we accelerate our transformation by releasing what has been slowing us down, sometimes to a stand still.

Imagine a heavy backpack filled with stones. Each stone represents a grudge, a hurt, or a painful memory we carry. As we walk through life, this backpack weighs us down, making each step more difficult than the last. This is what it means to live without forgiveness – to carry the burden of past hurts and resentments wherever we go. True forgiveness is the act of examining each stone, understanding its weight in our lives, and consciously choosing to leave it behind. It's not about declaring the stone weightless or pretending it never existed; it's about acknowledging its presence while choosing to travel lighter by removing the un-true belief from the backpack and leaving it behind.

The journey of forgiveness is much like tending a garden. When we first begin, we might find ourselves overwhelmed by the weeds of resentment and anger that have taken root in our hearts. These weeds didn't appear overnight, and they won't disappear in an instant. Just as a gardener must understand the nature of different plants and the proper techniques for

cultivation, we must understand the nature of forgiveness and its various aspects to effectively cultivate peace in our inner garden.

Like the immersive reality depicted in Avatar, our consciousness creates a visceral, three-dimensional experience based on our beliefs. When we hold low-frequency beliefs such as "I am not worthy" or "I am not good enough," our consciousness manifests these as lived experiences. Conversely, high-frequency beliefs like "I am worthy" and "I matter" create corresponding positive experiences. This understanding forms the foundation for recognizing how our beliefs shape every aspect of our reality.

The journey to True Forgiveness challenges conventional notions that place the source of our problems in the external world. Historical and religious perspectives have often taught us to look outside ourselves for both the cause of our pain and its solution. However, True Forgiveness reveals that the source of our pain lies within our own subconscious, in our untrue beliefs. This revolutionary understanding transforms forgiveness from a spiritual concept into a scientific process of consciousness evolution.

This work explores three fundamental aspects of forgiveness: the Laws of Forgiveness that govern its nature, the Forgiveness Ladder that guides our ascent to higher understanding, and the ultimate goal of True Forgiveness. Each component builds upon the others, creating a comprehensive framework for understanding and practicing forgiveness in our daily lives. The result of which is inner peace.

# The Laws of Forgiveness

The laws of True Forgiveness operate like the fundamental forces of nature - they are always in effect, whether we acknowledge them or not. Just as gravity doesn't require our belief to function, these laws govern the relationship between our consciousness and our experienced reality. They apply universally to every circumstance, situation, and person, though we have the free will to either align with them or create our own limiting beliefs.

As the laws of nature that apply to the physical world are expressed in the scientific laws of physics and quantum physics, the laws of nature that apply to the non-physical world, the intangible world are also expressed in the all of the laws presented in the Consciously Creating Course. Let's focus on the Laws of Forgiveness.

## **Law 1: Nothing True can be threatened. Nothing untrue exists.**

This fundamental law establishes the bedrock principle of reality itself. Like the sun that continues to shine regardless of passing clouds, our True Self remains untouched by the temporary appearances of untrue beliefs. This law reveals that:

- Negative feelings and threats arise solely from untrue beliefs in our consciousness
- True/Real experiences generate no negative or threatening feelings
- Through True Forgiveness, threatening untrue beliefs return to nothingness
- When truly forgiven, intended insults become as meaningless as being called a "yellow Volkswagen"

Consider how a mirage in the desert appears real until we get closer and recognize its illusory nature. Similarly, our untrue beliefs appear to have substance and power until we examine them through the lens of True Forgiveness. Just as the mirage disappears upon recognition, untrue beliefs dissolve when we stop giving them our attention and energy.

## **Law 2: Universal Truth Consciousness Created All to have All**

This profound law establishes our true identity and inherent power as creators. Like a wave that is both individual and inseparable from the ocean, we are sovereign expressions of Universal Truth Consciousness. This law teaches us that:

- We are sovereign creators with the power to choose
- We must take 100% responsibility for our consciousness and creations
- No external source bears responsibility for our choice to maintain untrue beliefs
- We possess both choice and Power as factory-installed features of our being

Think of this law as recognizing our role as conscious creators rather than passive experiencers of life. Just as an artist has the power to create new paintings, we have the power to create new experiences by choosing which beliefs we energize and maintain.

### **Law 3: There are but two things to choose between**

This law simplifies the seemingly complex world of choices into its essential nature. Like a compass that always points north, this law reveals that every choice ultimately comes down to aligning with truth or untruth. Specifically:

- Every choice ultimately comes down to truth versus untruth
- We have been programmed to choose the untrue through societal conditioning
- Our Inner Guide always helps us distinguish between true and untrue
- Love represents truth, while fear represents untruth

This law operates like a sophisticated guidance system, using our emotions as signals to help us navigate toward truth. Positive emotions indicate alignment with truth, while negative emotions signal the presence of untrue beliefs that need forgiveness.

The interaction of these three laws creates a comprehensive framework for understanding how consciousness operates and how we can use True Forgiveness to align with our natural state of being. Together, they reveal that our power lies not in controlling external circumstances but in choosing which beliefs we hold in consciousness.

# **The Requirements of Forgiveness**

## **Overview of the Requirements**

The Requirements of Forgiveness are like the natural Requirements that govern our physical world – they operate whether we acknowledge them or not. Like the Laws of Forgiveness, these Requirements work consistently in our lives, shaping our experience of forgiveness and its effects on our well-being.

- Requirement of Recognition: Forgiveness begins with acknowledging that there's something to forgive
- Requirement of Responsibility: We must take responsibility for our own healing
- Requirement of Acceptance: What happened cannot be changed
- Requirement of Willingness: We must be willing to see things differently
- Requirement of Release: Forgiveness requires letting go
- Requirement of Restoration: True forgiveness restores peace to the mind

## **The Requirement of Recognition**

Picture a house with a leaking roof. If we deny the leak exists, we cannot fix it, and the damage will only worsen over time. The Requirement of Recognition operates in the same way – we must first acknowledge that we are carrying unforgiveness before we can address it.

This Requirement often manifests in unexpected ways. Consider Sarah, a successful businesswoman who couldn't understand why she struggled with trust in her professional relationships. Through self-reflection, she recognized that she was still carrying the pain of a betrayal from her first business partner twenty years ago. This unacknowledged hurt had been silently influencing her decisions and relationships for decades.

The Requirement of Recognition doesn't demand immediate action; it simply asks for honesty. It's like turning on a light in a dark room – we might not like everything we see, but seeing clearly is the first step toward positive change.

## **The Requirement of Responsibility**

Imagine two people in separate boats on a lake. One person is upset because the other's wake is rocking their boat. While they can't control the other boat's movements, they can learn to stabilize their own vessel. This is the essence of the Requirement of Responsibility.

This Requirement challenges us to shift from a victim mentality to one of empowerment. It's not about blaming ourselves for what happened, but rather taking responsibility for our healing journey. Think of it as being the author of your own story rather than a character in someone else's narrative.

Consider the story of Marcus, a man who spent years bitter about his parents' divorce. He kept waiting for them to apologize and make things right. The turning point came when he realized

that while he couldn't change the past, he could take responsibility for his present happiness. This shift in perspective freed him from the prison of waiting for others to change.

## **The Requirement of Acceptance**

Picture yourself swimming against a strong current. The more you fight it, the more exhausted you become. The Requirement of Acceptance teaches us that sometimes the wisest action is to stop fighting what cannot be changed and instead learn to navigate within our new reality.

This Requirement doesn't mean we approve of what happened or that it was right. Rather, it's about acknowledging reality as it is, much like a farmer accepts the weather conditions and learns to work with them rather than wasting energy wishing for different weather.

The story of Elena illustrates this Requirement beautifully. After losing her leg in an accident, she initially raged against her new reality. The turning point came when she accepted that while she couldn't change what happened, she could choose how to live moving forward. This acceptance became the foundation for her remarkable journey of adaptation and growth.

## **The Requirement of Willingness**

Think of willingness as opening a window in a stuffy room. The fresh air can't enter if we keep the window sealed, no matter how much we might complain about the stale air. The Requirement of Willingness is about creating an opening for new perspectives to enter our consciousness.

This Requirement operates like a key that unlocks new possibilities. It doesn't require us to know how to forgive or even to feel ready to forgive. It simply asks us to be willing to see things differently. This willingness creates a crack in the fortress of our certainty about who was right and who was wrong.

Consider the story of two brothers who hadn't spoken for decades due to a business dispute. The younger brother's willingness to consider that there might be another side to the story became the catalyst for their eventual reconciliation. His willingness didn't immediately solve the problem, but it created the possibility and opened the space for healing.

## **The Requirement of Release**

Imagine holding onto a hot coal with the intention of throwing it at someone who hurt you. The Requirement of Release helps us recognize that we're the ones being burned by holding on. This Requirement governs the actual process of letting go – not for the other person's benefit, but for our own peace of mind.

Release doesn't mean forgetting or condoning. Rather, it's like decluttering a home. We acknowledge what no longer serves us and consciously choose to let it go. This process often happens in layers, like peeling an onion, with each layer revealing deeper aspects of what we've been holding onto.

The story of Maria exemplifies this Requirement. After her divorce, she kept all her ex-husband's belongings in a spare room, telling herself she was waiting for him to collect them.

Years later, she realized this room had become a physical manifestation of her inability to let go. The day she finally cleared that room became a powerful symbol of her emotional release.

## **The Requirement of Restoration**

Picture a pond after a storm. When the waters are turbulent, the pond's surface reflects a distorted image. As the waters calm, the reflection becomes clear again. The Requirement of Restoration works in a similar way – as we release our grievances, our natural state of peace is restored.

This Requirement reminds us that peace is our natural state, and forgiveness is the process of returning to this state. It's not about achieving something new, but rather about removing the obstacles to peace that we've created through unforgiveness.

## **Summary of the Requirements**

These Requirements work together like the ingredients in a recipe. Each one is essential, and they build upon each other to create the complete experience of forgiveness. Understanding these Requirements, as part of the science of True Forgiveness, helps us navigate the forgiveness process more effectively, leading us naturally to the next phase of our journey: the Forgiveness Ladder.

# The Forgiveness Ladder

The Forgiveness Ladder represents our journey from conditional to unconditional forgiveness, from ego-based to True-Self-based understanding. Like climbing a mountain, each rung offers a broader perspective than the last, ultimately leading to the summit of True Forgiveness. This progressive model helps us understand where we are in our forgiveness journey and what steps we can take to advance our understanding and practice.

The Forgiveness Ladder gives us a picture of the progressive stages we move through on our journey to True Forgiveness. Like a physical ladder, each rung provides stable footing for our ascent, while also offering a different perspective on our situation. The higher we climb, the broader our view becomes, until we reach the top rung of True Forgiveness. True Forgiveness Gives us a scientific method for reaching the peace, love and joy we all desire.

Think of this ladder as being similar to climbing a mountain. From the base, we can only see what's immediately around us – our hurt, our anger, our desire for revenge. As we climb higher, we begin to see more of the landscape, gaining new perspectives on our situation and its place in the larger picture of our lives. Let's begin with the first rung.

## Rung 1 - Compulsory Forgiveness

This initial level represents forgiveness as social obligation, learned in childhood when we're told to "forgive because it's the right thing to do." Like a forced apology, it stops the surface conflict but leaves the underlying wounds untouched. The guilt and blame remain fully intact.

Characteristics of Compulsory Forgiveness:

- Motivated by external "shoulds" rather than internal understanding
- Maintains significant blame and guilt
- Often accompanied by resentment
- May include conditions or expectations
- Frequently results in repeated patterns of hurt

At this level, forgiveness is more about social conformity than genuine healing. It's like putting a bandaid on a deep wound - it might cover the surface, but the underlying injury remains unaddressed.

## Rung 2 - Practical Forgiveness

At this level, we forgive for our own wellbeing, recognizing that holding grudges hurts us more than others. It's like realizing that carrying hot coals to throw at someone else only burns our own hands. While still focused on self-interest, it begins our journey toward deeper understanding.

Key aspects of Practical Forgiveness:

- Recognition that holding grievances harms ourselves
- Similar to Twelve Step movement's approach



- Motivated by enlightened self-interest
- Begins to release the victim mentality
- Opens the door to deeper healing

This level represents an important shift from forgiving for others to forgiving for ourselves. It's the first step toward taking responsibility for our own peace of mind.

### **Rung 3 - Parental Forgiveness**

This level sees us forgiving others as we would forgive an ignorant child. While it shows more compassion, it maintains a position of superiority - "I forgive you because I know better." It's like a parent patronizingly excusing a child's mistake while still judging the behavior.

Elements of Parental Forgiveness:

- "They didn't know better" mentality
- Maintains arrogance and judgment while appearing magnanimous
- Creates artificial separation between forgiver and forgiven
- Often includes an element of condescension
- May reinforce ego-based identity

Though this level shows progress in understanding others' limitations, it still maintains separation and judgment, keeping us from true healing.

### **Rung 4 - Compassionate Forgiveness**

At this level, we begin to recognize that hurt people hurt people. We see that others' actions come from their own pain and limited understanding. Like recognizing that a wounded animal lashes out from fear rather than malice, we connect with our shared human experience of pain and limitation.

Aspects of Compassionate Forgiveness:

- Requires significant shift in perspective
- Considers the other person's pain and motivations
- Recognizes shared human experiences and vulnerabilities
- Begins to dissolve the barrier between self and other
- Opens heart to genuine empathy

This represents a crucial shift toward understanding the interconnected nature of human experience and suffering.

## **Rung 5 - Conscious Forgiveness**

Here we start taking responsibility for our role in creating our experiences through the Law of Attraction. We see that our beliefs and energy draw corresponding experiences to us. It's like recognizing that our life is a movie we're projecting, and others are playing roles that reflect our inner beliefs back to us.

Characteristics of Conscious Forgiveness:

- Incorporates understanding of the Law of Attraction
- Recognizes personal responsibility for attracting experiences
- Views challenging people as mirrors reflecting our beliefs
- Focuses on learning from experiences
- Begins releasing victim consciousness

This level marks a significant shift toward taking full responsibility for our experience of reality.

## **Rung 6 - Universal Forgiveness**

At this level, we begin to identify with our true nature as extensions of Universal Truth Consciousness rather than separate egos. We see beyond surface appearances to the essential oneness of all beings. It's like awakening from a dream and realizing all the characters were aspects of our own mind.

Elements of Universal Forgiveness:

- Requires higher level of consciousness and responsibility
- Identifies with True Self rather than ego identity
- Recognizes fundamental oneness with all beings
- Includes gratitude for opportunities to grow
- Sees beyond form to essential reality

This level approaches the ultimate understanding of forgiveness as a return to our true nature.

## **Rung 7 - True Forgiveness**

The summit of forgiveness requires what could be called "extreme" responsibility - recognizing our connection to everything through consciousness itself. We understand that every experience serves our awakening to our True Self. Like waves realizing they are the ocean, we see that all our experiences arise from and return to the one Universal Consciousness.

Characteristics of True Forgiveness:

- Requires "EXTREME" level of responsibility
- Recognizes complete connection with all existence
- Understands individual consciousness's connection to collective and Universal consciousness
- Completely releases all untrue beliefs
- Results in total freedom from past conditioning
- Leads to remembering our True Self

When working with challenging situations, we can consciously move up these rungs by asking ourselves questions that correspond to each level:

1. "Should I forgive this?"
2. "Would forgiveness benefit me?"
3. "Can I understand their limitations?"
4. "How might their actions reflect their own pain?"
5. "What beliefs of mine attracted this experience?"
6. "How is this helping me remember my true nature?"
7. "How is this entire experience serving the evolution of consciousness?"

## **Working the Ladder**

It's important to note that we don't always move up the ladder in a straight line. You will find your self up and down the ladder. On one rung in one situation another rung in another situation. Sometimes it will feel like you are straddling the rungs. Sometimes you will forget that there is a ladder. Fear not. You will remember. And when you do, start at the bottom and work your way up.

Sometimes we need to revisit lower Rungs as new layers of hurt or understanding emerge. This is natural and part of the process. Like learning to play a musical instrument, we often need to practice the basic scales even as we tackle more complex pieces.

The ladder becomes particularly useful when dealing with challenging situations or people. We can consciously choose which Rung we need to focus on in any given moment. Sometimes we need to return to the First Rung to gain new insights, or to the Fourth Rung to let gain compassion. Start where ever you find yourself on the Forgiveness Ladder and start to ascend. It is this ascension that leads to the Ascension of your Consciousness.

## **The Facets of Forgiveness**

We will use the metaphor of a diamond and its facets to illustrate the beauty of forgiveness. These facets act as mirrors, reflecting light and creating the diamond's overall beauty. They play a crucial role in a diamond's brilliance, fire, and scintillation. As you become familiar with and, more importantly, consciously put into action the wisdom of each facet, transformation takes place. You begin to embody and display the beauty of the diamond. This transformation is evidenced as the facets act as mirrors, reflecting light and creating your overall beauty. They will play a crucial role in your brilliance, fire, and scintillation. For those who are still working on their un-true beliefs, the Diamonds in the rough, we will serve as a relatable guides because we have been there. For those Diamonds still mastering their facets we serve as an inspiration. As for the other glistening Diamonds — a cluster that radiates an ego-blinding brilliance of light. In this way we add more directly to the elevation and evolution of Consciousness at all levels.

### **First Facet: Recognition of Pain**

The first Facet is where we stand in our pain and honestly acknowledge it. Like a doctor examining a wound, we must first see clearly what hurts before we can begin the healing process. This Facet is about giving ourselves permission to feel what we feel without judgment or premature pressure to forgive.

Consider the story of David, who lost his life savings to a fraudulent investment scheme. On this first Facet, he allowed himself to feel the full impact of his loss – the anger, the shame, the fear for his future. This honest recognition became the foundation for his healing journey.

### **Second Facet: Understanding**

On this Facet, we begin to explore the context of what happened. Like a detective gathering evidence, we start to see the larger picture of circumstances, limitations, and human frailty that contributed to the situation. This isn't about making excuses, but about developing a more complete understanding.

Here we might discover, as Amanda did when dealing with her mother's emotional absence, that her mother's own childhood trauma had shaped her capacity for connection. This understanding began to erase the pain of her childhood, and it added a new dimension to her perspective.

### **Third Facet: Acceptance**

The third Facet is where we begin to accept reality as it is, rather than as we wish it had been. This is like a sailor adjusting their sails to work with the wind rather than fighting against it. We accept that we cannot change the past, but we can choose how we carry it forward.

This Facet often involves grief – grieving the loss of what might have been, what we hoped for. Only by accepting what is can we find the gift. The gift of peace we have longed for. It's a necessary part of the journey toward True Forgiveness.

#### **Fourth Facet: Responsibility**

On this Facet, we examine our own role in our experience – not to blame ourselves, but to reclaim our power. Like a gardener who recognizes that while they can't control the weather, they can prepare their garden to withstand various conditions, we begin to see where we have agency in our situation.

This Facet often involves discovering how our own beliefs and expectations contributed to our pain. We might realize, as John did in dealing with repeated disappointments in relationships, that his unexamined belief that "love means never having to ask for what you need" was creating patterns of resentment.

#### **Fifth Facet: Choice**

The fifth Facet is where we consciously choose our response to what happened. Like standing at a crossroads, we recognize that while we didn't choose what happened to us, we can choose what happens next. This Facet is about reclaiming our power to choose our path forward.

This is where we might choose, as Sarah did after her bitter divorce, to focus on creating a new life rather than remaining stuck in the story of what went wrong. It's where we begin to see that holding onto resentment is a choice we make in each moment.

#### **Sixth Facet: Release**

On this Facet, we begin the active process of letting go. Like releasing balloons into the sky, we consciously choose to release our grip on resentment, anger, and the need for vindication. This release happens gradually, often in layers, as we become ready to let go of different aspects of our hurt.

The release Facet often involves practical actions, like Lisa's decision to clear out all the angry emails she had saved as "evidence" of her ex-friend's betrayal. Each deleted email became a symbol of her commitment to release the past.

#### **Seventh Facet: Reframing**

Here we begin to see our experience through new eyes. Like looking at a familiar landscape from a different angle, we start to recognize how our challenging experiences have contributed to our growth and understanding.

This is where we might begin to see, as Michael did after losing his job, that what seemed like a devastating setback actually opened the door to a more fulfilling career path. The reframing Facet helps us integrate our experiences into a larger narrative of growth and learning.

#### **The Diamond: True Forgiveness**

The Diamond represents True Forgiveness – the recognition that our pain came not from what happened, but from our interpretation of what happened. Like reaching the summit of a mountain, we gain a perspective that transforms our entire understanding of the journey. When we accept the Diamond as our True Nature, the journey become as beautiful and lustrous as the largest Gemstone.

# Some final notes on True Forgiveness

## The Practice of True Forgiveness

True Forgiveness is fundamentally about letting go of untrue beliefs. This process is scientific in nature and needs not be complicated or challenging - the difficulty lies in our resistance to letting go, not in the forgiveness itself. When we truly forgive, we release not just the belief but all emotional baggage attached to it (The Laws of Creation).

The practice involves several key steps:

1. Recognizing an untrue belief through emotional awareness
  - Negative emotions serve as signals pointing to untrue beliefs
  - The stronger the emotion, the more important the belief is to examine
  - Our Inner Guide uses emotions to help us identify what needs forgiveness
2. Acknowledging the belief may have served a protective purpose in the past
  - Many untrue beliefs were adopted as survival strategies
  - Understanding this helps release judgment about holding these beliefs
  - We can be grateful for how these beliefs protected us while choosing to let them go
3. Choosing to withdraw our attention and energy from the untrue belief
  - Like a plant deprived of water, beliefs cannot survive without our energy
  - This requires conscious choice and consistent practice
  - We must be willing to let go of our investment in being right
4. Consciously replacing the untrue belief with a higher-frequency belief aligned with our True Self
  - Nature abhors a vacuum - we must fill the space with truth
  - Higher-frequency beliefs naturally attract more positive experiences
  - Choose a belief that resonates with the Inner Guide
5. Take Aligned Action to strengthen the new higher frequency belief
  - Be mindful of our words, behaviors and actions
  - Be mindful of the effects of our actions
  - Make immediate adjustments
6. Continue to use Subjective Science to fine tune the results.
7. Repeat as necessary!

## **The Importance and Necessity of True Forgiveness**

True Forgiveness is the key that unlocks our natural state of peace, love, and joy by releasing the untrue beliefs that block our awareness of our True Self. Think of it like cleaning a window - the light (our True Self) was always there, but the accumulated dirt (untrue beliefs) prevented us from seeing it clearly.

The effects of True Forgiveness manifest in multiple dimensions:

1. Personal Transformation
  - Previous triggers lose their power
  - Negative emotions dissipate naturally
  - Life becomes calmer and more peaceful
  - Abundance increases in all areas
  - We become more capable of conscious creation
2. Collective Evolution
  - Our individual forgiveness contributes to collective healing
  - We help raise the frequency of collective consciousness
  - Our example inspires others to examine their beliefs
  - We create ripple effects of positive change
  - The collective field of consciousness becomes clearer
3. Universal Expansion
  - Individual consciousness evolution expands Universal Truth Consciousness
  - We fulfill our role in the cosmic dance of creation
  - Our forgiveness contributes to the evolution of all consciousness
  - We participate in the grand purpose of existence
  - Truth is remembered and celebrated through our awakening

## **The Nature of True Forgiveness**

True Forgiveness represents a fundamental shift in perception that goes beyond simply letting go of grievances. It's the recognition that our pain stems not from external events, but from our interpretation of those events through the lens of our beliefs and expectations.

Imagine wearing colored glasses that tint everything you see. True Forgiveness is like removing these glasses and seeing reality without the distortion of our judgments and beliefs. It's the recognition that we've been looking through these tinted lenses all along.

## **The Role of Beliefs**

Our beliefs act like a projector, casting images onto the screen of our experience. When we hold untrue beliefs – about ourselves, others, or the nature of reality – we create suffering through our interpretations. True Forgiveness involves recognizing that we've been running the projector all along.

Consider the metaphor of a theater. We've been sitting in the audience, deeply engaged in the drama playing out on screen, forgetting that we're the projectionist choosing which films to play. True Forgiveness is like walking into the projection booth and recognizing our role in creating the show.

## **Forgiving Ourselves**

The ultimate act of True Forgiveness is forgiving ourselves for believing in and identifying with the ego thought system. This is like waking up from a dream and realizing that all the fear and pain we experienced in the dream wasn't real – yet while we were dreaming, it felt completely real.

This self-forgiveness isn't about blaming ourselves for our suffering. Rather, it's about gently recognizing how we've contributed to our own pain through our beliefs and interpretations. It's a compassionate recognition that we did the best we could with the understanding we had at the time.

## **Conclusion**

True Forgiveness is a scientific process that represents the journey without distance to the goal that has never changed - remembering our True Self. Through consistent practice and ascending the Forgiveness Ladder, we release the untrue beliefs that create our experience of separation and pain. This isn't just personal healing - it's our contribution to the evolution of consciousness itself.

Like a river returning to the ocean, True Forgiveness is the natural movement of consciousness back to its source. Each moment of forgiveness is a step toward remembering our True Identity as expressions of Universal Truth Consciousness. As we release untrue beliefs, we naturally express more love, peace, joy, and creativity - the qualities of our True Self.

Remember: True Forgiveness is simply letting go of beliefs that are untrue. Don't make it complicated. The power to choose is always available, and every moment of forgiveness brings us closer to our natural state as conscious creators of our reality. In the end, forgiveness isn't something we do - it's what we are when we release everything that isn't true.

Through True Forgiveness, we not only heal ourselves but contribute to the healing of the collective consciousness. Each untrue belief we release creates space for more truth to emerge in the collective field. As we remember our True Self, we help others remember theirs. This is the ultimate purpose of forgiveness - to facilitate the remembering of Truth at all levels of consciousness.

The journey to True Forgiveness is one of the most profound transformations we can undertake. Through understanding and applying the Requirements of Forgiveness, climbing the Rungs of the Forgiveness Ladder, and ultimately arriving at True Forgiveness, we free ourselves from the burden of past hurts and misperceptions.



Like a butterfly emerging from its chrysalis, we emerge from this process transformed. The pain and struggles that once seemed like obstacles become the very steps that led to our awakening. We recognize that every person and situation in our lives has served as a teacher, helping us identify and release the untrue beliefs that caused our suffering.

The practice of True Forgiveness is ongoing. Each day brings new opportunities to choose between holding onto grievances or opening to the peace that forgiveness brings. As we continue this practice, we find that forgiveness becomes less something we do and more something we are – a natural expression of our true nature.

In the end, True Forgiveness reveals itself not as a destination but as an ongoing journey of awakening to our true nature. It's the recognition that peace is not something we need to create but something we need to uncover by releasing what blocks it. Through this understanding, we find that what we've been seeking – peace, love, and connection – has been our true nature all along, simply waiting to be recognized beneath the layers of untrue beliefs we've been carrying.

The journey of forgiveness, with all its challenges and revelations, ultimately leads us home to ourselves — back home to the Source. It's a journey worth taking, not just for our own peace of mind, but for the ripple effect it has on all our relationships and the world around us. As we forgive, we contribute to the healing of the collective consciousness, one released grievance at a time.

This is the gift and the promise of True Forgiveness – not just the release of past hurts, but the recognition of our true nature as beings of peace, capable of extending love and understanding to ourselves and others. In this recognition, we find the freedom and peace we've been seeking all along.