

## **Forgiveness**

Forgiveness is a strange thing. Most main stream theologies have sections dealing the concept of forgiveness. The central theme throughout is that if we forgive those who have wronged us, we rise above those who harmed us. This seems a little judgmental to me.

The opposite to love is apathy, not hate. As such, the opposite to hate would also be apathy. It would not be possible to be apathetic if there was still an emotive connection.

The question is whether or not “forgiving” someone actually creates the necessary unplugging of the destructive psychic thread. Given the number of times I have heard, “Yes, I forgave him/her but...” I suspect that it does not.

What does forgive mean. A dictionary would define it as, “stop feeling angry or resentful towards (someone) for an offense or mistake.” So think about this for a moment. We are taught to say, “I forgive X”. Where does this translate into, “I will no longer invest in, or have, anger or resentful feelings about X.”?

As you may intuit, the former is still a blaming, control statement in which the speaker remains the victim. In the latter statement the speaker takes responsibility for his/her own feelings and emotions, effectively removing the perpetrator from the equation.

So part one of actual forgiveness is releasing your self from the energetic and emotional connection.

Now consider this for a moment - how can we forgive our selves? Keep this question in the back of your conscious mind. It will be useful later on in this program.

Part two is far more ingenious, subtle and powerful, and derives from the above question.

Often we engage in a process of blame - blaming others for how we feel or act. In current vogue is “Blaming One’s Parents.” I had been a particular adherent to that concept for many years. For me the expression was, “Oh sure, I had a tough childhood, but so what?” I would also say things like, “my parents just did what they thought was right.”

On the surface it would appear that I was pretty healthy and accepted my upbringing as just something I had to accommodate and get over. After my parents died I actually ‘forgave’ them; repeatedly in a number of different ceremonies thinking I was exorcizing them from my subliminal controls.

However, I was still inhibited from reaching my fullest energetic potential. I knew it was something self generated but could not get my hands around it. This year I was blessed with a series of intense metaphysical sessions during one week. During these sessions, by circuitous routes, I entered a higher state of awareness, I was almost totally a feeling and sensory person (very yin) rather than reasoning and thinking. I had abandoned my self (ego) to the experience without expectation.

In one of the more structured sessions a shaman told me that she thought I still had family of origin issues and that I might want to rethink the motivations behind certain extra-ordinary events which occurred in my youth. At first I rebelled against the suggestion, stating clearly that I had put all that behind me. However, I also noted a strong emotional response to the suggestion, so I could not ignore her and elected to do the required homework.

Over the next few days I realized that I had been the protagonist in many of the emotionally (and even physically) destructive events in my early years. What a shock and revelation that was!

Re-framing my past in that perspective gave me tremendous insights, one of which is that in choosing our lives we impose ourselves onto people such as our parents who are then forced to play out their parts in our personal drama.

I realized that I did not need to forgive my parents, I needed their forgiveness.

Small problem - they were dead.

Fortunately one of the women I was working with is a very intuitive and powerful psychic. Sometimes she could sense what I needed, sometimes she found the answer through my explanation of what I was seeing, thinking or feeling. The day following my explanation of this discovery she took me to a very private and special place where it was possible to deal with issues like the one I faced.

Walking in to the remote spot she told me to watch for two stones that called to me. I was to pick up two, one representing each parent and carry it to the place of ceremony. Typical of my somewhat contrary way of doing things, I ended up with a pine nut representing my mother, and a stone for my father. When we arrived I was left alone with the instruction to find a comfortable place, then meditate on what I was holding.

I was not surprised to discover that both parents were within easy reach.

I found my mother first, and asked for her forgiveness. This required that I become empathetic with her and the life she had lived. I had to see myself in a harsh light. When I finished with her I called my father, who by that time was quite close.

I went through the same process with him. When finished I expected the session to be over. But my parents remained and something else was needed.

Considering this I suddenly realized that my parents' life, as difficult and dramatic as it was with themselves and us (their children) was a magnificent love story. Ironically, it was this great love that had resulted in so much pain for everyone. This discovery gave the key to what was needed next. I brought them together, acknowledged and blessed them, then released them to their next journey. Their departure into the light released a flood of emotions in me.

After a quiet time I came out of the reverie, regarding my great psychic friend watching me from a distance. Without any revelation of what had transpired I asked her to describe what she had seen.

She said that she had seen a beautiful sun nestled into a half moon. The two were cradled in what appeared to be a silver chalice. She said that radiant energy surrounded the whole. Her description was a clear and accurate energetic representation of what I had experienced and done.

The remainder of our time was basic housekeeping following such an event. I had found peace and serenity, releasing myself from a self imposed exile. My "connection" to the energetic world moved up yet another level.

The next day I met with the shaman as a follow up to our first session. We had planned work around my homework. I started the meeting by saying that I had completed my homework and felt that there was no longer a need for her to work on me. She scanned me and agreed. Following this I explained what had happened during the previous few days culminating in seeking my parents forgiveness and their subsequent release. She had seen the need in our first session but knew I needed to find my own way (with guidance in the homework assignment). If I had not been able to do so successfully we would have pressed deeper in the second meeting.

The points of this essay are:

1. Forgiveness must be done in such a way that there is no judgment, no position of superiority, no "rising above" if it is to be true forgiveness.
2. If forgiveness is needed, it is constructive to critically examine who must forgive whom (usually it is bi-lateral) and for what.
3. Life can be much more joyful when personal responsibility and accountability is accepted without blame.