

# Tools for Living Free

NUMBER 20 IN THIS ONGOING EDUCATIONAL SERIES

## For-Giving YourSelf

*Excerpts and quotes from the Video, "Forgiveness" (TAPE No. V2 from the series "Understanding the Spirit You Are - Part I)*

"... And today I'd like to take a look at probably the key thing in the human consciousness that will enable us to move into a deeper understanding of ourSelves as Spirit.... And I'm really talking about forgiveness. I'm talking about how you may very well hold anger, hold hurt, hold resentment toward someone, toward a situation and you carry it with you and thirty years later you're still in that hurt, you're still in that pain..."

"Many people don't want to forgive and the reason they don't want to forgive is they think it has to do with the person or the situation that they're forgiving and they don't want them to get away with anything. But two things you have to know: one is that nobody gets away with anything - we're all responsible. And the other thing is when I forgive...I get free... I'm free. I don't have to carry... the situation or the bad memories around. So that forgiving is a way that I have of freeing myself..."

"So, when I'm talking about forgiving I'm talking about just what the word says. I'm talking about being for giving yourSelf the freedom to move beyond the bounds of the negativity, of the hurt, of the fear. And there have been parts of my life that, to be very honest, I've had to struggle, in a sense, to forgive people in my life.... It was somewhat difficult to forgive them. And when I asked myself repeatedly, "How come? Why is it so difficult to forgive them?" I always came up with the same response - that there was a part in me that wanted to be involved with them. And that even though I was carrying around hurt and pain and a whole lot of negative emotion and thought, I was connected with them, I was still having a relationship with them, however bad it was, however terrible the relationship was, however one-sided it was, I was having that relationship with them. And I asked myself a really simple question: "Do I still want to have a relationship with them?" And in many cases it was "No, I really don't any more." And I moved into forgiveness.

In other cases I did want to continue to have a relationship with them but I didn't want to have

a relationship with them based on all that negativity and what happened is I was forced to use my creativity to discover a new way to relate to these people and they could take it or they could leave it but, at least, I had freed myself from relating to them in that old way - where there's hurt, where there's pain, where there's negativity. And I was free so that I stood, really, for giving myself that freedom and that neutrality where I wasn't forcing myself and forcing the relationship on myself through a whole bunch of negative patterns. I could give them up. And when I gave them up I really found something very interesting: I found that it opened up the relationships much more - that they could grow and move to places where they hadn't been before because there wasn't that self-imposed limit of, 'Oh, My God, we can only relate in these patterns.' And once I had given that up I moved beyond it and the relationship could grow. And in cases where I couldn't discover or the other people did not want to relate to me in anything other than a negative way I had freed myself from responding and relating to people in that way and I gave myself that freedom."

"So, forgiveness has an awful lot to do with giving ourSelves that freedom, that removal from doubt, from fear, from pain, from hurt that we many times experience with our family, with our friends and with people we love. And, also, it's very, very important to forgive the judgments that we have on other people. Now, let's.... take this desperado, this mean person who hurled his 270 pounds right into me, okay? Now, I could be holding a judgment on him. 'Why, that stupid such and such, he's this or he's that or he's that.' And what I've done is I've solidified the situation. I have crystallized it and made it more real. And, as a result of that, I have given over some of my energy, some of my power to the situation and to the judgment...."

"...when you forgive you move beyond having the attachment, the attachments that we talked about and you don't have the karma with it. So that what clears karma is forgiveness. And one of the things that separate ourSelves from knowing the Spirit we are is our own creation, is

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our own exercise of our own will and that is called karma. When that will is not in alignment with the Lord, God's Will that creation is karma. And we come to learn and benefit from karma. And we learn to be in alignment and move into alignment and always be at the at-one-ment that is the process and the fulfillment of the Spiritual evolution of mankind and which is why we have been given a body - to move into that.

"So that forgiveness is a crucial, crucial element in our evolution on a very practical level, on a very day-to-day level and a very Spiritual level. Throughout all the levels of our being forgiveness holds a very important concept ....."

"And this forgiveness must be practiced whenever you become aware of a judgment you're holding against yourself because when you hold the judgment against yourself you have created separation and it is one place within you where the Spirit cannot dwell. It cannot live in that house. See? and, also, if we are going to live as the Spirit that we are the Spirit has and holds no judgments on us. We're okay as we are...."

"So it's a lot easier whenever we find ourselves judging ourselves or anybody or a situation to just release it. And how do we release it? We can tell ourselves "Hey, it's okay to let it go. I forgive myself for judging myself." And ... you can visualize an ocean, you can visualize a river,

a flowing river. You can even visualize the toilet and flush the toilet and let it just go down. 'I forgive myself for judging myself and I set myself free inside myself.' Or if you've judged somebody else - in my situation I would say, 'I forgive that desperado on the streets of New York who hurled himself at me and I let go. And I forgive myself for judging myself....' And I visualize a river or an ocean and I just let it go. See? and the interesting thing is that I feel better as I'm saying it. I'm able to breathe deeper; I'm not as constricted. And being able to breathe deeper is a physicalization and a representation of that when you judge yourself your consciousness contracts and a little bit of the power that you give over to the judgment has left you. And judgment piled against judgment piled against judgment - you get depleted."

"And so when we practice forgiving what we're doing is we stand for giving ourselves the Spirit that we are and that's extremely crucial because like attracts like and it becomes a Self-strengthener. It's like we're laying down track and each time we go down that track of supporting ourselves as the Spirit we are, as standing for giving ourselves that which we are it gets easier for the train to go down that track and that's our job. Our job is to lay that new foundation, to stand under ourselves, to support ourselves and to keep reinforcing that."

## Step-by-Step

*Here's a quick reference list for daily practice. Please refer to the articles for complete information.*

### Keys to Practicing Forgiveness

1. Call In the Light of the Most High by saying, "For the Highest Good Lord, God send me Your Light."
2. If you become aware of any judgments you are having on someone else say, "I forgive (fill-in name) for (such and such a thing) and I let it go. I forgive myself for judging myself."
3. If you become aware of any judgments you are holding against yourself say inside yourself, "It's okay to let it go. I forgive myself for judging myself."
4. In both instances visualize an ocean, a flowing river, or a toilet and flush the toilet and let the judgement go down.
5. This is the practice of forgiving yourself - the Spirit You Are.
6. Give yourself permission to give yourself the Spirit you are. Request the free booklet, "The Sound Current: The Path of God-realization." You may wish to follow through on your Spiritual Progression (For the booklet call 212-828-0464 or pick one up at the HomeCenter or any Regional Center).

## Case Study

I am in the middle of a divorce after nearly 20 years of marriage. I have been trying very hard to move into forgiveness because I want to be free of this person and this situation - free from all the hurt, anger and resentment which have kept me involved in the situation and involved in the relationship. But I struggled with the forgiveness.

In the video tape No. 2 entitled "Forgiveness" of the series "Understanding the Spirit You Are - Part I," by Dr. Lane the question is asked, "Do you still want to have a relationship with this person?" The answer for me was "no" and this helped me to move forward. I then discovered that forgiveness is dependent on letting go of my judgements on how long this took, why I allowed it, who's at fault, etc. This situation has been unpleasant but that is because I had sat in judgement. In letting go of the judgements I am able to release the negativity and allow the Truth to unfold. The Truth is that God has brought

forth this situation as an opportunity for my learning: to move me into the reality of being worthy of Him.

I learned that forgiveness is not dependent upon the other person's behavior. They may opt to keep the negativity going but now I am still at choice to stay in forgiveness. Their response is irrelevant and my Power remains within me.

So today I am filled with gratitude for the Blessing of Initiation into the Path of Soul Transcendence, for the many Tools available to me, for the beauty of the process and for the ease and gentle guidance of the Path. I really tried to forgive. I finally stopped trying. I completely surrendered the negativity, let GOD handle the situation and something beautiful occurred: I forgave myself and I forgave everyone involved in the situation. I discovered the real reason to enter into forgiveness - to be free and to be with Spirit.

## Try This ...

"Once a day I'd like you to practice forgiveness by telling yourself, if your name is Roger 'I, Roger,

forgive myself and I set myself free inside myself.' Or if you judged a situation do that as well."

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