

Forgiveness

There is a part of man that has been overthrown from his awareness and is the natural ability to forgive. The fallen angel's evil forces which have been feeding from human's desires and needs have known since ages that if humanity were to remember their innate ability to forgive one another, there would be no bases at all that could sustain the necessary drama that must be in place for these forces to prey upon humanity. The natural estate of self-awareness is living in the present moment that children experience is a condition that allows forgiveness to flow freely in their lives. When you see little children interact with one another there are times that they experience difficulties between each other, as their games of possessing things for a defined moment in time make them fight and stand their ground, as only the present moment is important for them. Yet, you can see them a few seconds or minutes after a fight playing with one another as if nothing has transpired. There is a natural forgiveness in them that nothing can stick for long in their memory or feelings. They just let go to be free in the present.

The act of forgiveness is a natural mechanism in humans that have been repressed by all the wrong programming that a child goes through while growing up and specially by watching adults behave. When they see how adults treat each other is a natural process of mimic that the children do, to behave like them and to want to be like them. So, in fact it is our fault as we are the ones that

condemn as adults each generation to come into forgetting the natural expression of forgiveness in their life.

The sum total of all our actions is defining us at the present moment as human beings. Therefore if we carry a big burden of resentment in our present moment is going to make us forget about the wonderful reality that is Love. It is hard to forgive as the ego is in control of our life as a mechanism of gaining power through resentment and hate. The ego has many self centered strategies in place to overcome the natural expression of forgiveness in our hearts. Furthermore when we don't forgive we empower many situations that are going to feed the ego, as the resentment open the doors to gossip, hate, violence, depression, isolation, dependent behaviors, substance abuse and more.

Imagine that your emotional body is sick as you have accumulate great pain, so the emotional body becomes so tender and susceptible that with anything reacts defensively to protect the little integrity that is left. This is the perfect ground for the fallen ones that has been perpetrated since the beginning of our lost of innocence when we lost sight of paradise. By manipulating the perception of humanity these demons that have been named by all cultures under different titles are feeding from the energy that humanity discards every day and that mechanism has been perpetuated from generation to generation. The sins of the parents are passing unto the children.

So how can one regain the natural effortless estate of forgiveness in our lives? We know that we are victims of some underground invisible forces that try to perpetuate this behavior and also by the biggest enemy of all; our own ego, the lord of lies that controls our life for his own comfort, benefit, amusement and survival. Do you think your egoic ways really care for you? You will be surprised as you realized that you are the Soul and not the ego, that the selfishness of all egoic acts benefits only the one in control: The Ego.

Yet, we are more powerful than the ego, even though that force has been trying to let us think the contrary. Forgiveness is natural for us humans as it is not in our nature to remain attached to the moment (that then becomes the past through imprints of memory and information) as we can let go of things that have transpired as naturally children do. But, before we can start forgiving others we must heal the self-inflicted damage that our lack of forgiveness has caused in our own mind and emotions. If you are in too much pain it is going to be hard to forgive anyone. So, healing must take place in order to be able to let go of all the pain and regain our integrity and the power of making decisions in our life.

We heal by love and understanding. Let's say that you haven't been able to forgive someone that caused you pain in your life. The first step towards healing is forgiving yourself. If you can not be tolerant with your own actions and decisions then there is no hope to regain forgiveness in your life. Observe in a detached manner the mechanism that was applied by your ego in that very moment

that the pain was inflicted and cause such a resentment that is blinding you to your own feelings and freedom of expression.

You see small age children have no ego define yet. Something happens and there is not a real "I" to protect. When things happen are lived, felt, and experience deeply, but after the moment has pass they are fine again, as there is not "I" that can assume and hold unto the pain cause by the given situation. When the "I" is form as the base to your reality, becomes the seat for the ego. From that seat the ego through the sense of "I" becomes a relentless machine that is propels to self-serve this "I", as if everything in the universe should revolve around that "I" and its pleasure.-

So, you should as an adult that have a more intrinsic knowledge by now of the mechanism of the ego and the reality of you being a divine soul, a child of the Most High God, recapitulate those moments in which you harbor such resentment towards someone and assess the situation as an observer or a witness, so you can be detach and impartial as it happen to another. You will realized that origin of the pain that you felt was a result of defending the integrity of that illusory "I" and that you were protecting the interest of this false "I" that you call your self-.

We are so bound to protect our space, ideas and opinions that we are willing to sacrifice relationships for the sake of own personal victory. In other cases we

have act in such a selfish way that when we are hurt, we feel as if our actions in reality were no selfless at all and we even expect others to understand our position and validate, but we forget that we are dealing with other egos, so is only “within” that we can make the change. If we don’t act selflessly in our life we are doom to be hurt from the very beginning and we will end accumulating more pain and resentment, but again that is the way of the false ‘I’; the throne of the ego self.

Be impartial now observing the situation that hurt you the most and that you want to let go. In truth the thing that your heart desires the most is to forgive. You don’t want that pain in your emotional body as in keeping you from being whole. Your soul, heart, emotions and even your physical know that, but the ego/mind and its ideas, opinions and judgments are stronger and overcome the need of healing.

With that in mind observe the very situation that created the pain, and you will reexamine the conditions in your mind at that very moment. What were your ideas about your self, your opinions of the moment and what was you’re trying to protect? Remember we are always changing and maybe the ideas that you held so dear then are not as important now, as you have a broader view about life now.

Remember that forgiveness starts at home, meaning you need to forgive your self first. The little voice in you head, that relentless inner chatter is going to give you many reasons why you shouldn’t forgive, but do not listen and place your

attention in the understanding that you might have gain to this point. That voice that we call thinking is a way for the ego to communicate its needs, too. So, when the ego is confronted by the perspective of losing one of the strategies in his arsenal that is feeding it often with emotional pain, then it will try to do all it can to prevent you to heal and forgive. It will give you very good reasons for sure, as the ego cares only for itself and can care less that you are suffering and that you are holding deep pain in your emotions. The ego don't care about you, but its self-serving purposes that allow to manifest its glory as the supreme ruler of your life.- This false "I" that sustains the ego is but an illusion, yet we have been so conditioned since childhood that it feels real, when in reality is not. But your understanding is uncovering its games if you have followed me until this point.

There is a moment of clarity when you understand for the first time the mechanism that the ego uses to hold onto this emotional pain and feed from it. The ego doesn't care if you get sick by this incongruent energy or if you die even of emotional depression as long as the ego remains in control. From this perspective maybe the ideas, the opinions, the actions, the words that once cause emotional pain and resentment are not as powerful as you thought now. You already know the power of the words and also how they are produced by each individual world, so the hurtful words have no real power over you and you don't take them personally. The other egos and strategies are the ones that produce those words. Also, you are clearer about the reality of your opinions and also your reality as a Soul. You are living more present in the moment by now,

so you have grown far beyond that painful moment were you had much dust in your eyes.

It is time to reclaim your power. Are you ready to forgive your self? Are you ready to recognize how ignorance produced resentment and how the ego played its part? Are you ready to ignore the mechanism of protection that the ego will play on you to keep you from forgiving? Begin by forgiving your self now. You didn't understand then that while holding such resentment you were actually poisoning your self. Forgive your thoughts and feeling and allow yourself to be free. Start now and take a pause to go to that place you know that hold the memories of that you need to let go and forgive yourself first.

Love your self, you are worth it. Love your self as only love can heal faster. Let go and let live. Cry a little, laugh a little or scream a lot, it does not matter as long as you are reclaiming your power to be free from resentment. It does not matter how big and great was the suffering imposed upon you one day, the truth is that the only one really getting hurt is you! Animals suffer for a few minutes and let go. Children do the same. Human adults are the only ones that punish themselves for years and years making the pain deeper and causing devastation in their well being. Is the ego of course fueling and fueling that which should have been lost in that moment and not carried with us through the years.

So let's say you have given your self the gift of forgiving your self. Now is time to forgive others, the one that you blamed for your pain. Call that person, write to that person, or just truly forgive that person in your mind and heart. Talk to that person and let them know you forgive them. Remember you are doing this for yourself, but also you are energetically freeing the other person from your hold of resentment.

Jesus our beloved master teacher was so wise when he said in his prayer: 'Father forgive us as we forgive those that offend us'. He knew with all his heart that if where were not able to forgive others, we would be damning our selves to be the victims of the games of evil. Beloved Jesus prayed for our forgiveness and he knew in those times that we as a race were living in deep ignorance. Is not that God hold resentment toward us and Jesus had to intercede and have God our beloved Father forgive us, as God is only Love. He prayed that forgiveness would fill our hearts and he also preached forgiveness everywhere he went. It was so important for him that humanity learned to forgive, because he new that by traversing that road alone humanity would regain the paradise that was lost. Jesus knew that the act of forgive was the driving force of freedom from our self centering ways and the ego base games. Also, it would end the war between brothers ending the energetic feeding frenzy between humans and demons from humans. He was really thousands of years ahead of his time, but now we are ready to listen truly and understand why forgiveness is so important for us, for our children and for the survival of our species in this planet.

Forgiveness is the key that open the Kingdom of God and allow us realized the Presence of God in our life and the reality of his existence as a living supreme personality.

God bless you now and always

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