

FORGIVENESS: A STONE IN THE PATH?

How do we relate to Forgiveness? Do we really know what it means to forgive? Perhaps we know its meaning – the one we have learned – but the mistake is to believe that, just through our understanding, we are able to forgive. That is the stone in the Path.

Phrases that are common expressions: it's so hard to forgive'; I want (need, must, will) to forgive'; until I forgive, I can't move on'. And that... is our mistake. We will never forgive anyone or anything at all. We, forgotten, divided, separated, unhealed, identified, as a divided mind, do not forgive at all! Never! Ever!

Our task, our mission... our only function here in time is to remember God. To remember Who we are. To remember Who He is. Forgiveness is a Practice for the Memory. It is the Answer to all questions, that is, it is the Answer offered to the divided mind. And the divided mind is one that does not recognise itself as part of the Mind of God and deceives itself by projecting itself apart from Him. And it is from this fragmented perception that all forms of doubt and conflict arise, which seem so real to us, and then... within this jumble of perceptions, we place everything that we have ever given meaning to, including Forgiveness.

If our only function is to remember God, how can we practise Forgiveness? First of all, by understanding that Forgiveness is not an attempt to solve problems as we perceive them. An example: *I find my boss unbearable. I try to forgive him practically every day. And I fail. What do I do?* The first step is to identify the discomfort. By identifying the discomfort, you can disidentify from it. And disidentification happens when you shift your attention directly to what your mind is perceiving (internally) at that very moment... What am I feeling now? Am I nervous? Am I sweating cold? Pain? Anguish? Sadness? This is Holy Perception and this is the Redemptive Moment. Now, observe yourself. In this Holy Instant, you are no longer alone... the Holy Spirit embraces you with all His Comfort. Now... pay attention... Do you wish to remain identified, uncomfortable? Or do you wish to be comforted by the One Who remembers Who you are? If you wish to receive the Miracle, then surrender everything you perceived while observing yourself. Surrender your nervousness to the Holy Spirit, surrender your cold sweat, surrender all your pain, surrender your loneliness, your anguish and your sadness... it is only perception that separates you from the Truth. And perception... that is the stone on your Path back Home. The Holy Spirit is the Answer. The Answer is Liberation. Liberation is Healing, and Healing is Forgiveness. Love is all that remains when all perception is surrendered. Your boss, your bills, your child, your home, your brother... they are all Messengers of the Miracle. There is nothing that cannot serve God's Purpose. And God's Purpose is for you to remember Who you are, so that you may remember Him.

Surrender to this understanding. Trust. Practise incessantly. This is forgiveness. Surrender every discomfort without distinction. There is no big or small for the Holy Spirit. Illusion is illusion. And for all of them, there is only one Answer: UNITY.

EXERCISE



Think not the ego will enable you to find escape from what it wants (T-23.II.8:6). And what the ego wants is for God's Will to seem impossible. The exercise is to remove Forgiveness from the domain of this chain of insanity. Forgiveness is a Gift offered to the Son who still perceives himself as separate from his Father. That Son is you. Accept this Gift. Use it. It is lovingly available to you at every moment.

