

MASTERY FORGIVENESS PROCESS⁷⁵

*I choose to see my brother's sinlessness. . . . In him I find my Self. . .
Forgiveness lets me know that minds are joined. (Lessons 335, 336)*

Principles for Review:

- ♥ You will project onto others what remains unhealed and unforgiven (judged) within yourself.
- ♥ Healing requires vigilance and discipline to observe yourself with honesty and innocence.
- ♥ Anger is never justified⁷⁶ (valid); all events are neutral, providing a chance to choose love.
- ♥ All actions and energies are love or the call for love.⁷⁷
- ♥ You literally create everything you choose; nothing is forced upon you. The universe is conspiring *with you* to awaken *you* and heal *you*.
- ♥ Ask “what is *this moment* teaching me?”
- ♥ You are a conduit of energy that can flow so radiantly that the conduit becomes no barrier to Light.
- ♥ Judgment is contraction of this conduit. Judgment causes dissonant vibration and breaks down cellular structure. Furthermore, correct judgment is humanly impossible.⁷⁸
- ♥ Forgiveness is relaxation, peace, trust, and faith.
- ♥ Past mistakes can be undone in the present because the energy exists now, and now is all there is. All minds are joined. We are spirit, not bodies.
- ♥ To heal *memories* of times you have judged others, say to yourself now:
 - I judge you not.
 - I extend forgiveness to myself for what I have created.
 - I embrace you. I love you. I free you to be yourself. I bless you with the blessing of Christ.
 - Then let the image dissolve into light until it is gone, and be done with it.

⁷⁵ Developed from “Healing Exercise,” Lesson 3, The Power of Forgiveness, The Way of the Heart, *The Way of Mastery*, Shanti Christo Foundation. Use of this material is with the permission of the Shanti Christo Foundation.

⁷⁶ Text, Chapter 30:VI. “*The Justification for Forgiveness.*”

⁷⁷ (Urtext, T 14 F 7)

⁷⁸ *The aim of our curriculum, unlike the goal of the world's learning, is the recognition that judgment in the usual sense is impossible. This is not an opinion but a fact. In order to judge anything rightly, one would have to be fully aware of an inconceivably wide range of things; past, present and to come. One would have to recognize in advance all the effects of his judgments on everyone and everything involved in them in any way. And one would have to be certain there is no distortion in his perception, so that his judgment would be wholly fair to everyone on whom it rests now and in the future. Who is in a position to do this? Who except in grandiose fantasies would claim this for himself? (Manual for Teachers, 10. “How is Judgment Relinquished?”) Judgment is also addressed in Workbook Lessons 151, 154 and 311.*

MASTERY FORGIVENESS PROCESS

1. **RECOGNIZE:** I am the source of my experience. I am feeling disturbed. What *in me* needs to be healed?
2. **RELAX:** Breathe deeply and rhythmically. Let the body soften and relax, then. . .
3. **ASK:** What is it *in the energy* of this *person* or this *situation* that is really upsetting to me?
4. **RECEIVE:** You will see it right away: _____
5. **RETRIEVE:** Ask: When have I done that to another? When have I held *the same energy*?
6. **CONNECT:** You will receive an answer or a memory. Continue to breathe deeply and relax. Look upon the energy. Honor it. Love it. For it is your creation, coming back to you that you might embrace and transform it. Stay with the answer or memory, saying:
 - ♥ Ah, being _____. Yes, I sure can be _____.
 - ♥ I've been that way in the past. I know that energy very well.
7. **FORGIVE YOURSELF:** Looking with deep honesty and sincerity upon a memory in which you have been _____, say to yourself:
 - ♥ I forgive me for being _____.
 - ♥ I forgive my judgment of myself.
 - ♥ I choose to teach only love.
 - ♥ Let the image dissolve and disappear from your mind.
8. **FORGIVE OTHERS:** Bring your awareness back to whatever upset you, and say (to yourself):
 - ♥ I forgive you, (insert name), for allowing the energy of _____ to temporarily make a home in your mind.
 - ♥ Holy Spirit, show me the innocent light within _____ (person or situation in the present that you have found upsetting).
9. **SEE CLEARLY:** When you see the light, ask:
 - ♥ What is this _____ energy in them masking? What are they really crying out for?
10. **LOVE:** You will feel compassion, for it will be revealed to you why they are hurting inside. Sit with this compassion and breathe it in. Accept it as part of yourself.
11. **CHOOSE AGAIN:** Now you are prepared to choose compassion instead of reaction. Ask that God's Will be done through you, and your words and behavior can be different than you ever have imagined.
 - ♥ *For through you will flow exactly what serves them.*
12. **GIVE THANKS:** To your Father and your brother, for leading you back to love.