

Forgiveness Article
Interview with Mirabai Devi
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What is forgiveness?

Forgiveness is when we release or let go of a person or situation that we are holding responsible for any of our own feelings of anger, resentment or hurt.

Forgiveness is a process where we recognize the painful experience that we had with the person or situation, we recognize it as a lesson that helps us to grow and learn more about ourselves, including loving ourselves, having greater compassion for ourselves, empowering ourselves, and learning to stand up for ourselves. These are some of the lessons we learn through forgiveness. Forgiveness opens the doorway of our heart for healing to occur.

When someone else is in the wrong, why do I have to be the one to forgive?

When we judge someone's behavior as wrong or right, rightly or wrongly so, then we are karmically held connected in a negative energy spiral with that person. That spiral is a pattern that we can play out with a person or persons over time causing a tremendous amount of hurt and negativity to keep on occurring and re-occurring between both parties. When you forgive the person who has wronged you, you free yourself from that negative energy attachment to that person and to their actions or words.

Wouldn't you rather be free than be held to something and connected to something that is causing you pain and suffering?

Isn't Forgiveness considered by some to be a weakness?

Humans are under the illusion that they have to be tough or thick-skinned, but in reality it's only Love and Forgiveness that sets us free and brings us peace.

We are told that Forgiveness heals physical, emotional and mental illnesses? How is that possible?

Our physical body is affected directly by our emotions. The bio-chemistry that our body makes is just like a factory of products. Each and everything that we think, say and do affects us physically, emotionally and mentally. How we react and how we respond in any given situation affects our biochemistry as it is reflected by our emotions and mental state, whether it's reacting out of negativity or responding from a peaceful state, it creates the corresponding bio-chemicals that leaves us feeling good or bad, well or unwell. Feeling emotionally and mentally unwell, holding negative energy in the body, leads to illness. Feeling upset hurt and anger overtime breaks the body down and makes us physically sick.

The illnesses come from different causes: one is biochemistry of unresolved negative emotions, one is the karma of our family and lineage, and one is the karma of our individual life and lifetimes.

When angry, upset, hurt and resentful it turns to dis-ease. There is a spiritual and emotional cause, actually multiple causes to every dis-ease.

Forgiveness releases the spiritual, emotional and mental problems and issues that cause the dis-eases.

Yes, when we practice forgiveness every day, we start to reverse the cause of the dis-ease. Reversing the cause is what reverses the symptom. It's all made out of energy, and even the disease can be reversed through addressing the imbalances.

How often must I forgive?

Daily. The more you practice the more you will release and the more freedom you will gain.

When I forgive, am I condoning their behavior?

It's not that you like what you did to you, it's that you are releasing the affect that it had on you that caused you to suffer, and freeing yourself from the pain and suffering so that you have more room and more energy for positive new experiences in your life.

When I forgive does that mean I continue to allow another person to be hurtful towards me? I can forgive them but no longer continue to expose myself to that behavior. I can then release that person and their behavior from my life, which gives them the opportunity to either change toward me or exit my life.

What if I don't want to forgive?

We only don't want to forgive when we associate forgiving with keeping that negative action or behavior in our lives. When we set a boundary and release the negative action or behavior from our life, then we find the strength to also forgive them. Because in order to release them we need to forgive them. We cannot fully release unless we have also forgiven. There's no such thing as true release without forgiveness.

Is Self-Forgiveness important?

Self-forgiveness is important because one cannot truly love oneself until one forgives oneself. If we do not fully love ourselves then no one else can. If another loves us we will never truly receive it, allow it or feel it. The inner and outer self will always be in separation. Self-forgiveness is the bridge that crosses the great divide between giving love and truly receiving love. We need to forgive ourselves in order to heal ourselves and be released

our own nightmare, judgment, pain, negativity, suffering and karma.

How do I forgive myself?

Forgiving oneself is a process. It doesn't happen overnight. It's one step at a time. It's release ourselves from our own feelings of guilt, regret, shame, anger, disappointment with ourselves, and coming back into a place of harmony, balance and peace, with all aspects of our self.

We forgive our self through prayer, through surrendering to the Divine, through letting go, through acceptance, through compassion and loving kindness towards ourselves.

What is the difference between Forgiving and Forgetting?

We forgive but we don't forget. Not forgetting allows us to not make the same mistakes with the same people or not play out the same patterns again with new people (you would think we would learn 😊). Not forgetting in a way protects us from getting burned again because we've felt the pain of the burn. Sometimes we need to feel the pain to learn and grow, and if we're not willing to change we will keep feeling the pain. Perhaps we can learn from the pain, release through forgiveness and do differently next time.

This means that we remember to do it differently next and make different choices next time. Without forgiveness, humanity would be in even a deeper mess than we are now.

I have asked another person for forgiveness but they are unable or unwilling to forgive me. How do I release the pain when they are unwilling to do it with me?

You cannot force another person to forgive you when they are hurt. Everyone has their own limitations and willingness to make peace. In this case, you talk to the person's higher self, trusting that our Higher Selves as

One. When you do a forgiveness practice with their higher self, over time it will filter down into the individualized ego and make a difference. It might take time though, so best to just do the practice and don't expect any results and be pleasantly surprised when that person will come to you when they are ready.

How do you know when to apologize or when to ask the other person to apologize?

When we are triggered it's never about the other person. When another person triggers our wounds it's always that we are projecting our own pain or past experiences or memories onto the other. If we are able to take accountability and responsibility for our own stuff and stop projecting it onto the other person, the relationship would be cleaner and more harmonious, especially if the other person is willing to do the same. This way you only have to be concerned about yourself and your own taking responsibility and accountability through your own apology that is made. If the other person is in the practice of doing the same, they will show up.

How do we practice forgiveness?

Howard Wills has created many different versions of prayers for forgiveness, including ancestral prayers, forgiveness in relationships, forgiveness on behalf of humanity, for the world, for ourselves, and much more. The Concise Prayer program or the Transformational Concise Prayer program will be all you need to do as a daily practice. If doing personal forgiveness, then use the forgiveness prayers for self-healing. Howard's prayers are free and we invite you to share them with others. Please visit the Mirabai Devi website to download these prayers at:

www.mirabaidevi.org