

FORGIVENESS Flowering Tree

by Janneke Koole from teachings by Thunder Strikes

For many, forgiveness is an old-fashioned word associated with heavy memories of religious upbringing and rarely associated by the sweet relief from pain it is intended to produce.

The Merriam-Webster's Collegiate Dictionary states that "Forgiveness is the act of forgiving. To forgive is to give up resentment of or claim to requital for (an insult); to grant relief from payment of (a debt); to cease to feel resentment against (an offender); to pardon (one's enemies).

The Twisted Hairs Elders speak of forgiveness as "dainishui" (dahnee- shoo). "From my heart, I give away any animosity, resentment, grievance, indebtedness, hostility, or hate and erase these forever from my circle of experience. Life is restored to determinative understanding."

Forgiveness begins with ourselves

Forgiveness begins with ourselves. We are not able to forgive others or life (situations, events and the Greater) until we have forgiven ourselves for orchestrating, choosing, or simply being present to incur the indebtedness. To learn forgiveness, enter into ceremony and dialogue with your shields.

The following two ceremonies facilitate this dialogue. When you go deep within, your inner voice speaks from your reptilian brain, where you have stored the energetics and contaminations of past hurts, failings, and indebtedness.

A FLOWERING TREE CEREMONY Reflections on Forgiveness

The following set of questions—four in each of the five directions—*"messengers" of Nature around you* elicit reflections to guide you back to a determinative understanding *"messengers" of Nature around you* of what needs to be forgiven. The simplest way to do this Flowering *"messengers" of Nature around you* Tree Ceremony is to find a spot with five trees that are willing to do *"messengers" of Nature around you* ceremony with you OR do them in five sittings around one tree.

Remember the basics:

- ask the tree(s) if it is willing to do ceremony with you this day
- walk around the tree clockwise three times to align with its energy and prepare yourself and the tree for your dialogue
- start by sitting with your back against the tree and facing south
- speak the question and listen, particularly paying attention to the *"messengers" of Nature around you*

Your inner voice, your inner knowing, and the signs you see and feel around you will move you to remember what is needed to be forgiven. Focus on self-forgiveness first and foremost. When the need to forgive others comes to the surface, note it for future reference and explore the incident to see what reflections for self-forgiveness are available to you at this time.

Once you are complete in the south of the tree, you will move to the west and then continue clockwise around the tree.

The following questions use the Sacred Teachers of the Universe to awaken our memories.

SOUTH TREE

Forgiveness of the Heart stored in the Child Substance Shield

Facing south. The Teacher of Rage

"I remember when I raged at _____. The truth was _____. I forgive myself for _____."

Facing west. The Teacher of Care

"To truly care is to accept myself for who I am and what I have or have not done. I accept that _____. I forgive myself for _____."

Facing north. The Teacher of Pain

"I have pain in/about/because _____. There is a new form of life, a change, another way to live that I have not embraced. I hurt and I forgive myself for _____."

Facing east. The Teacher of The Physical

"I am here in the physical. I am in a body at this special time and I am here in my way. What blocks my health and harmony? What do I need to forgive in myself so that my life energy flows free, strong and in beauty? I forgive myself for _____."

NORTH TREE

Forgiveness of the Mind stored in the Adult Substance Shield

Facing south. The Teacher of Feelings

"When my gut, my strong heart, and clear mind know, I feel that knowledge in my whole body. I love being alive when I feel my knowing." Reflect on where and how you do not respect and honor this knowing. "I forgive myself for _____."

Facing west. The Teacher of Sex

"I experience the pleasure of spirit from the tip of my toes to the top of my head. There is an orgasmic bliss. What possesses me to disconnect from this pleasure? I forgive myself for _____."

Facing north. The Teacher of Honesty

Recapitulate your day, your week, or whatever time frame you choose. Examine your level of honesty. What forgiveness calls to you? "I forgive myself for _____."

Facing east. The Teacher of Testing and Challenge

"They say that adversity builds strength of character, but I don't really like to be tested and challenged. I resent _____. I forgive myself for _____."

WEST TREE

Forgiveness of the Body unblocking our access to our Adult Spirit Shield

Facing south. The Teacher of Victory

"Am I victorious in my physical world? If not, I am my own worst enemy! I forgive myself for _____."

Facing west. The Teacher of Confrontation

"Alright, it's time for some straight talk with myself. How big am I, really? What are my talents, skills and abilities and to what extent am I putting them to good use? I forgive myself for _____."

Facing north. The Teacher of Raw Power

"I have all that I need to be fully successful in my material world. What blocks my self-determination? I forgive myself for _____."

Facing east. The Teacher of Spirit

"I am a spirit within a body. I am much more than I can grasp or hold within my everyday world. Do I take time for Spirit, for Mystery in my life to speak with me? I forgive myself for _____."

EAST TREE

Forgiveness of the Spirit unblocking our access to our Child Spirit Shield

Facing south. The Teacher of Death

"I will be still now and let my spirit child speak to me. What do I need to change? What needs to die so I can live more fully?" Reflect on those changes/deaths in your life that were so transformational that you are no longer the same person you were before they happened. "Are there any leftover resentments that would limit my transformation? I forgive myself for _____."

Facing west. The Teacher of Fear

"Sometimes I feel fear because I don't know what's in my future! Are there any blocks that would get in my way, that makes me heavy or burdened rather than light and free to explore? I forgive myself for _____."

Facing north. The Teacher of Defeat:

"I've done it again—I've not kept my own agreements. I forgive myself for _____, and I dedicate myself anew to the discipline of _____."

Facing east. The Teacher of Loneliness

"I am the only one who is responsible for me. This is my life, my design, my actualization—both good and bad, excellent and full of mistakes. Yes, I am alone even though I have friends, a partner, children, family (whatever applies). I stand accountable for _____. I forgive myself for _____."

CENTER TREE

Forgiveness of the Soul restoring our inner faith, truth and trust through the guidance of our Elder Shield

Walk around this tree clockwise three times. On the fourth time around, stop in each of the four directions and do give-aways, make forgiveness, listen to Spirit and restore your energy with the life force of the Tree of Life.

Facing south. The Teacher of Needs, Will and Desire

"What need or desire must I fulfill to thrive in my life? How can I strengthen my will to make it so? What give-aways will release me to accomplish my heart's desire? I forgive myself for _____. I listen more deeply now to my own inner truth. "

Facing west. The Teacher of Seeking

"I am here because I am seeking happiness, hope, good health, harmony, and humor. What refinements in my character are necessary so that I find what I am seeking? What give-aways release me to find what I desire? I forgive myself for _____. I listen more deeply now and trust myself and the knowing spirit within me."

Facing north. The Teacher of Love

"I open my heart, body, mind, spirit, and soul to life and I find Love. Nothing must be done to harm me in this purpose. Who, what, when, where, how do I need to deepen my respect for others so that we can live together in peace and freedom? What give-aways release me to go forward with Love? I forgive myself for _____. I listen more deeply now and have faith in my own evolution."

Facing east. The Teacher of Patience

"I am grateful Great Spirit is Patience! I see all I have seen, felt and known. I see I have not been so patient with myself and forgive myself for _____. (As you give the Tree a big hug) I have forgiven myself and others to the best of my ability today. Thank you, sacred self."

Now gift the tree and walk into your life with greater tolerance, a lighter heart, and renewed meaning and purpose to your life. You may repeat this Flowering Tree Ceremony as often as you wish.