

# Forgiveness Is Essential to Dharma



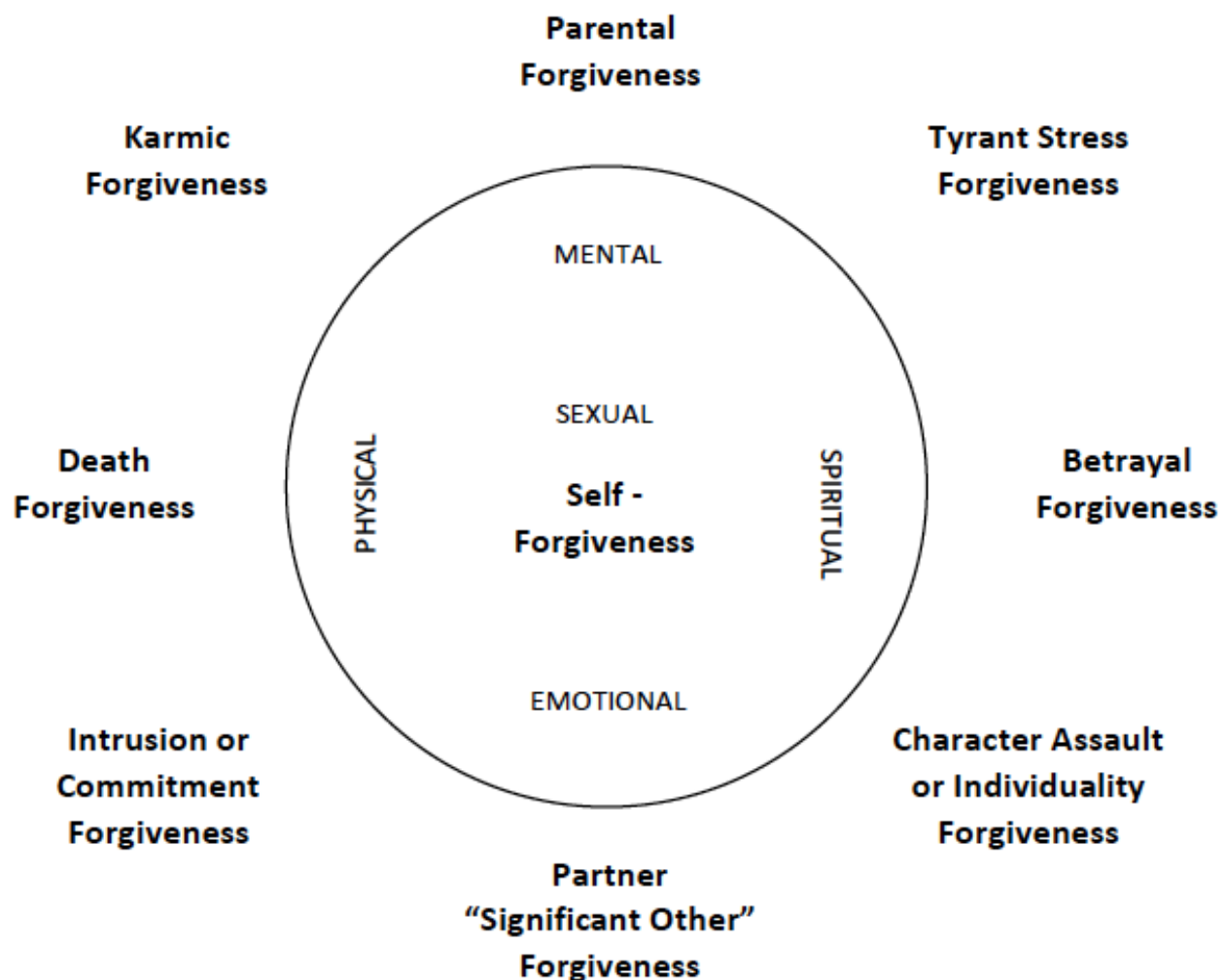
**AWAKENING WISDOM**  
DIGITAL DOWNLOAD BY JANNEKE KOOLE

# Forgiveness is Essential to Dharma

The following teachings are based on the [Forgiveness Wheel of Character Enhancement](#) from the NE Teaching Shield as taught to us by Thunder Strikes in 2004. Thunder Strikes acknowledged Ruby Morning Star and Stella Many Names as his teachers in this topic.

## Introduction

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).

Sweet Medicine SunDance says: The ancient word for forgiveness is DAINISHUI (dah-nee-shoo), which means:

“From my heart, I give away any animosity, resentment, grievance, indebtedness, hostility, hate and erase these forever from the circle of experience. Life is restored to determinative understanding.

Thunder Strikes, 2004

Forgiveness becomes necessary when an indebtedness is created, when some kind of wrong has happened in an engagement. This indebtedness blocks our character development, masks our shining, and retards our progress through the five movements of the Book of Life.

Let’s explore other references to this most poignant topic. Forgiveness means:

- **To let go and free self of bitter resentment.**

“Without forgiveness, life is governed by an endless cycle of resentment and retaliation.”

Roberto Assagioli.

And it is well known that resentment is a poison that can do a lot of damage.

“To let go of resentments is to free yourself from the prison of your attachments – to any past pains and hurts and realize that forgiveness was always the key to your freedom.”

“When you let go of resentments and forgive, you no longer give power over you to anything or anyone – not even your painful memories”

Luminita D. Saviuc

Martin Luther King Jr. spoke passionately:

“We must develop and maintain the capacity to forgive. He who is devoid of the power to forgive is devoid of the power to love. There is some good in the worst of us and some evil in the best of us.”

“Forgiveness is not an occasional act, it is a permanent attitude.”

- **To free one’s spirit to keep on living and open one’s heart to Life**

“You either get bitter or you get better. It’s that simple. You either take what has been dealt to you and allow it to make you a better person, or you allow it to tear you down. “

Josh Shipp

Lewis B. Smedes has written several books on forgiveness:

"When we forgive evil, we do not excuse it, we do not tolerate it, we do not smother it. We look the evil full in the face, call it what it is, let its horror shock and stun and enrage us, and only then do we forgive it."

"Forgiving does not erase the bitter past. A healed memory is not a deleted memory. Instead, forgiving what we cannot forget creates a new way to remember. We change the memory of our past into a hope for our future."

"To forgive is to set a prisoner free and discover that the prisoner was you!"

CS Lewis said:

"Everyone says forgiveness is a lovely idea until they have something to forgive."

Let's take a closer look at some of the energies inside this quote by Thunder Strikes:

"From my heart, I give away any and all animosity, resentment, grievance, indebtedness, hostility or hate. These are erased forever from the circle of experience. Life is restored to determinative understanding."

Thunder Strikes - 2004

### **Animosity & Hostility**

A feeling of strong dislike, ill will, or enmity that tends to display itself in action  
Unfriendly, antagonistic, in opposition or resistance to, act of warfare

### **Resentment & Bitterness**

Anger, bitterness, displeasure or indignation at some act, remark, person, etc.,  
regarded as causing injury or insult  
A harsh, acrid taste (not sweet, sour, or salty); a feeling of antagonism, hostility after  
being hurt or pained by an injustice (such as slavery)  
This is the dark side of the Adult Substance Shield which we know as the revengeful,  
manipulative adult.

### **Grievance**

A complaint as against an unjust or unfair act; a feeling or belief that one has been  
wronged, oppressed or is a victim of an injustice; something believed to cause  
distress  
Indebtedness

### **Being indebted to another**

Holding another as owing for favors given; holding self beholden to another –  
regardless of the reality of what was given

## Hate

To dislike intensely or passionately, feeling extreme aversion for or towards, to detest a person or energy

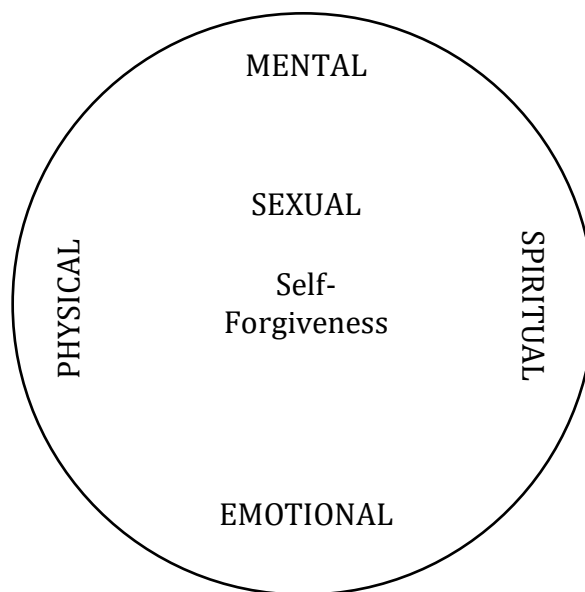
To belittle and unfairly criticize or put down

To dislike so intensely that one is rooted in the feeling and unable to shift or move into right action

Forgiveness calls you to deal with the harm that was done to you and/or by you; any crossing of Sacred Law; any injury to self, Life, or others, so you can release the “stone in your belly” that was created through contamination when negative energy was shot out into our world and restore your fibers to full vibrancy.

As we will learn over and over again, self-forgiveness is a prerequisite to being able to forgive others.

## Forgiveness involves all of our Aspects of Self



### Emotional Forgiveness

How we give away into the world – how we feel is what we “radiate out” into the space. Our fibers are how we interact with life and others. Lack of forgiveness is reflected in the condition of our fibers.

Weak and Clipped fibers reflect that hooks were used – contamination is still active and creates co-dependency

Average and burned fibers reflect that suckers were (and most likely continue to be) used and this breeds ongoing co-dependency and a parasitic orende drain

Average and clipped fibers are the result of dark arrows, wrath, prejudicial anger and judgements, which create animosity and a proclivity to want to do harm.

This may show up especially in relation to authority, power, and organization  
Strong and frayed fibers are healed and healing fibers reflecting mature responses within human interactions

Strong and vibrant fibers indicate that we are pulsing with life and vitality and interacting within co-empowered relations

### Mental Forgiveness

Our beliefs can often limit our ability to see what we need to see, or even to be aware there is a need for forgiveness. It is also about assuming authority for our heart’s desire, emotionally and mentally. The need for mental forgiveness shows up in the following ways:

How you learn or not; how willing you are to learn

How you buy into belief systems to the point of folly

Sins of omission

Lack of humility

Having knowledge that works that you don’t share, teach, care or heal with

Maku is a natural outcome of mental forgiveness – we desire to give back and share

### Physical Forgiveness

Is related to taking responsibility for physical and sexual actions – the Earth Staff of Power. A lack of, or the need for, physical forgiveness will show up in the following ways.

How you hurt another or infringed on their space

Giving away your power through unclear boundaries, stress, or co-dependency

Winning without thanking the person you beat - without them you could not have won; without a winner you could not get better

Each moment you are not your natural self or are not caring for yourself

Vibrant health or a glowing countenance is a natural outcome of physical forgiveness – we are free and eager to get on with Life

### Spiritual Forgiveness

Is related to the Fire Staff of Power - standing spiritually accountable. A lack of, or a need for spiritual forgiveness may be apparent as

How you block your path or excuse your spiritual self-growth

How you refuse valid guidance

How you do not have discipline, commitment and follow through

Your inability to co-empower others because you do not empower yourself

When we forgive, we increase our hope and vision, a knowing that Great Spirit is known as the Great Mystery, and that we are responsible and accountable only for our part in the bigger picture.

### Sexual or Catalyst Forgiveness

Sexual forgiveness affects our will to do and willingness to engage. This is our prime spark and how we inspire and motivate. When we become bored or complacent we are in need of forgiveness in this aspect. Other ways in which we may be in need of sexual or catalyst forgiveness include

- When you react negatively to someone or reject their sexual gift
- When we shatter another's closed symbol
- When we put down another's catalyzing or block another's shining
- When we stop another's individuality we cross their Children's Fire and this creates a karmic debt.

Forgiveness sets us free - free to be, free to evolve. We become resourceful and indomitable.

### Pause for Self-Reflection

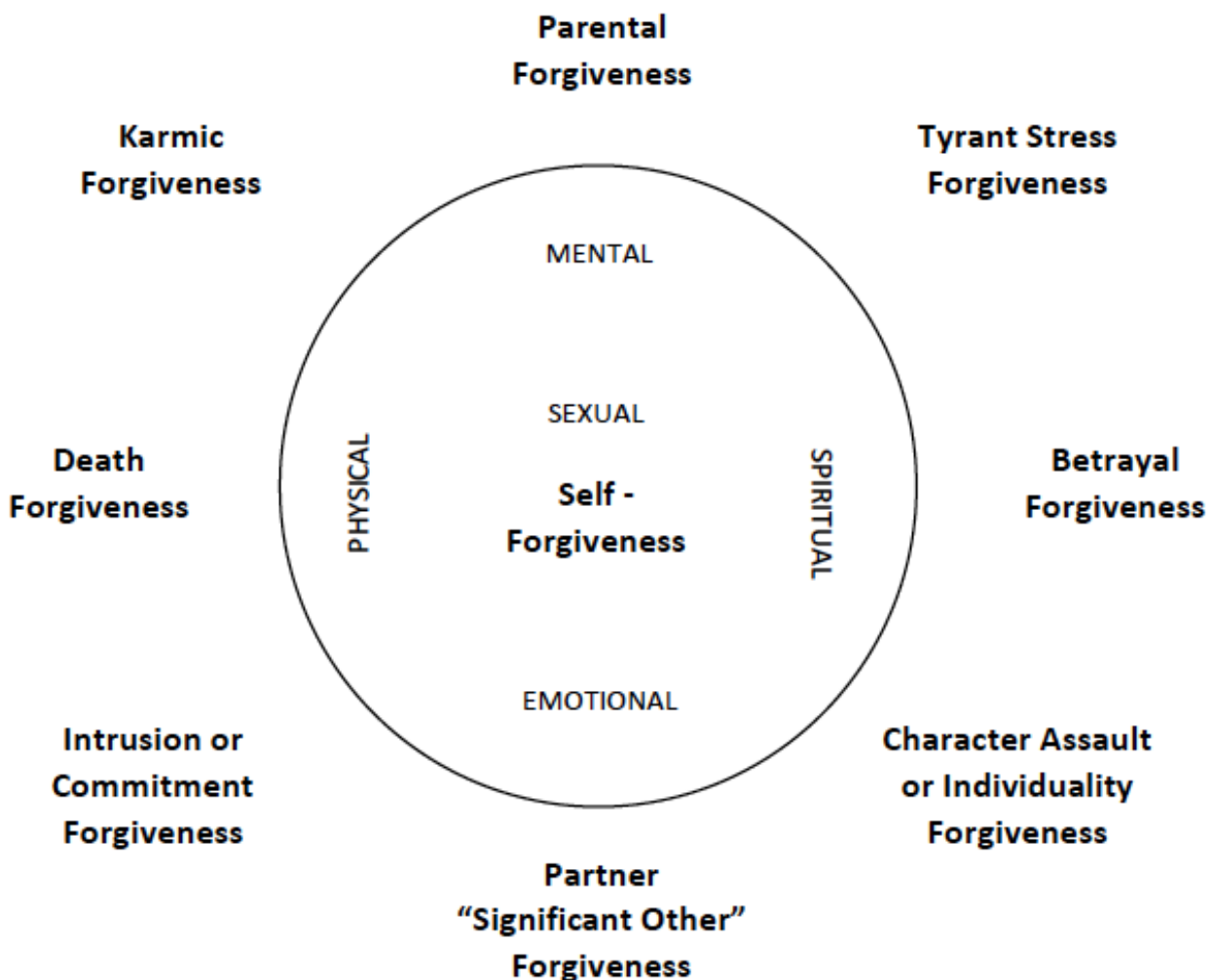
The Flowering Tree Ceremony provides an opportunity to listen to our Inner Teachers, to remember who we are in our wiser self, and to cultivate our inner readiness to forgive.

Edith Eva Eger, a powerful therapist, and wise grandmother, who survived the concentration camps as a young child writes, in her book, *The Choice: Embrace the Possible*,

"The choice to accept myself as I am: human, imperfect. And the choice to be responsible for my own happiness. To forgive my flaws and reclaim my innocence. To stop asking why I deserved to survive. To function as well as I can, to commit myself to serve others, to do everything in my power to honor my parents, to see to it that they did not die in vain. To do my best, in my limited capacity, so future generations don't experience what I did. To be useful, to be used up, to survive and to thrive so I can use every moment to make the world a better place. And to finally, finally stop running from the past. To do everything possible to redeem it, and then let it go. I can make the choice that all of us can make. I can't ever change the past. But there is a life I can save: It is mine. The one I am living right now, this precious moment. . ."

### Forgiveness Wheel of Character Enhancement

This Forgiveness Wheel is a “working wheel” – we discover its meaning and purpose primarily by engaging it in our own lives, not by receiving the following descriptions only. So, take your time with each direction and apply it in your own life and the circumstances that you find are unresolved for you. In this way, the knowledge opens up to teach and



guide you to forgiveness. Not all directions may apply to you – engage and discover, make the wheel work for you!

**The most essential component of forgiveness is Self-Forgiveness**

Note this sits in the center of the Wheel. Forgive yourself. Self-forgiveness comes first – then and only then can you forgive life and others. Forgive yourself first for messing up, for

doing what you did or for letting it happen. Not just once, Again, and again, and again. As many times as it takes to find peace.

A Buddhist Prayer says it well,

“Since Beginningless time, I have sown seeds.  
generating negative experiences by means of  
misdirected action, speech and thought.  
I wish to acknowledge and atone for all.”

We all make mistakes in life, but that does not mean we have to pay for them the rest of our life. Sometimes GOOD people make BAD choices. It was a mistake. A mistake is forgivable. There is no such thing as an unforgivable mistake.

“The first level of forgiveness is to forgive any mistakes of our own that allowed us to be victims. We blame ourselves for real and imagined mistakes. Perhaps we did not prepare for the danger, or were not assertive, quick, or strong enough in the moment. Sometimes these are real mistakes, and we should try to objectively distinguish between real faults and circumstances beyond our control. Take steps not to repeat your mistakes and to remember the real lessons of the trial even as you put the painful aspects ‘behind you’.”

From “Giving the Gift of Forgiveness” by Andrew Skousen from World Affairs Brief, December 22, 2017

**Look at these key points:**

We retard our own evolution when we refuse forgiveness

If you lie to yourself about forgiveness, you block the way you connect to the other ... forever

The unskilled side of your Child Substance Shield and Adult Substance Shield (the needy, wounded, abandoned child and angry, manipulative, revengeful adult) are both unforgiving

To learn to forgive, look at your Spirit Shields and let them guide you. They will tell you where you need to give forgiveness from deep inside your Earth Mind, from your inner knowing. They will show you where you are unconsciously still holding on to contaminated fiber connections

Self-forgiveness must start first, only then can you forgive life and others. Forgive yourself first for messing up, for doing what you did or for letting it happen

Everyone makes mistakes in life, but that does not mean they have to pay for them the rest of their life. Sometimes GOOD people make BAD choices. It was a mistake.

There is nothing that is unforgivable.

We forgive what was done, not who or what the person is

As you go around the Wheel of Forgiveness, look into each direction to find the self-forgiveness needed in each of the five aspects of self, to uncover what is held inside. Only

after exploring the self-forgiveness do, we have the inner perspective to properly confront what others may have done that needs forgiveness from their side.

We will be exploring the directions of this wheel in the following sequence: southeast, northwest, west, southwest, northeast, east, north, south.

### **Southeast - Character Assault or Individuality Forgiveness**

In this direction we are looking to shift the block of fear into courage. It will be the direction of our greatest inner work.

A “character assault” occurs when, from our perception, our individuality has been attacked and we fear (or stop) the natural spontaneous expression of our individuality. In this way we begin to assault ourselves and our daily life becomes a battle with our own inner negativity. Wherever we have not forgiven ourselves we build inner voices that do us harm by putting us down, restricting our self-expression, and painting our natural self into a repressive corner of guilt, blame and shame.

The first step is to forgive your perception that you do not feel that you have self-acceptance, self-deservement and self-worth inside your character. Look at how you are restricting your genius and shining out into the world. Forgive that you do not always recognize the fullness of the genius of your individuality, for until you do, it will not become beauty.

Emotional: Forgive yourself for where you have no self-acceptance, worth etc. and you shut down your character and shining, causing your Assemblage Point to move up the chakra line or get cluttered, even to the point of shuttering your octagonal mirror.

Forgive the commitments of your heart when it is given without sincerity. Forgive when your expression of love covers a hidden agenda, such as a manipulation for personal gain, or hides repulsion and even hate.

Physical: When you go into the physical, you will discover suppression and severe corruption: adults restricting individual freedom; parents suppressing each other’s desire to find their own truth; children being violated; genocide of whole collectives of people for their race, creed, or stance for freedom; an unequal distribution of wealth through corrupt monetary and trade systems.

It's not a pretty picture here. Look into this direction and listen carefully to your own physical body to see the reflections held within that will ask for self-forgiveness.

Also, watch out for generalized resentments. Forgiveness can only be offered to self or a person who wronged you – not to corporations, governments or the “general public” that goes along with all that is wrong.

Mental: Here we look at how we think and what we believe. Note where and how you use dark arrows. Explore the beliefs and concepts of self, Life and others that inhibit your natural self. Look into your education and the ways in which you buy into the manipulation used by the media.

Spiritual: In this direction you will confront attacks on the Light and the repression of those who would do good on this planet: fanatical religions; the use of inquisitions; the colonization of peoples; terrorism as an acceptable means to control others.

Now turn your attention inward and uncover the personal prejudices that block your spiritual vision and hamper your spiritual determination. What needs to be forgiven within yourself first?

Sexual: Forgive yourself for the repression of your beauty, your passion and lust for life, your natural sexual nature.

Gleaning into the collective will reveal the dark side of modern sexuality, which is also revealed in the mutilation and abuse of children, animals, and Earth Mother herself.

The heartache that this opens for you will be a doorway into identifying the ways (usually on a much smaller scale) where you need self-forgiveness. Remember to give away the block of fear and do your forgiveness of self with courage and a devotion to self-love.

### Northwest - Karmic Forgiveness

In this direction, we are looking to confront our insecurity and shift it to inner security. Insecurity creates imbalance and skews our sense of self. Releasing the insecurity restores balance, justice, healing, and opens the door to seeing and becoming our sacred image.

Karmic forgiveness may ask us to accept that we bring into this lifetime unfinished business from past lifetimes. This business may have given you some intensely tough lessons and karmic debts to pay before you closed your Karma Book and opened your Dharma Book. Those experiences can sometimes haunt us with memories of trauma that we regret and that trouble our inner sense of self-worth. Karmic self-forgiveness asks us to forgive ourselves for how we wrote those lessons and how much cruelty and pain we endured in order to learn the lessons.

Forgive yourself for stepping into self-pity and/or self-importance. Forgiveness is the key to being able to have neutral perception and gain a sense of autonomy, a way to stand in the center of your own circle here and now.

Make self-forgiveness an ongoing practice now that you are in dharma – forgive yourself as quickly and diligently as possible each time you revert to karmic emotion, thinking, behaving.

Emotional: Self-forgiveness in this direction will have you uncover the times where you reached out to others (with your natural ways of giving) and it was not received, or it was rejected or judged as unacceptable. You may also see how you responded in this way when a friend or colleague reached out to you.

Ruby Morning Star said,

“No matter how someone presents their individuality to you, to be offended by it shows a lack of character. Forgive yourself for judging someone’s give away expression and forgive others for judging yours. Let someone’s way be their way. Just let it alone. You can guide and help but not change or judge.”

Mental: Look at how you got caught in belief systems, where you sabotaged your evolution by refusing the lessons. Forgive your stubbornness and self-centeredness and the inability to agree to disagree within your communications around “hot topics”.

As we often see what we need to see in others more quickly than in ourselves, in this direction we may see into the mirror through those we deem ignorant in their beliefs. To see it in others, means we will be able to find traces of it inside ourselves. Forgiving oneself opens the door to forgiving others.

Physical: In this direction we will look at bottom line principles. See where and how you need to forgive yourself for crossing your own bottom lines, and for the ways you allowed others to do this or to otherwise violate your boundaries.

You may also need to examine the “bad deal” you were handed through your family line through chronic illness, cycles of addiction, genetic disorders, history of suicide or mental distress, etc. Forgive yourself for choosing this chain or the conditions of your physical form – accept the things that you cannot change and self-forgiveness will illuminate what you are able to change.

Spiritual: Karmic forgiveness in the northwest will reveal where we have trapped ourselves into beliefs or patterns that are against sacred law. Any ways that limit our spiritual self-growth and evolution are considered to be a crossing of our essential free will choice on our spirit journey.

Look for ways you limit your own speed of self-growth. Identify where and how you allow others to distract you from your chosen path with heart.

Sexual: Honesty in this aspect will reveal ways in which you expressed (or repressed) your natural sexuality by not assuming authority, taking responsibility and standing accountable for your choices and actions. Examine your own choices, preferences, expressions, desires, and engagements. Forgive yourself wherever you feel guilt, blame, or shame.

Again here, there might be many reflections of how others cheated, did wrong, mistook your advances, violated your sacred space, etc. Their choices and ways may be difficult to accept because of how you are/were impacted. Begin with self-forgiveness.

## West - Death Forgiveness

In this direction we will need to shift the block of doubt into confidence so that we are able to face death, change and transformation with full power and strength.

We are asked to confront Death, the transition out of this physical realm that we each face and often dread.

When someone we love dies, remorse for spoken or unspoken words, for actions and regrets, is a natural process of cleansing grief. Self-forgiveness is essential so that guilt does not block this healing process.

Doubt has us second-guessing: “what if I would have ... or had not ... or I could have/should have prevented this” and plagues us with unanswerable doubts and fears that feeds our guilt. Anger is a common response when someone died too soon, or that we survived when they died, or that they were even a part of our life and now that space is empty and hollow.

Self-Forgiveness is the key to meeting Death as an ally, companion, and advisor. Forgive yourself for not being able to transform non-negotiable deaths and changes.

Emotional: When we are caught in a circle of doubt, it is most likely that our fiber connections are contaminated. Go for a cord-cutting so that the blue fiber connections and any hooks, suckers, and arrows are cut. Then you can be free to let go and forgive.

Mental: Don't hesitate to do a thorough inventory of your beliefs about death and dying. Then look more deeply into your thoughts about a specific death. Our mental thought process, concepts, attitudes, and approaches may need multiple adjustments when confronted by death. Recapitulate deeply and catch the sly “what if or if only” voices. Forgive yourself and let go. Silence the inner dialogue so your Higher Self can download some valid truths and reflections.

Physical: Presence at the physical death of another provokes a full range of feelings and sensations. Missing the timing of being there, or perhaps the reality that you were not able to be physically present, evokes deep feelings that open the door to doubt and guilt.

Forgive yourself for not accepting that change is inevitable and each person's timing and means of death is within the Higher Self's domain.

Spiritual: Death confronts us with the reality of Life. Approaching our own death is a profound opportunity to see what we need to see so we can transform ever more fully into the Light of Love.

The question of where we will be when we are no longer in this physical body confronts our indoctrination or religious beliefs. It is often a time of intense probing into the meaning

and purpose of life and an honest realization that what we based our life on was actually all wrong. It is a profound time of character refinement, and it holds opportunities for powerful transformation.

Self-forgiveness is the key to meeting and taking the hand of Grace which Spirit always provides.

Meeting this with another is a most intimate experience of sharing our knowledge that in Death, as in Life, we are simply invited to go for the biggest, brightest Light!

Sexual: When death and inevitable change touches our intimate relationships and we become the surviving partner, what is needed for us to re-engage life and continue to love? Self-forgiveness opens the door; forgiveness of the other for leaving sets you free to walk through the door.

### Southwest - Intrusion or Commitment Forgiveness

This direction asks us to shift blame into acceptance through open, inquisitive exploring as we maintain and sustain our space and distance. Blame is a form of intrusion; intrusion is an invasion of space. Intrusion can also be a violation of agreement or commitments made.

We are asked to examine where, how, who or what we blame. Where are we intruding into another's space, relationship, or way of life? Where do we give away our power? Where do we lack commitment, discipline, and follow through?

Emotional: Closed symbols and dark mirrors intrude on our commitment to life experience.

Examine your closed symbols, experiences, and ideas that you refuse to open or explore.

Physical: In our society we are confronted by many violations of space and laws, for example, carjackings, robbery, home invasion. We can also include smaller infractions - using people's resources without asking, for example.

Look at how you do this and look at what happens when something comes into your space uninvited.

Mental: Consider how you view your own space and how you manage the distance between yourself and any engagement with another. Consider how you allow your own thoughts to intrude on your concentration and inside your contemplations. Observe the consequences of your own mindset and concepts of self, Life, and others.

Spiritual: We intrude on our spiritual self through a variety of justifications. When we do not honor our commitment to fulfilling our destiny, we violate our own sacred space with Spirit. Consider the vows you have made that are not kept. Consider that we have come into the physical for the single purpose of learning, growing, and evolving. When we entertain

laziness, busyness, resistance and the repression of our spiritual dedication, our spirit languishes, and we have need for self-forgiveness to restore our Connecting Link to Intent.

Sexual: When we dishonor our agreements with self and others, we become indebted and need forgiveness. Intrusions and breaches of sacred contracts are commitment violations.

You may suffer from a history of abuse, rape, and forced acts of sexuality. Forgive yourself and remember that forgiveness does not make such acts okay, nor does it release the perpetrator from true justice. However, forgiveness will free your soul to heal and continue its evolutionary journey without the burden of the past.

### Northeast - Tyrant Stress Forgiveness

In this direction we are asked to shift resistance into fluidity, into flowing with the waves of chaos in a relaxed manner that keeps us focused and balanced. We are the directors of our own choreography design. As human beings, we are born with free will.

Which tyrants do you have the hardest time with? What type of tyrants are/were your parents? Which tyrant masks do you put on most often? Where and how do you lose your focus and get stressed? How do you project that inner tyrant onto others? When and in which way do you forget to align with the elements and Nature and find yourself experiencing nature as a tyrant? Where and with whom are you afraid or unwilling to ask for what you desire?

We wear the tyrant mask when we feel threatened by and/or resistant to what Life is presenting to us. Forgiveness can eradicate the triggers and return us back to neutral perception and freely held decisions.

Forgive yourself for the mask(s) you have taken on; forgive yourself for not having the full clarity or sobriety to speak your piece or take your stance.

Emotional: Forgive that the way you give is not accepted and that you create inner self-tyrant in reaction. Forgive where you are at the effect of tyrants.

Mental: Forgive your lack of self-acceptance when your approach is totally different from someone else or is not accepted within a particular circle or system. Forgive when you end up creating a tyrant to deal with those differences. Forgive yourself for not being able to express your ethics and morals and seeing someone else be the tyrant.

Look into all the various roles and image-makers in your life: parents, teachers, monitoring guides, grandparents, bosses, any other persons in authority.

Physical: When tyrants turn physical, we need to take care, with proper training, in order to not become, or view ourselves as, the victim.

Forgive any lack of skill and/or refusal to train in self-defense. Forgive giving away your power to bosses, self-important colleagues, and those who are set on controlling as their way.

Spiritual: It takes maturity to accept the rules of engagement within a specific context. We must accept that “the world” owes us nothing. To look for acceptance from outside ourselves opens the door to co-dependency and the victim syndrome. Develop right relations with mutual benefit and welfare.

Take charge of your own life and forgive yourself for surrendering your personal vision to do the will of another.

Sexual: Self-forgiveness in this aspect can range from sacrificing one’s own sexual hungers, shutting down our vital life force, to a lack of discernment in our sexual engagements that resulted in violations of your sacred space and body.

### East - Betrayal Forgiveness

In this direction we need to shift out of repression and into an open, unlimited imagination. Betrayal forgiveness is one of the most challenging directions; it is usually caused by a painful wounding. Betrayal means that you instinctively feel and/or experience an outright attack against the essence of your being. It could be a betrayal by a higher authority that threatens your lifestyle (as in a betrayal at work that has you banned from a promotion or even removed from your position). When your spiritual path and self-growth process is violated or infringed upon, we are dealing with a violation of sacred law.

Betrays can often include indebtedness and actions involving more than one direction on this wheel.

Emotional: We often hide ourselves behind self-importance and mask our self-betrays with self-pity. Can you forgive yourself when you betray your own spiritual growth out of your pretense?

Self-betrayal is a primary function within the addictive personality.

Withdrawal of love is one of the most poignant forms of betrayal as it breaks a faith bond with self and between self and others. When the loyalty we thought was there is broken, we feel utterly betrayed.

Our emotional process to achieve self-forgiveness in this direction requires that we are willing to go through the deep waters of failure, anger, and loss before we release ourselves into forgiveness.

Mental: Each of us assimilates what gives us meaning and integrates that meaning into a way of life; each of us does this in our own unique, individual way. It requires mature neutral perception to be able to discern how we contaminate our own filters with pretense.

When we are no longer clearly and accurately discerning, we “make things up”, creating stories that betray our truth and the verity of what actually happened. We become self-centered, taking what another says or does personally. This hampers our ability to make informed decisions.

Examine your everyday interactions to catch how much of your feelings of betrayal are generated from misconceptions and mistaken assumptions.

Spiritual: For those who are apprentices, walking their Path with Heart to the best of their ability, spiritual betrayal is an essential confrontation in order to sustain self-authority and self-responsibility on this journey. For those who are guides and teachers, betrayal can come when least expected from students who take what you have given, and pervert or trash valued gems of alchemy and knowledge.

Forgive your own misgivings, mistakes, and misunderstandings, especially when it comes to alchemy and when it involves other human beings on their journey. Only then will you feel free to forgive those who placed obstacles in your path or betrayed what you hold dear on your spiritual journey.

Sexual: Sexual betrayal gets to the core of our soul’s essence. In this direction, we will need to look into the ways where we denied our own sexual freedom and/or set the stage for infidelity, neglect, addiction, etc. which we chose, or which impacted us.

### North - Parental Forgiveness

In this direction we will need to shift out of shame and into self-respecting pride. Parenting is an all-consuming, some say unforgiving, profession that demands 24-7 dedication of one’s primary energy.

Ruby Morning Star said that parents must forgive themselves for having a child, for it intrudes into their world without compromise. Those who chose not to seed and birth a physical child must also forgive themselves for missing the opportunity to be mother and father and for the creation of loneliness in one’s old age.

Children have their own book of life. Parents will need to look for ways they did not honor that child’s book of life; children will need to forgive where they refused the guidance offered. Both parents and children will need to forgive where they stepped out of respect and love with each other.

Can you forgive yourself for bringing a child into the world without realizing the full responsibility? Can you forgive the ignorance of your parents?

Emotional: Inside all the developmental stages of a lifetime, we will express emotions that are not acceptable to our parents and they to us. Can we, have we, forgiven ourselves and each other?

Physically: Physical parental forgiveness can include non-acceptance of a child's lack of talents, skills, abilities; differences in orientation or preference; disabilities and illnesses; disobedience and abandonment even to the point of imprisonment; disowning and disconnecting by moving far from home and severing all ties.

Who did what to whom? What is your part in the unfolding of your relations as parent and child? Forgiveness clears the heart for self-acceptance and frees the heart to experience love no matter what.

Mental: Can you forgive a child's individual style of learning? Can you forgive the child for limiting your learning?

Can you forgive your parent's lack of open-mindedness and "old fashioned" ways of thinking and living?

Spiritual: After caring for them for 18 years, can you forgive your child if they choose a path that is not what you would want? Can you forgive how you tried to guide them overly much or less than what was needed? Can you forgive yourself when your child transgresses sacred law? Have you tried to live your life through your children?

Can you forgive a parent who ignores your path or judges your way?

Sexual: Self-forgiveness is crucial when there is any form of regret for having children or the timing of pregnancy. Did you choose to use birth control or not in your sexuality? Did you allow someone to fool you or get careless and this resulted in a child for you? Does the child impact your sexual life, and can you forgive that? Did you interfere in the natural sexual expression of your child?

Was there incest or abuse in your relationships with children and are you able to confront this violation, forgive yourself and do the restitution necessary to restore balance?

### South Partner or Significant Other Forgiveness

In this direction we are making the big shift from guilt into honesty. Significant others can be partners, friends, business colleagues, lovers, siblings, team-mates, or anyone which whom you have a contract or agreement that both sides rely on.

Each infringement of our commitment or faith bond with another opens the door to guilt. Guilt is a negative, unproductive energy that blocks our intimacy with one another. Remorse and forgiveness, including the correction of errors and restitution are keys to restoring the broken bonds back into harmony.

This direction invites us to forgive ourselves for not learning from past mistakes in our relationships with others.

Emotional: Emotional forgiveness asks us to give away hurts, turmoil, refusals to give, withdrawing our love, and unjust accusations.

Physical: Physical forgiveness may include abuse and self-harm, poor self-care that led to health issues, lack of talent or needed skills, negligence, and carelessness.

Mental: Mental forgiveness may include projected pretense; attempts to convince or convert another person to our point of view; unclear agreements that could not be met or that we were unwilling to meet; our stubborn refusal to see another's point of view.

Spiritual: Spiritual forgiveness may include not honoring the rate of growth within another; not allowing someone to do it their way. It also includes being unwilling to confront self or another when we are out of integrity.

Sexual: All forms of cheating, infidelity, jealousy, withholding, and disrespecting the frequency of our desires or the needs of our orendo, as well as honoring our sexual preferences and orientation.

## Dainishu – Restoring Life to Determinative Understanding

"From my heart, I give away any and all animosity, resentment, grievance, indebtedness, hostility or hate. These are erased forever from the circle of experience. Life is restored to determinative understanding. "

Thunder Strikes – 2004

## Some Words of Wisdom from Others

"Forgiveness is a willingness to abandon one's right to resentment, negative judgement, and indifferent behavior towards one who unjustly injured us, while fostering the undeserved qualities of compassion, generosity, and goodwill."

***Robert Enright, Dept. of Psychology, U. of WI***

"When we forgive evil, we do not excuse it, we do not tolerate it, we do not smother it. We look the evil full in the face, call it what it is, let its horror shock and stun and enrage us, and only then do we forgive it."

"Forgiving does not erase the bitter past. A healed memory is not a deleted memory. Instead, forgiving what we cannot forget creates a new way to remember. We change the memory of our past into a hope for our future."

"To forgive is to set a prisoner free and discover that the prisoner was you!"

Louis B. Smedes, *Forgive and Forget: Healing the Hurts We Don't Deserve*

“The simple truth is, we all make mistakes, and we all need forgiveness.”

“Until we can forgive, we remain locked in our pain and locked out of the possibility of experiencing healing and freedom, locked out of the possibility of being at peace.”

“Without forgiveness, there is no future.”

“Choose to forgive and free your heart.”  
Desmond Tutu

## Ho’oponopono

Hawaiian kahuna prayer for peace, forgiveness, health, wealth, happiness and self-forgiveness. Brings reconciliation and cleansing to restore peace of mind.

“I’m sorry - Please forgive me – Thank you – I love you” (may be spoken in any order)

## The Dalai Lama’s Recipe for Forgiveness

Rivvy Neshama, Recipes for a Sacred Life p80

(Comments in italics are comments by Rivvy – not the Dalai Lama)

When you are very angry with someone and having trouble forgiving them, do these three things:

1. Consider why you think the person did what they did that is bothering you. Given all that you know about them, what could have provoked or motivated them to do this? (Besides the fact that they’re one bad dude.)
2. Recall a time when you did something similar. (This one is disturbingly easy.)
3. Think of all the good things about this person, the things you like. (Harder with some folks, but worth a try.)

Finally, His Holiness reminds us that forgiveness is a gift we give to ourselves. When we’re angry, we feel miserable, physically, and emotionally. When we forgive, we return to our center, where things on a good day feel just right.

And if you doubt the Dalai Lama, consider this: Research confirms that “forgiveness interventions” are good for the heart, can relieve pain and depression, and enhance the quality of life among the very ill.

# A Ceremonial Working

## Entering one's Inner Sanctuary Seeking the Will to Forgive

### Intent

To step into the inner wisdom circle so that we can access our will to forgive and willingness to engage in the process of forgiveness – first for self and then for others.

### Steps of the Working

Create a safe space where you will not be interrupted or disturbed. Bring with you a journal, some colored pens, and your Pipe and/or Marriage Basket if you have these. Smudge (or purify) yourself and all that is in this safe space.

Call in those Powers that work with you in ceremony. You can do a simple 7-Fill if you have your Pipe – you may also pray in the manner that supports you in connecting with Spirit. Let the Higher Powers know that you are seeking to access your willingness to actively engage the process of self-forgiveness. (Unless Spirit guides you to engage forgiveness of others, leave this for another time.)

Step into the Silence. This can be done using the SMSD Technique described in the Green Manual (also available as an audio file from the DTMMMS shop). Alternatively, you could use your favored form of meditation or trance induction that takes you into your inner sanctuary. It is essential that you attain a state of inner quiet with an open ear and heart for wise counsel.

Once you are inside this quiet inner chamber, sit yourself down in a comfortable, supportive, and nurturing place. Open to the deeper vibrations of color, sound, and sensations. When you are ready, look around with your spirit eyes. Look within to see where the energies of animosity, resentment, grievance, indebtedness, hostility and hate reside.

Do the following for each block that you find – do this only for as many as you are able to engage with clarity and kindness.

Notice how you felt and/or feel inside this energy. Observe your human frailty and how you were caught inside the energy. Allow your love to extend towards yourself inside this energy.

Give away judgment and prejudice against yourself. Release anger, blame, shame, and guilt. Instead, infuse yourself with love and self-acceptance.

Notice the transformation as you do so. Embrace yourself – let this part of you know that you forgive yourself and can now see yourself in this situation from an entirely new perspective.

Pause before going to any other block or incident that you may be aware of. Take several breaths. Look around and notice the natural beauty of your inner sanctuary. Drink in the grace, the love, the harmony and feel yourself restored into balance.

Gently return back to full presence in the here and now.

Journal what you have seen, felt, and now know.

Thank the Powers. If you put your Pipe together, complete this ceremony in the way you have been taught.

## Flowering Tree for Self-Forgiveness

See pdf of this ceremony as included in Deer Tracks December 2004

## Smoking of Forgiveness

See pdf of this ceremony as included in Deer Tracks December 2004

## Elder Wisdom teaching

See pdf Elder Wisdom – A Message from Thunder Strikes – Deer Tracks December 2004