**FORGIVENESS — OVERVIEW**

**UNDERSTANDING:**

***RESOLUTION* – vs – *RECONCILIATION***

***ALL* — *FORGIVENESS — IS — SELF-FORGIVENESS***

***Matthew 22:***

***36 MASTER,   
 WHICH IS – THE GREAT COMMANDMENT IN THE LAW?***

**37 Jesus said unto him,   
 THOU SHALT LOVE THE LORD THY GOD –   
 WITH ALL THY HEART, – AND –   
 WITH ALL THY SOUL, AND WITH ALL THY MIND**

**38 This is the first and great commandment.**

**38 THIS IS THE FIRST – OR –   
 *GREATEST TRUTH OR LAW* –   
 *THAT MUST BE BROUGHT OUT* –   
 *OR COMPREHENDED*.**

**39 *AND THE SECOND* – *IS LIKE UNTO IT*,   
 THOU SHALT – *LOVE – THY NEIGHBOR* –   
 *AS THYSELF*.**

**39 And the second is much like it,   
 *THOU SHALT ALSO UNDERSTAND* –   
 THAT THY NEIGHBOR –   
 (EVERYONE – AND – EVERYTHING) –   
 *IS LIFE*, – *IS MIND*, AND –   
 *AN EQUAL PARTICIPANT* –   
 *IN THE ONE COMPLETE WHOLE*.**

**40 *ON THESE TWO COMMANDMENTS* –   
 hang all the law and the prophets,**

**40 *THESE TWO LAWS OR TRUTHS –   
 ARE THE BASIS OR PRIN­CIPLE OF ALL LIFE,   
 AND OF THE TEACHINGS OF THE PROPHETS.***

**Matthew 5:  
22 *BUT I SAY UNTO YOU THAT* – *WHOSOEVER –  
 IS ANGRY – WITH HIS BROTHER – WITHOUT A CAUSE –  
 SHALL BE IN DANGER – OF –   
 (THE JUDGMENT)*:**

**22 BUT I SAY UNTO YOU, *THE LAW* – *ALSO STATES THAT* *–   
 WHO­SOEVER* – *IS ANGRY* – *WITH HIS BROTHER* –   
 *SHALL BE IN DANGER* – (*OF – PUNISHMENT)*,   
  
 *AND WHOSOEVER SHALL SAY* – *REVENGE*,   
 *IS INDULGING IN – WILLFUL SIN* –   
 AND – *WILL REAP – ITS – CERTAIN – PUN­ISHMENT*:**

**23 THEREFORE,  
 IF YOU ARE OFFERING YOUR GIFT AT THE ALTAR –   
 *AND THERE – REMEMBER* –   
 *THAT – YOUR BROTHER OR SISTER* –   
 *HAS SOMETHING* – *AGAINST – YOU*;**

**24LEAVE YOUR GIFT THERE IN FRONT OF THE ALTAR.   
 *FIRST* – *GO* – *APOLOGIZE –   
 AND* – *BE RECONCILED* – TO THEM;   
 *THEN – COME* – AND OFFER YOUR GIFT.**

**23 *THEREFORE* *–   
 BECAUSE – THE LAW* *– IS AS I HAVE STATED IT*:**

***WHEN THOU SEEKEST – SURCEASE* –   
 *FROM THY – SELF-INFLICTED – SICK-NESS AND PAIN* –**

***WHICH ARE* – *THE EXTERNALIZED* – OR –   
 *OBJECTIFIED RESULTS OR EFFECTS* –   
 *OF THINE – OWN WRONG THOUGHTS* –   
 (*MENTAL MISCONCEPTIONS*) –**

***AND* – *THOU HAST* – *A REMEMBRANCE* *–   
 OF A WRONG* *– COMMITTED* – *AND NOT MADE RIGHT*;**

**24 *CEASE THY EFFORT* – *TO SECURE FAVOR*,   
 *FOR UNDER* – *THESE – CONDITIONS* –   
 (*THY EFFORT – IS WASTED)*;  
   
 *FIRST* – *RECTIFY* – *THE WRONG* –   
 (THE MENTAL – MISCONCEPTION) –   
 *THOU HAST COMMITTED*,   
 *BE IT* *– THOUGHT, WORD OR ACTION*:   
  
 *THEN* – *SEEK THE FAVOR* –   
 *AND THOU WILT FIND IT* *– (ALREADY – GRANTED)*,   
 *FOR THOU HAST OBSERVED THE LAW*.**

**25 *AGREE* – *WITH – THINE ADVERSARY* – *QUICKLY*,   
 WHILES THOU ART – IN THE WAY WITH HIM;**

***LEST – AT ANY TIME* –   
 *THE ADVERSARY* – *DELIVER THEE – (TO THE JUDGE*) –  
 *AND THE JUDGE* – *DELIVER THEE – TO THE OFFICER,*   
 *AND THOU BE CAST* – *INTO PRISON*.**

**25 *AGREE* – (*COME TO TERMS)* – *QUICKLY* –   
 *WITH THINE ADVER­SARY* –   
 (*THE WRONG THOUGHT IN THY CONSCIOUSNESS*) –   
 *AND – THE MOMENT* –  
 *THOU ART AWARE* – *OF ITS PRESENCE*,   
 *CAST IT OUT OF CONSCIOUSNESS*;**

***IF ENTERTAINED* –   
 *THIS – WRONG THOUGHT* – *WILL GROW*,   
 AND – *WARP THY JUDGMENT* – AND –  
 *THY – WRONG JUDG­MENT* – *WILL FORCE THEE* –   
 *TO ACT – CONTRARY TO THE LAW*,**

***AND* – *HAVING VIOLATED* –   
 *THE LAW – OF UNIVERSAL LOVE, OR HARMONY* –   
 *THOU WILT BE – COMPELLED* –   
 TO SUFFER – THE INHARMONY *–* THOU HAST MADE.**

**26 *POSITIVELY – I TELL THEE* –   
 *THOU CANST* – *BY NO MEANS* –   
 *ESCAPE FROM THE INHARMONY* – *THOU HAST MADE* –**

***UNTIL –   
 THOU HAST – SUFFERED – THE FULL PENALTY*;**

***UNTIL –  
 THOU HAST – RIGHTED THE WONG* –   
 *THAT THOU HAST COMMITTED;*   
 (*CORRECTED – THE THOUGHT* –   
 THAT IS – THE CAUSE – *OF THY SUFFERING*).**

**ST. JOHN CHAPTER 9**

1 And as Jesus passed by,   
 he saw a man which was blind from his birth.

And his disciples asked him, saying, Master –   
 ***WHO DID SIN*, -- *THIS MAN*, OR -- *HIS PARENTS*, --   
 *THAT HE WAS BORN BLIND*?**

**3 JESUS ANSWERED, -- NEITHER *--* HATH THIS MAN SINNED, *--* NOR HIS PARENTS:   
 *BUT THAT*** -- ***THE WORKS OF GOD*** --   
 ***SHOULD BE MADE MANIFEST* -- *IN HIM*.**

3 ***JESUS ANSWERED, IN THIS CASE --   
 THE SIN – OR -- MISTAKE -- OF BLINDNESS --   
 WAS COMMITTED -- NEITHER --   
 BY THE INDIVIDUAL – NOR HIS PARENTS,***

***AS -- THE RESULT -- IS RATHER --   
 A SIN***-- ***OF OMIS­SION -- THAN OF – COMMISSION –***

***IN THAT -- THEY DID NOT KNOW -- THAT ALL SIGHT*** --   
 ***IS OF MIND, THE ONE INTELLIGENCE, --   
 AND THAT -- ALL MIND - HAS PERFECT SIGHT;***

***AND THAT -- ALL THAT IS NECESSARY --   
 IS THAT -- THIS TRUTH –   
 OF THE ONE INTELLIGENCE --   
 BE MADE MANIFEST --   
 THROUGH THE UNDERSTANDING –   
 OF – THE FACT – OR – ACTUALITY.***

***(SOM p. 203)*THE LAW – IS ALWAYS – WORKING** **–   
BUT IT IS – ALWAYS WORKING –   
 ACCORDING TO OUR BELIEF – WHETHER WE ARE –  
 CONSCIOUS OF THIS FACT – OR NOT**.

**DEMONSTRATION – TAKES PLACE –   
 THROUGH THE FIELD OF – THE ONE UNIVERSAL MIND;  
WE – *SET THE POWER IN MOTION*;   
 *THE LAW – PRODUCES THE EFFECT*.   
 *WE* – PLANT THE SEED –   
 *AND – THE LAW – PRODUCES THE PLANT*.**

(The Magic of Truth, Taniguchi – p. 50)  
***“IF WE EXAMINE – THE CAUSE OF – (DISEASE***)–   
 **WE FIND THAT THERE ARE *– SOME CREATED* –   
 *DURING THE LIFETIME OF THE INDIVIDUAL* –**

***AND ALSO – KARMAS*** – **which have been created –   
 over several past generations –**   
 **or even over twenty or thirty generations** –   
 **handed down, generation to generation.**

“IT HAS BEEN FOUND – THAT THERE ARE MANY INSTANCES – ***WHEN – SOULS – OF PERSONS*** –   
***WHO HAVE -- CREATED – BAD KARMAS* *– IN PAST LIVES* –   
*MANIFESTED* *--* INCURABLE DISEASES ON THEIR BODIES –  
 *IN THIS LIFE* – *SO AS TO – ATONE FOR THEIR SINS* –   
 THROUGH SUFFERING.**

***THE PHYSICAL MIND* *– OF SUCH A SOUL* –   
 *MAY - KEEP THINKING* – THAT –  
 *IT WOULD* – *LIKE TO HAVE ITS DISEASE CURED*,**

**BUT *– THE SOUL – REJOICES*,**  ***THINKING THAT*** – ***ITS SINS*** *–* ***OF PAST LIVES*** –   
 ***ARE BEING PURGED – THROUGH*** –   
 ***THE PAINS OF BEING CRIPPLED* –   
 *OR HAVING AN INCURABLE DISEASE*.**

***PAIN* – *IN SUCH INSTANCES* –   
*IS AN APPEARANCE* – *OF THE SOUL’S WISH* – *TO BE SICK,  
 WHICH EXISTS*** – ***LATENTLY*** – ***IN THE PERSON.***

**SINCE DISEASES OF THIS NATURE –   
 *STEM FROM*** – ***KARMIC SOURCES*,   
 *THEY ARE EXTREMELY DIFFICULT TO CURE*.**

***THE ONLY WAY – TO CURE* – *THIS TYPE* – *OF DISEASE –   
 IS TO HAVE THE AFFLICTED – UNDERSTAND –   
 FROM THE DEPTH OF HIS SOUL – THE TRUTH –   
 THAT – SIN*** *–* ***DOES NOT REALLY EXIST –   
 THAT LIFE – IS GOD –   
 AND THEREFORE,******ABSOLUTELY PERFECT – AS IS –   
 AND – THAT*** *–* ***HE – NEED NOT*** *–* ***UNDERGO*** *–* ***ANY FORM*** *–* ***OF SUFFERING.***

***WHETHER THE INCURABLE DISEASE*** – ***IS CURED OR NOT*** –  
***DEPENDS ON* – *WHETHER THE AFFLICTED* –   
*ACCEPTS THIS TRUTH – FROM THE DEPTHS OF HIS SOUL.***

***FORGIVENESS – HEALS - THE SOUL – OF PAST MISTAKES –  
 IN THE -- NOW MOMENT –   
 BY CHANGING YOUR PERCEPTION –   
 ABOUT – WHAT - NEVER HAPPENED.***

***Step One – UNDERSTAND  
 THE MYSTERY OF* – *CONFESSION***

* ***FORGIVENESS*** *–* ***IS*** *–* ***UNBURDENING*** *–* ***THE MIND.***
* ***CONFESSION*** *–* recognize *–* accept *–*   
  acknowledge – admit – concede –   
  own *–* own up – embrace – atonement
* ***APOLOGIZE*** *–* say sorry **–** express regret **–** act contrite **–** remorseful – regretful
* ***RECONCILE*** *–* resolve – reunite – settle

***Step Two – WILLINGNESS* – *READINESS* –   
 *MOTIVATION* – *DECISION – TO FORGIVE***

* ***ANGER – IS NEVER – JUSTIFIED***
* ***UNDERSTAND* – *PENALTY* – *VS* – *PUNISHMENT***
* ***MICHAEL ANGELO – CHIP AWAY:  
  (acim)***

*“Therefore, there must be -*   
 another world ***–*** *that you do not see*.”   
“T*herefore*, seek not to change –   
 the world *– (you see)* ***–*** but choose – to change –   
 your thoughts – about the world.”

***Step Three – UNDERSTAND* – *HOW TO –   
 LET GO OF – THE PAST***

* ***LAY ASIDE* – *EVERY* – *WEIGHT***
* ***THE CAUSE OF ANGER*** — **which is – your perception –   
  or – interpretation – of the meaning – of – “something”,**   
   will manifest as – ***an emotion*** – according to the –   
   ***“weight”*** – of the thoughts that it – ***reflects***.   
  ***This – “weight” – is determined by* – *the meaning*** –   
   ***your thoughts*** – give to the situation.   
  For that reason, ***anger-based thoughts*** –   
   discharge the – ***negative emotions*** –   
   that manifest – ***in varying feelings of*** –   
   ***resentment*, *indignation*, *rage*, and *wrath.***
* ***FORGIVENESS*** – ***IS*** – ***LOVING - YOUR BROTHER***.
* ***LOVING*** – ***YOUR BROTHER*** – ***IS*** – ***FORGIVENESS.***

***Step Four – UNDERSTAND  
 RESOLUTION* – *VS* – *RECONCILIATION***

* ***LET GO*** ***– LET – GOD* – and – *GOD WILL CAUSE* –  
  *A* SHIFT – IN YOUR PERCEPTION –   
  FROM WRONG THINKING – *TO* – *TO RIGHT THINKING*.**
* ***VENGEANCE* – *IS MINE* – *MEANS* –   
  “*I WILL* – *TAKE VENGEANCE* – *FROM YOUR HEART.***
* ***SCRIPTURE ADMONISHES US TO*** –   
   **PUT OFF – WRATH, AND MALICE.**   
   ***But how is this done*?**
* ***THE FIRST STEP* – *IS TO* –   
  *ACKNOWLEDGE*** – ***THAT – ANGER IS* –   
   *A NATURAL AND NORMAL HUMAN EMOTION* –   
   *And That – To*** ***–  
   “PUT OFF***” **– *DOES NOT MEAN* – *TO GET RID OF ANGER*** –   
   ***BUT TO*** ***– CONTROL ANGER* –   
   *AND NOT* – *LET ANGER COTROL YOU*.**
* ***UNFORGIVENESS* – *IS – A* – *POISONOUS* –   
  *CANCEROUS* – *debilitating* – *incapacitating* – *lethal* – *fatal* – *draining* – *devastating* – *TOXIC - ENERGY.***
* ***LEAVE* – *“IT”* – *AT THE* – “*ALTAR”* –   
   *the* – “*place”* – *or* – *state of mind* –  
   *of decision* – *to* – *let go - and - let God;  
   the –* “*place”* – *where the* –   
   *LAW OF GRACE* – *SUPERCEDES ALL LAWS.***
* ***THE – “JUDGE”* – *IS* – *YOUR - CONSCIENCE* –   
  *that is* – *controlled* – *ruled* – *governed* –  
   *by* – *the holy spirit* – *or* – *by* – *the ego.***
* ***SERENITY PRAYER:  
  GOD*** - ***GRANT ME*** – the ***SERENITY* -**to – ***ACCEPT*** – the things – ***I CANNOT CHANGE*;**   
  ***COURAGE*** – to – ***CHANGE THE THINGS*** - I can;    
  and - ***WISDOM*** – to know the - ***DIFFERENCE***.