

Br. Dale – “Forgiveness”

Thursday, July 7, 2011 – Lake Shrine Temple

We’re in the Dwapara Yuga – the atomic and electronic age. In Dwapara Yuga, meditation becomes available to the masses.

Meditation is the best way for us to complete our life goal and that life goal is to contact God.

Meditation is like a fine layer of varnish. Every time you put another layer on it, it becomes more shiny.

In AY, Master tried to go to the Himalayas and Sri Yukteswar wouldn’t go. When Master returned, Sri Yukteswar told Master that since he didn’t expect anything from others, he had not need to forgive others.

We get placed on this earth with people who push our buttons. We tend to feel irritation from other people.

We also have a victim consciousness. When we become victims, we give up our freedom. Our well-being is disturbed by someone else.

Being a victim is false since we are children of God. Once you stop being a victim, you make a huge step toward God.

Forgiveness is not condoning unkindness. Is not forgetting. Is not reconciling with the offender.

Forgiveness is for us. It’s taking back our power. It’s taking responsibility for how we feel. It’s about our own healing. It is a skill that can be learned. Forgiveness is a place of understanding in the moment. It’s about living in the now.

When bad things happen, we get angry and then we develop grievances. If we can get rid of these stories, we can learn to forgive.

Grievance stories: we feel hurt, but anger and hurt are meant to be temporary emotions. However, many don’t get over what happens. Many will create longstanding grievances. We continue to blame the person who hurt us for how badly we feel.

Taking things too personally – being too sensitive – is something we need to get over because things will happen to us.

Live events are personal and impersonal, but taking things personally makes us create grievance stories. We make ourselves unhappy by focusing on the pain.

Don’t focus on the pain. Focus on the good. If you feel angry for a long time, you are focusing on the personal.

People need to be held accountable, but that's not the same as blaming them.

The reason for our suffering does not lie with someone else. When you blame your problems on someone else, then you give them the power to determine your emotions.

Stop for a moment and ask yourself before you react. "Is it worth it? Who is going to be hurt?"

By not forgiving, we give others control over our emotional life.

We need to catch these things before they blow up out of proportion.

Don't hold on to what people say and do.

Create a positive story of accomplishment. "I made it!" Choose a positive story to tell.

All suffering comes from wrong human habits of thinking. Think of things in a positive way.

Grievance stories tell what we endured, but not what we've healed from.

Don't expect others to do things. You don't communicate to them, yet you think they should know and be able to read your mind.

"Should" and "Ought to" are bad words!

Trying to change what cannot be changed will lead to emotional upset.

Feeling helpless, angry or depressed is tied to making an unforceable rule. Forgiveness is the experience of peace and understanding we feel in the present moment.

How can we keep our peace? Learn not to take things too personally. No matter what your outer environment, don't let it disturb your peace.

Don't let things upset you. Don't think people have "done things to you."

Develop inner strength.

Center your life in God and don't be as sensitive about outer circumstances. Anchor your life in God. Keep the goal in mind. Why are we here? We're here to connect with God. Most of the other things don't matter as much. We came to find God and to work on finding God. This will help you ground yourself.

"Every experience comes for one reason, so we can draw closely to our dearly Beloved." ~ St. Francis

The tests don't get easier.

Take responsibility for how you feel. Reduce blaming and you reduce your pain.

Stop grievance stories. Stop this cold by staying positive. Dwell on your good fortune. Focus on the positive rather than the negative. It's our choice. Don't focus on pain. Where is my mind tuned?

Share your pain with family and friends. Share life experiences and you'll deal better with them.

"I am a hero!" "I made it through this hard stuff." Focus on being a hero, not a victim.

As long as the conqueror in your mind is awakened, no sorrow can enter your heart.

To implement forgiveness:

Don't take things so seriously.

When you can't give love to others, it's because you can't find it in yourself.

When we feel love in our heart, we can take the jibes of others. We are not hurt by them.

In meditation, we are moving energy up the spine. Once we get to the heart, forgiveness becomes much easier.

Take responsibility for how you feel.

You can choose to act angry or critical, or be forgiving and compassionate.

Stop the blame game. We are solely responsible for the way we feel.

Avoid empowering other people to control how you feel.

There's brainwave music, stress relief music. Listen to some really mellow music. It will calm you down and will help you to let go.

If you focus on the positive, the hurts won't seem so important.

Tune in with gratitude, love and forgiveness.

Read or listen to the Guru.

Share stories of success.

Forgiveness is the peace and understanding we feel in the moment.

Focus on the good things in life and not the bad.

Keep goal of life in mind: you are here for God.

Retain even-mindedness and nothing can hurt you.