

FORGIVENESS

Theory and Practice of Forgiveness Meditation

Ramakrishnan Nagasamy, Pranic Healer and Trainer

What is Forgiveness? What is forgiving? How can we forgive? Can we at all forgive? Should we forgive? Who benefits from forgiving others? These are some of the questions which come to our mind when think of forgiveness.

Forgiveness is a state of mind in which the patterns of consciousness which keeps you bound to those feeling of hurt, resentment, anger, revenge, and hatred are released. These feelings are energy forms which incite the person to exhibit unwholesome behavior and act in a manner which is detrimental to be aware of the true nature of oneself. Forgiving is a process of releasing the energies or patterns from your self.

Forgiveness of ourselves and others release us from the past, and the patterns in our consciousness, disintegrates the energy forms. Usually when we are stuck with a problem, we can know that there is some forgiving to be done. When we are unable to flow freely with life in the present moment, it usually means we are holding on past moment, which was painful or hurting. It may be regret, fear, guilt, sadness, hurt, blame, anger, resentment, and some times desire for revenge

Love heals. Pathway to love is forgiveness. It resolves resentment and revengeful states. When you go to the state of forgiveness you can make love flow. All forms of inner and physical healing will take place.

Do you have the right to be happy? Yes. Let us see if we want to be happy. There are two people A and B. Only once A hurts B. But B hurts himself many times by thinking of the event or hurt many many times. Now if B wants to be happy he should stop hurting himself. For this to happen he should forgive A; and forget the incident and release A from his thoughts and sphere of influence. Do you connect to these situations in life?

There is also Law of Karma acting in law of forgiveness. What you sow is what you reap! In the same way if you should be forgiven for the mistake you have made in the past you should be willing to forgive others of the mistake they have done in the past. When you forgive you become entitled to be forgiven.

Let us practice Forgiveness Meditation:

Sit down on the chair, keep legs opened and not crossed and your hands opened and palm facing up and relaxed on the lap. Close your eyes. Inhale slowly and deeply. Hold as long as you can. Be aware of the whole body and exhale slowly and deeply. Do this 2 more times. Think of top 5 people who have hurt you badly in the past. Okay now visualize them in a small form of 1 foot and as a group standing in front of you.

Raise your hands with palms facing outward and bless them and mentally say, "With all my heart I forgive you for you have hurt me! May you be blessed with peace, harmony, happiness, divine light, divine love, divine power, prosperity, abundance and spirituality!" Now feel the divine golden energies flowing to the person. After 2 minutes release them but saying mentally saying "May you go in peace, I release you". Now cut the chord between you and the group of people "Cut! Cut! Cut!" Put your hands down.

Inhale slowly & deeply. Hold as long as you can. Be aware of the whole body and exhale slowly & deeply.

Inhale happiness. Hold. Be aware of the whole body and exhale all sorrows and tensions

Inhale peace. Hold. Be aware of the body and exhale worries.

Inhale Good health. Hold. Be aware of the body and exhale aches, diseases, stress.

Inhale Divine Light. Hold. Be aware of the body and exhale used up energy.

Experience Love peace and happiness and feel light. With a big big smile open you eyes.

Now the method to ask forgiveness

Continue to sit down on the chair, keep legs opened and not crossed and your hands opened and palm facing up and relaxed on the lap. Close your eyes. Inhale slowly and deeply. Hold as long as you can. Be aware of the whole body and exhale slowly and deeply. Do this 2 more times. Think of top 5 people who you have hurt badly in the past. Okay now visualize them in a small form of 1 foot and as a group standing in front of you. Raise your hands with palms facing outward and bless them and mentally say "With all my heart I ask your forgiveness for I have hurt you. Please forgive me. Raise your hands with palms facing out and bless them and mentally say, May you be blessed with peace, harmony, happiness, divine light, divine love, divine power, prosperity, abundance and spirituality!" Now feel the divine golden energies flowing to the person. After 2 minutes release them but saying mentally saying "May you go in peace, I release you". Now cut the chord between you and the group of people "Cut! Cut! Cut!" Put your hands down.

Inhale slowly & deeply. Hold as long as you can. Be aware of the whole body and exhale slowly & deeply.

Inhale Happiness. Hold. Be aware of the whole body and exhale all sorrows and tensions

Inhale Peace. Hold. Be aware of the body and exhale worries.

Inhale Good health. Hold. Be aware of the body and exhale aches, diseases, stress.

Inhale Divine Light. Hold. Be aware of the body and exhale used up energy.

Experience Love peace and happiness and feel light. With a big big smile open you eyes.

Now you can the Perform the Meditation on Twin Hearts.

Please do the Forgiveness Meditation for 30 to 90 days daily regularly to release any resentment, hurt, regret, fear, guilt, sadness, blame, anger, and desire for revenge feelings. This is important for achieving illumination. You are a being of Divine Light, Divine Love and Divine Intelligence, let us all throw out the 'not divine'.

Atma Namaste!

Thank you and good day to all of you.

Note: those who understand Pranic Healing can do this meditation better.

Contact Detail: pranichealinghyd@yahoogroups.com, rnagasamy@gmail.com +91-40-23737846

Forgiveness and Forgiving is not limited to what it is given in this article. At the level of spiritual evolution, mental evolution, and the author has experienced forgiving to this extent. When the author grows his understanding will become better and explain better