

Forgiveness

Christ has given us the greatest weapon... that we must forgive. It is such a practical thing, to forgive. If we just forgive... then that person doesn't exist anymore... the person doesn't trouble us anymore... nor is he in our attention. Just to forgive is the simplest thing to do, and the highest thing to do, to get relief from the worldly or mental tortures that we get (861225); Forgive everyone... even if they have harmed you... just forgive them... because by remembering that, you are miserable for nothing at all (810511); At the Agnya chakra, where we forgive everyone... and at the back... where we have to say... 'if we have made any mistake... oh God forgive us'... these are the two sides of the Agnya chakra (790722)

If you see somebody who you don't like, or who has been harsh to you, or cruel to you... you get annoyed... disturbed - at that time... say 'I forgive'... you have to say 'I forgive' if there is disturbance. A Sahaja Yogi is to be known by his character... by his righteousness... by his behaviour... the behaviour of a Sahaja Yogi should be extremely peaceful... Sahaja Yogis who are just rushing up and down... upset... are not Sahaja Yogis (850310)

As soon as you forgive, the responsibility from you shifts, and the Kundalini rises (920621); When we forgive, we do not imbibe within ourselves, the very thing (e.g. cruelty etc.), which required that forgiveness... and then also, we do not suffer - when we forgive (860305); First thing is very important... is forgiveness... how this forgiveness comes in, is by forgetting the past. If there is forgiveness... you'll be surprised... you'll feel very relieved... and your married life will be very happy (970823.1)

The best way to be with your Spirit, is to forgive... because then your thoughts will go away... and the less you think, the faster you move with your Realisation... do not argue it out, or think it out, but just try to become... you have to become (800907); If you see any thoughts coming in you should say 'I forgive'... is a very big mantra... and the thoughts will stop (880921)

Sahajvidya - Forgiveness

You all the time try to forgive others... that's the best way to work it out... but no, we try to forgive ourselves all the time, and not to forgive others - everything we do the other way round. We don't forgive others, we forgive ourselves... this is the worst thing that we can do (850629); Do not forgive yourselves... forgive others... then you will become gurus (850629) Christ has given us the greatest weapon... that we must forgive. It is such a practical thing, to forgive. If we just forgive... then that person doesn't exist anymore... the person doesn't trouble us anymore... nor is he in our attention. Just to forgive is the simplest thing to do, and the highest thing to do, to get relief from the worldly or mental tortures that we get (861225); Forgive everyone... even if they have harmed you... just forgive them... because by remembering that, you are miserable for nothing at all (810511); At the Agnya chakra, where we forgive everyone... and at the back... where we have to say... 'if we have made any mistake... oh God forgive us'... these are the two sides of the Agnya chakra (790722)

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- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 970823.1 Prim'dl Taboos, S Dharma, Krishna Puja, Cabella see 970823 good 65
- 860305 Wimbledon Address - see 860305 good 45
- 850310 Public programme, Masonic Hall, Sydney - see 850310.1 good 25
- 790722 Leeds at Jim's House poor 45
- 800907 How to know where you are - Chelsham Road good 120
- 810511 Lord Jesus, Forgiveness, Caxton Hall not good
- 850310.1 2 Public programmes, Sydney
- 850310.2 Shri Devi Puja, Sydney good 40
- 850629 Guru Puja - Paris (Strong correcting tape) good
- 860305 Wimbledon address/Brompton Square
- 880921 Speech at Ammonk Ashram, New York good 35
- 920621 Kundalini Puja, Cabella good 55