



Forgive others,

not because they deserve
forgiveness, but because
you deserve peace.

Jonathan Lockwood Huie

OM | REKINDLING THE LIGHT WITHIN
Photo by Fe Ilyia



Forgiveness: It Has Nothing To Do With the Other Person

A relationship ends and you feel angry, hurt, even betrayed. A friend does not remember an important occasion in your personal or family life, and consequently does not ask you about it and share your joy. A colleague makes a scheduling mistake and, for the second time, stands you up for lunch. How do you maintain your inner peace? How do you cleanse and release the negative feelings that may now be residing, perhaps even growing, inside you? How do you restore the lost trust, harmony, and good will in your relationship with the other person?

We human beings are an imperfect lot. We lead extremely busy lives. We have a lot going on in our minds and thoughts, rendering us off-kilter, distracted, and, often innocently, self-absorbed. At the same time we are very sensitive creations – our feelings can be easily hurt, our egos easily bruised. We can hurt or disappoint others without even knowing it. We can fail to meet their private, unspoken expectations, unintentionally and without malice or rudeness. In anger or fear, we can utter cutting, demeaning words hastily, unfeelingly, regretfully. We are all capable of these small but consequential acts of man's inhumanity to man.

There is no higher act of love that we can bring to our bodies and health, our relationships and our world than our mutual need for forgiveness. No one, and I mean *no one* walking this earth, is exempt from the need to forgive and be forgiven. And yet what truly is forgiveness?

Forgiveness is not between two people. Nor is it in anyway for the benefit of the person being forgiven. It is a spiritual practice, rising from a humbled, softening, sincere heart, that releases me from the pain and pressure that my unforgiving and unloving thoughts are causing me. The resentments, judgments and grievances that I hold on to are only hurting me – my health, body, moods, sleep and peace of mind and my relationship with others. Forgiveness is about the quality of my life. Holding onto my grievances is exactly the same as my drinking poison and expecting the other person to die. Holding on to rage and bitterness about them is like carrying a hot coal in my palm. Whether I only think about doing it or actually throw it, it won't land anywhere else with the damage it is already causing me.

Continued on next page

Two of the lessons from the three hundred and sixty-five that comprise the Workbook for *A Course In Miracles* are: *"I am affected only by my thoughts"* and *"I can be hurt by nothing by my thoughts"*. Wholeheartedly practicing and applying these lessons shows us that, though it may look as if the world "is coming at me", in truth, it "is coming from me." In its entirety, I create my experience of the world. It is my thoughts and my thoughts alone that entrap and frighten me. It is my thoughts and my thoughts alone that can set me free and give me peace.

If these spiritual principles are true, I don't even have to tell the other person I have forgiven them for it to work. At the core, what I am really doing is forgiving **myself** for the resentments and attack thoughts that **I am generating**, that are eating **me** up inside. Forgiveness is letting go of what's hurting me. In essence then, all forgiveness is forgiveness of oneself.

Forgiveness also has nothing to do with behavior. It has nothing to do with being nice. Or being the better of the two people involved and pardoning the spiritually inferior or less evolved other person. That is just more ego nonsense. *A Course In Miracles* calls that "forgiveness-to-destroy". Instead it is realizing, at a very deep level, that **"I am the other person"** – that I too can be manipulative or competitive or jealous or petty or insensitive or inconsiderate or self-centered, or whatever I am supposedly seeing and reacting to in the other person's behavior. I, too, can and have hurt other people. I, too, will hurt other people again. I, too, can feel, say and do things that are mean and short-sighted when I am overcome by fear or anger, when I am riddled with pain or anguish. To emphasize this once more, who amongst us, if we are being totally honest with ourselves, cannot acknowledge the "secret sins and hidden hates"(ACIM) that we try so hard to pretend are not really there deep within us? What is love for humanity but our mutual and urgent need to forgive and be forgiven?

One more thing. You do not have to hang out with the person you have forgiven, if that is something that you do not choose to do. You may still leave your marriage. You might elect to communicate your feelings of hurt or disappointment to that friend who forgot your important event, but you might also decide to no longer confide in that friend or trust them with tender and personal matters-of-the-heart. You might elect to go to lunch with a different colleague. It is not about the behavior – what you do or don't do. It is about the complete relinquishment of being anyone's victim, of having been "done to". It is about the total release of antagonism and ill-will. It is about the shedding of any moral or spiritual superiority over the other person that you may have granted yourself. It is about seeing and, if you are truly willing, experiencing your shared oneness and your shared humanity with them. It is about touching that place inside of you that realizes that it is not even "you" who forgives. You can only go as far as handing your grievances over. Then, in silence, trust and willingness, you might discover that "God is the love in which I forgive". (ACIM, Workbook Lesson 46)

Healing Through A Course In Miracles

A One Year Program In Remembering Inner Peace

It cannot be seen, only felt. It cannot be heard, yet it speaks to us gently, softly, imploringly, invitingly. It cannot be spoken, yet there is a hunger inside us for something that our words can never describe. It is the mystical longing for God, for Home, for Love; for a steadfast, unshakeable inner peace that nothing in the world can give us, but nothing in the world can take away. Like the eternal, persistent pull of the tides to the shore, we are relentlessly drawn to a homecoming and (re)union with the deep spiritual presence within and all around us.

How badly do you long to know this reality? How can you grow in your ability to connect with it? What do you believe your current values, priorities and obsessions will give you that inner peace will not? Are there still ways you are living in which you "gain the whole world, but lose your soul"?

In my lifelong study of psychology and over 30 year practice of psychotherapy, and having been a student of *A Course In Miracles* for over two decades, I have found no thought system with the psychological depth and power of the Course to address the emotional and spiritual confusion and malaise of our inner worlds. The most central practice and discipline which lies at the heart of its teachings is that I will never be able to know the experience of real peace, love and happiness from within the fear-based (ego) thought system that is my perpetual way of seeing. Yet I can turn to a non-ego presence (Holy Spirit) for correction of my perceptions that also lives in my mind, replacing fear with Love, illusion with truth and anxiety with peace. This is the miracle. Whenever I lose my peace for any reason, I can remember to ask for help and turn to this Source to see things and people differently.

April 30th and May 1st, 2016—see bottom of page 3 for all other details

DOWN THE RABBIT HOLE :

TAKING ON THE DEEPEST HEALING OF YOUR INNER CHILD AND AGGRESSIVE / DEFENSIVE EGO CONSCIOUSNESS

A One Year Program in Emotional Healing

"We carry more emotional pain and fear than we know. True, deep and lasting emotional healing is going into this pain and fear and healing it with love ."

It's in our bodies – symptoms, aches and pains that seem to just land on us; ailments and unwanted physical conditions that have no known origins. It's in our minds. They are never still, rarely peaceful, filled with an endless barrage of judgments, worries, and self-recriminations. It's in our stress levels. We're on edge, too busy, too rushed, everything is too much. It's in our fearful dreams and disturbed sleep patterns. When was the last time you had a deep, restorative night's sleep? It's in our relationships. In spite of our deep desire for only love and harmony, we experience conflict, tension, confusion and even anger.

The emotional pain that we carry must find some screen upon which to project its shadows; some place to land or outlet to keep itself at bay. Like the ignored and dusty boxes we store in the basement of our homes, we try to make sure that their contents do not invade the sanctity of our living space by trying to keep them out of sight and straining to maintain our residence several floors above.

This One Year Program is for those individuals who have grown exhausted or despondent in their efforts to avoid that which emotionally has already been accumulated and boxed up inside them. With unparalleled support and sometimes gentle and at other times rigorous guidance, participants will begin to track, explore and release the emotional pain of their lives - the pain which lies behind, beneath and around their symptoms, wounds and repetitive, self-defeating issues.

The fundamental principles of this inner work can be stated as follows:

- "You can't heal what you can't feel"
- " You can't feel what you deny is real."
- "The way out is the way in."
- "What you resist, will persist."
- "Feelings have never killed anybody. Repressing them have caused many to lose their lives."

Invariably many of the shadows and emotional pain circuits that we are enslaved by are the results of wounds incurred in our family of origin or during those early years when we were abjectly vulnerable and defenseless. Learning how to truly become a nurturing and committed inner parent for the young person who lives inside you still will be the irrefutable path and sign that your deepest emotional healing is taking place.

FORMAT: **6 experientially-based weekend workshops spaced approximately 2 months apart beginning in April 23 and 24th, 2016; buddy system; weekly support group meetings (highly recommended)**

COST: **\$1650 + H.S.T. (payable over the course of the year)**

To register: **Contact Reena Taank , seminar coordinator, at (604) 689-4532 or
seminarsjoelbrass@gmail.com**

UPCOMING WEEKEND SEMINARS

HEALING THE ORIGINAL PAIN OF YOUR LIFE: THE INNER CHILD SEMINAR

Many of us are aware that we are stuck emotionally or spiritually somewhere in our journey through life. These stuck places may show up as unwanted and self-defeating behaviors or symptoms such as:

- unhealthy relationships
- relationship breakdowns
- an excessive need for money, position or power
- constantly seeking the approval of others and fearing rejection
- constant, unstoppable busyness
- workaholic tendencies
- loneliness
- explosive emotional outbursts with loved ones
- dependency on alcohol, drugs, sex or shopping as a mood-enhancer
- family strife
- low self-esteem
- depression
- eating and sleep disorders
- internet addictions

All of these conditions are expressions of a soul in too much emotional pain and fear, recycling it over and over again in the present day, often onto people and in situations that have nothing to do with the original wounds which produced it.

This seminar will gently and powerfully escort you into some of the most formative moments, relationships and events of your early life so that you can identify the original source of your emotional pain and fear and learn how to heal and release it at its roots. It is my personal and professional experience that doing so can free you up in the present day to live a qualitatively new and fresh life and not just some re-enactment of your past.

DATE: SAT / SUN, MAR. 19 & 20, 2016

RELATIONSHIPS: THE WORK OF LOVE

In this seminar we examine ourselves as the perpetrators of pain. We examine the myriad flight and fight responses that we have employed to keep from our hearts and souls the very people we say we want to love, the very people who have committed the "crime" of loving us. This most certainly could include our love interest but we will also examine our relationship with our father, mother, sister, brother, son, daughter and past loves to discover the ego patterns that have run us and our relationships into the ground. We begin to move from being baffled, righteous, or victimized by our love lives to taking 100% responsibility for the state that our most significant relationships are in. All of our dynamics and imposed barriers to real intimacy, committed love and monogamy are faced.

Only then can we discover and examine the components of a healthy, loving and mutually beneficial relationship. Only then can we discover that with courage, vulnerability, honesty and humility, we can begin to experiment with laying down our survival-oriented, fear based ego patterns and establish an entirely new base from which to interact with the people of our lives.

DATE: SAT / SUN, MAY 28 & 29, 2016

**COST - \$275.00 + GST per person (deferred payment plan available)
bursaries available to those in financial need**

If you have further questions or would like to register contact:

**Reena (seminar coordinator) at (604) 689-4532 or
email: seminarsjoelbrass@gmail.com**

