



## Cleansing Karma through the Process of Forgiveness

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The next subject I would like to speak about is quite important. It is about cleansing of karma, specific area of karma related to our connection with other people or other souls. You may have hurt others in this life or other lifetimes and they, being hurt, project negative thoughts towards you. They do not wish you well, perhaps, and their negativity, unfortunately, can disturb your inner path and the expansion of your love. On the other hand, maybe you have been hurt. You have encountered injustice. You have been betrayed. You have been abandoned. And unconsciously or unconsciously you may project negativity towards these, those who have hurt you. And that negativity goes back to you. Hurting, you are hurting yourself, you are hurting your heart. Even if your resentment is very hidden, still, this is how it is. Before we begin, we ask the Divine to help us with the process of cleansing of karma and to allow it to become complete, so there is no karma left

and we are just, the space is open for our evolution without impediments. So ask Divine in your heart for that. This is called the process of forgiveness.

Forgiveness is very powerful, very important, because forgiveness is the only way. First, whoever may have hurt you in this life, other lives, even if you don't fully And even if they hurt you very, very much, you need to extend your forgiveness to them. They are all suffering, and even if they hurt you, they were suffering, they could have hurt you out of their confusion, out of their ignorance, out of simply being lost and just not knowing any better. It's very important to forgive them on the place of love. And that forgiveness has to be complete, unequivocal. And you need to feel it in your heart, that forgiveness has happened, not just from the mind saying, I forgive. You really need to feel it in your heart, until something in your heart shifts and you recognize that forgiveness has happened. In the past, perhaps, you could have thought, someone does not deserve forgiveness. Thinking from your old mind, but now you are thinking from a new place, where you understand that everyone not only deserves forgiveness, but needs forgiveness. God needs forgiveness, because it is all God. Forgiveness is the only way to open the doorway to harmony. You need to really recognize in your heart that the forgiveness has happened. Thank you. Second step.

Asking for forgiveness from those who you may have hurt. In this lifetime and in other lifetimes. But for now, you ask for forgiveness from those that you don't remember. In this lifetime and in past lives, which most probably you don't remember. And as you ask for forgiveness, you need to reach out to their souls. And humbly ask, please forgive me. Whatever harm I could have done to you, mistreated you, not loved you enough, perhaps, not care about you enough, I ask for forgiveness. And you need to feel it in your heart. Because you are asking from your heart. And from your heart you feel a sense of unity with those whom forgiveness you ask. A sense of absolute empathy. Thank you. The third step.

You ask for forgiveness from those who you remember. Who are more present in your mind. Thank you. Now, here is the thing. There are people who think that you have hurt them. But you think that they are in the wrong. That you actually did not hurt them. And then, certain debate happens. Who is right? But that is not the point. It is not about who is right, who is in the wrong. It is about the fact that they think you have hurt them and they feel hurt. And they can feel hurt in all kinds of ways. You need to have compassion to their perception of reality. You need to have compassion for them. Because to project negative thoughts towards you, it shows that they are in pain or angry. And they can be angry for all kinds of reasons. You have not listened to them.

You have not extended enough compassion or love. And it is not necessarily true. I am speaking about their perception of reality. How they see it. And this is what matters in that moment. It is not a matter of right and wrong. It is a matter of dissolving negativity. Because negativity is the absence of love. Now, it depends on your situation. You can ask for forgiveness for these people as a group. Or you can focus on them individually. And before you ask for forgiveness, you need to feel their suffering. Why they are angry. Why they project negative thoughts towards you. Because they are suffering. They are in pain. One who is not in pain will not project any negativity towards any living being. As we have established in this retreat. So you need to feel their pain. Their suffering. Their confusion. Their hopelessness. Their despair. The fact that they are lost. You need to feel that their heart is not healed. And is suffering. You need to feel it as if you feel your own heart. And then you ask for forgiveness. From your heart. Extending your heart to theirs. If this works. If you have been forgiven. You will feel certain relief in your own heart. Cleansing of karma happens on the soul level. Meaning these people, whoever you have heard, are not necessarily conscious that you ask for their forgiveness. For them it is as if nothing has changed.

But something has changed. In their soul. Just the mind is in delay. It is still not able to register it. They may still have negative thoughts towards you. Or so they think. But these negative thoughts actually are discharged from negative energy. So they are not harmful to you. To your energy field. They are not affecting you karmically. This process of forgiveness is extremely important. Cleansing karma for once. But also it is helping you to begin to see reality. This whole world and others. As Divine sees through the eyes of the Divine. And it is also teaching you something very important. Which is selflessness and humility. And of course empathy and loving kindness. Take a deep breath and feel if your heart is more free. And space is more open. Space of everything. And may Divine seal that karmic completion. So that we can move into our future.