



1. Reexperiencing the Journey of Human Life 2. Knowing  
how  
to Forgive 3. Feeling the Root of All Roots of Pain

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It's good that we go even further through our human journey, through our life journey, spiritual journey is obviously part of it. I would like you to go through most important experiences in your life, events, encounters. Those who stand out, obviously, because those who stand out, and that you can remember, most likely have the strongest emotional impact on you. After you have emerged from your childhood, what happened in your life? Try to get in touch with those important memories, because they have shaped you. They have shaped who you have become. Thank you. To make it easy for you, you can incrementally go every 5 years of your life, every 3 years, depends also how old you are, how your existence has unfolded. Thank you.

Since our objective here is healing, so you would want to focus more on painful stages of your life, or events, or encounters, and you would want to experience them fully. Re-experience them fully. At the same time knowing that it was, they were, important for you to experience. Thank you. You need to see your past and everything with a sense of gratitude. Because everything what happened, after all, was a manifestation of life itself. And without that you would not be who you have become.

If you were hurt by other people, by someone else, as you are experiencing these things, you need to also forgive. Those who hurt you just did not know any better. Thank you. Forgiveness is not just a mental decision.

It's something happening deeper. It's not enough to say, I forgive. Assuming you are still holding into that hurt within yourself, you need to go to your heart, with the intention both to experience it and to forgive. And then you need to merge with that hurt, with that root emotion, so that it dissolves. So you can say, I release you and I release myself. And those who cannot forgive, how they can expect to be forgiven? Everyone, somewhere, at some time, hurt someone else. And if you consider the many lifetimes that you lived, then the possibility that you have hurt someone deeply, immortally even, most likely. That while learning how to forgive, is that important? Because that invites forgiveness from existence, from the Lord of Karma. And the ability, capacity to forgive, includes also forgiving yourself.

And the ability to forgive yourself is a form of negativity directed towards yourself, while you rend the judgment upon yourself, stating that you are guilty, and do not deserve pardon. And how do you forgive yourself? Again, it's not just a mental announcement made to yourself. You need to fully experience that for which you do not want to forgive yourself, the pain of it. You feel the intention that you want to forgive yourself for the highest good of everything and everyone, and then you merge with that emotion, until it dissolves, staying there until it dissolves. So you need to clear your past, release it, while being grateful for what it was. And remember, all your life journey is a journey of that little child that you once were. All these reincarnations experienced in this lifetime, and there were so many of them, are reincarnations of the same child.

That child that may have been so lonely, at least on the inside. And then you have arrived into this moment, where everything meets, and experience this moment with gratitude. Then put your hands on your heart, go into your heart, and ask the divine to release you

from the burden of your past. From everything that is pulling you back, from everything that is hurting you in the past pain.

There is no pain in the now, other than the pain from the past experienced in the now. Again and again. And it can never stop, can never cease, because even though it is experienced in the now, it is never experienced totally. It is never not. For it can stop, it can dissolve, it can disappear. It has to be experienced. Ask the divine, whatever pain is there, that I am perhaps not even conscious of, that is perhaps hidden, that I carry inside myself, no matter how painful it is, let me experience it now totally, so that I can be liberated from it. Even if it is unbearable, I will bear it, because I am strong, and I trust my soul, her light and her power.

Let me experience the root pain, the root of roots, the primal pain of being that helpless, powerless child, thrown into that infinite existence, not knowing what to do, and thinking that it is alone, even though it is not alone, and it never was, but it did not know that, and still does not know that, that child within you, it does not know that it is being loved always, that it is being watched over always, and its future is only light.