

Profile

Unconditional Community Consciousness

4 April 2008

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FORGIVENESS

Well it's time overdue to write about Forgiveness, because when we are unable to forgive, it is we ourselves that we imprison with and by our memories, and we ourselves that become or stay stuck in the past. And as we stay stuck, as we are all interconnected our people around us reflect this too.

Stuck energy is something that does not grow, it literally looks like a hairball or glueball or something similar in the subtle, or energetic planes. When we have this in our system, the life force cannot flow through us and in many ways we shrivel and often die, emotionally and mentally if not also physically.

It's neither easy to forgive nor it is an easy subject to write about. All of Life, as with all of our experiences, are highly subjective and we deem someone to be 'right' - or not - in terms of how our experiences, conditioning and views have shaped our own lives.

So we nod our heads and agree with, or not, with someone whose actions can be defined by ourselves as 'right' or 'wrong', 'good' or 'bad'.

Hello again, everyone!

"Anna," my Guidance said to me one evening as I was bombing down the Nicosia-Paphos highway again. "It's time to bring out another Profile."

"Good idea," I replied, adopting the strategy of Never, Ever Arguing with my Guidance. "But I wrote the last one five minutes ago." Well, it *seemed* like five minutes ago, but I now see with some surprise that it was actually substantially more than a month ago.

"Excellent situation," came the usual response. "There is so much to share in terms of Life's perspectives and mysteries that you might consider writing more regularly. We know that you are going to reply that you are extremely busy, so with this we are now going invite you to practice expanding and compressing Time according to your Will.

"You are not going to get /ess busy," They added helpfully. "If anything, it will heat up rather than cool down in terms of the work situation so your practicing of this is going to be of great assistance to you in your coming future."

Expanding and contracting time is possible, I pondered, it's just a matter of remembering how natural law works. Most of us though, have forgotten about all of this and then when we're called to do it, we usually get really really stressed out about it.

When we become so stressed, we come out of ourselves, in the fullest sense, and are therefore out of natural law and/or rhythm and the situation becomes impossible. We have then fulfilled our own prophecy that 'it is impossible'!

For Time to assist us, all we have to do is to set out intent (or requirement), set our parametres and then focus on the moment in hand. By doing this, we send out an energetic signal, for which there must always be a response - this too is a natural law. Sometimes, though, the response is not what we think it 'should' be, which can happen when we are in fear or in



When someone does or says something that does not agree with this, or we allow to invade our personal space in any way, we deem them to be 'wrong', or 'bad', and this can be basis of grievance that can last literally for *years*, if not for lifetimes.

I see this so often and it can be so, so sad all round.

For the person who nurtures any grievance, this means that they are holding onto an energy that is eating them up, literally. How? Because all grievances are held in the mind - and by extension also our physical bodies - and are locked therein by the energy of Anger and its projection, Judgment. Sometimes also the energy of guilt is present, although not in every case. But anger and by effect, judgement, is always, always present.

Anger, originally designed by nature to be a motivating force for change, is something that mankind has for thousands of years used as a weapon to destroy (usually each other, but mostly ourselves).

In the physical body in simplistic terms, anger is often the reason why a single cell might change form to enable a virus to be born or held in our bodies. It can also impact the immune system so that such a virus might grow and spread. It can be a basis of fever and any kind of inflammation, and can also be a cause of cancer. Having said this though of course there is never any one single reason why anything 'could' or 'should' happen to anyone - we are all the sum total of our experiences, genetic, karmic and spiritual histories and everyone is different (even though we are all One). In any case, the body is a hologram and this especially must also be taken into account.

Anger is often masked by Depression, mostly because we don't usually know how to manage ourselves when we are angry, especially when we've been taught that it's wrong to be thus. The energy used in screwing down anger within the physical body is immense and can suppress many other energies - causing 'depression'. When we have a lot of depressed (and secretly angry) individuals (and all medicated against it), we can have whole societies that are depressed (and heaving with rage, within). It can explain why different velocity of different dis-eases present as themes in different societies. ([Read past Profiles here about the symbolic meaning of illness](#)).

When we are unable to forgive, we find quite often we replay our issues in our minds, again and again, speaking often of them and communicating them subliminally too in between our words and thoughts, as they are embedded in the light cells and subtle energetic grids with which we do our real communication. It's as if there is a video constantly playing in our minds about what so-and-so 'did to us', which is able to trigger the same anger and associated emotions in us whenever we remind ourselves about such-and-such.

Few people, though, recognise that there are often many different sides to a joint experience, as many perceives as there are people (and observers!) We can usually only see one side of the story, that is, our own, and we are usually unaware of what part of our energies have fed into any given situation.

At personality level we can of course speak of many different

some other sort of energy that can warp and distort whatever initial signal it is that we are sending out.

Fear Does Not Exist Outside of the Mind

We've spoken many times in previous *Profiles* about fear and that these are mind games played out by pre-conditioned responses. We are taught to be in limitation in terms of who we are and what we can do - our societies are full of fear (just read all the newspapers and watch tv, remembering when you do so that on a commercial level, good news does not sell) and when we are *not* conscious of what is *really* being communicated, we can tap (and ourselves feed) into this fear consciousness. It's an unreal situation in that fear does not exist outside of the mind, and yet when we have all forgotten who we really are and what we can truly create for ourselves, then it's easy to tap into it. After all, when we are in the bleah-bleah-bleah of what other people might/can 'do to us', that things 'might spiral out of control', we take things personally or we enable others to either think for us, or to tell us what to think for ourselves, we then don't have to be response-able for creating anything to manage and experience for ourselves.

When we have a moment to scan all of our lives and our belief systems, we can see the thread of fear running throughout and, if we wish, to break this for ourselves very deliberately and with great awareness.

Awakening Consciousness

For instance, within the physical healing that we speak of together so often people have forgotten that the body is a *consciousness* - an extension of the mind - and as such is the visual representation of all of our thoughts, especially fear, all our emotions and all our experiences - and nutrition. A lot of these are toxic and/or poisonous to ourselves and to each other (otherwise we wouldn't get ill at all). I work on the basis that illness and dis-ease are only energetic blockages and show where in our bodies we have placed disharmony. Once we accept this, we can clear our consciousness, detox our thoughts and emotions, and give ourselves permission to carry only those energies of higher awareness, then of course these energetic blocks are harmonized back into the greater body and the dis-ease/illness heals itself.

This, then, is response-ability, in its fullness. Our inner sensing, our ability to create any and everything for ourselves, our expression of Self and our experience of Selfhood all together form the Journey of the Soul. We can forget about anything else (it's just window dressing).

reasons why things happen in the way they do and many of us spend a lot of time doing this, usually over coffee. At a deeper, soul level though, there is no such thing as a co-incidence and that everything always happens for a purpose.

Going directly to the deeper level then, remember the concept that All is One, and that there is no external reality. Everything therefore is a projection of our inner selves and if there is any sort of disharmony inside us, these are projected for us to know ourselves differently, and to harmonise within ourselves, consciously, if we so choose. This is both an understanding and acceptance of the God within us all, part of the natural order of Life, and is also the Journey of the Soul.

If we are willing to see Life from this perspective, then we might also be able to open ourselves up to many other different perspectives too, including the one of the perpetrator of whatever it was 'against us'.

When we are willing to do this, we might come to a different sort of understanding of events as they might have been. From understanding often comes compassion, which in turn leads to acceptance of Life as it really is, for many, not just for us. With this then, we might be able to bring ourselves to forgiveness, so that we can clear the energies and can all move on.

To forgive after all means "to give so that we can move forward", there is no co-incidence in the word as it is written in English. In order to have clearance at all levels, someone has to give something to enable stuck energy to flow. If other people are not as aware as we are - or even if they have done something 'so terrible against us' - if we do not have compassion for either their state of being or their pain, it is we ourselves who remain stuck and forever in that energy, usual in pain. We've seen it so often in people around us, in many cases it is we ourselves who are in this place too.

How do we apply this spiritual principle on a human level? It's true that I've sat often with many of you as you've shared your stories of joint experiences and my eyeballs have fallen out of my head with disbelief at man's humanity to fellow man. I've been in that place myself too where I have allowed people for whatever reason to choose to use me for target practice. For me in the past, sometimes it's been a call to practice for discernment, which means I deliberately determine for myself what I will allow to happen in my Life (or not); sometimes it is about conscious and respectful application of personal boundaries and at other times it has been about trust issues (leading back to discernment).

It has never been just about the other person, it has always at some level been about me too. I recognise and own this.

With the above spiritual principles in mind, when there has been anger, I have recognised too that it has been always been an anger against myself for having allowed such-and-such situation to have occurred in the first place.

For forgiveness to start, we have to first of all transmute the anger. To do this we have to feel it by being in it, and then to express it appropriately. The latter word 'appropriately' is a huge response-ability for us all because few people know how to do it this way. What I usually do is to tell someone how I felt when a certain situation occurred. I am very careful not to

It's an awareness that is almost too simple for most people to wish to hold for themselves. Why? Because when we are able to do this, in all the simplicity of Life, we have to accept that we ourselves, and we ourselves only, are sole creators of our own lives. If we can create healing of disharmony, then many minds are blown by the power of what we *can also* create for ourselves that is in accordance with the fullness of our own being, within our own universe.

Consciousness just *is*, there are no boundaries and it is everywhere. Everything is a consciousness, and everything is a part of a greater consciousness too. When we shift our eyes from their usual downward glance, and take the time to, ehm, look up and around, we will also see that we too are a part of a greater whole. We, in body, are one cell in the Consciousness of Life, so that we can experience ourselves as a part of a Greater Whole, that is, All of Life.

An Introduction to Unity Consciousness



To take this a step further, if we are all to truly understand the concept of Oneness, or Unity Consciousness, we would then know that there is in effect no 'one' single entity living as an independent republic outside of anything else - we are all truly interdependent. Further, if we all totally understand that our Universe is in fact one living, breathing, harmonic, organic Whole, or, Consciousness, and we can see ourselves as one cell of this, we can also start to see that our various body parts are themselves parts of the single cell of 'us' and so on down to molecular structure and beyond.

When we can see, accept and finally own this initial concept, we might choose to take more of a responsibility in taking care of our bodies, or ourselves, in different ways, if we knew that to do so would be to take care of the greater whole of all of Life. This of course is a great response-ability, and one of great joy to undertake. Why? Because when we accept this concept, we need never 'feel alone' again.

I mean, how might our lives be if we were to see ourselves as energetically connected with everything, everyone else, and as such, we lived our lives accordingly to be of service to others, because we knew that it would serve ourselves too?

blame, because blame anchors us in the past and creates victims where there can be none.

What we are doing here is clearing energy - usually old - so that we can be fully present in the present moment rather than rooted in the past.

Sometimes I can do it direct with the other party, sometimes I need a third party to help me hold space whilst I do this. These friends, sometimes healers, sometimes not, only need to hold the space with me whilst I go through the emotion. I do not need them add to the flame with their own judgments - this is not usually helpful to the understanding and ownership of different perspectives. Usually all that is needed is the phrase "I can understand how/why you feel this way." That's all. It normally takes me about 7-10 minutes to transmute particularly the energy of anger. Then I can let it go and get on with Life.

If the other person has moved on, or passed on, we can still do the same thing by writing a letter, or asking a friend to step into that person's energy in order to assist. For the latter, though, I would suggest this be done by a healer who is very conscious of which energy is coming up for release and when. It's extremely powerful work.

If an apology is forthcoming, that greatly facilitates the process, but often it is not, so we have to find creative ways around this in order to free ourselves from bondage to anger and judgment (our own, that is).

It's all about resolution at the end of the day. Without this, a coming to terms with Life and an acceptance of All That Is, Life - our lives that is - will forever be full of conflict. It will continuously reflect an inner judgment that we are not good enough, that people might not like us, etc etc. Too much, too little, not enough, too young, too old, too new, too big, too small, too dirty, too clean. The internal chatter goes on, and we take it all so personally. Otherwise, *'it'* wouldn't be an issue.

When we are able to come to an acceptance of All That Is, of all that is Life, we can come to an acceptance of ourselves too, and vice versa (remember, Life is a hologram and always interconnected). Forgiveness is really all about acceptance, of our ability (and fundamental desire) to let go, to live in the present moment by resolving our past and allowing our future to take care of itself. That Unconditional Love that we all essentially are is then able to express itself freely, and the energies will start to flow again. When we are quiet, peaceful and in acceptance within ourselves, and the energies are starting to flow, which means our lives are flowing nicely, how would our external world be like for us to live in then?

I hope the above has answered some of your questions about forgiveness on an individual level. At community and national level, it is a little bit more complex - but not by much. If you have any more please do just ask and I'll do my best to help you find answers.

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We might, for instance, consciously choose not to project our individual fears 'out there', knowing that in effect there is no external reality - there is no 'out there'. In fact, if we are to truly own that Life is of our own creation, would there be fear at all in the first place?

There is only Oneness. And if we are having a human moment (and forget that we are creating our own reality, moment by moment), when we take responsibility for managing our own fears, and for instance we do not need to control anyone or anything else in order to seek personal gratification or gain, then how would our world be then?

THE 'WIDER WORLD'

Let's take a wider view. Imagine a world where the human species (that is, Us), recognizes that there is in effect only one ocean. We might give it different names depending on geographical location, but it is One Ocean.



That there is only One Earth. We have given Her lands different names for many different reasons. I would like to think that we do this so that we can celebrate all Her many different cultures etc. In our current state of awareness though (that is, one in which we have all forgotten ourselves and that we are a part of a dynamic whole), we have done this so that we can defend and preserve the illusion of what is truly 'ours' as 'individual' people and therefore as 'individual' nations. At what cost, though, to the greater whole?

I invite you to think about it, if you wish.

In the Spirit of Unity Consciousness, there too is only one Spirit, or God, the different aspects of Who is celebrated with different names. Again, I would like to think that we do this so that we can rejoice in the many different manifestations within our different cultures. In turn, this diversity leads to an exceptional richness of Life for every one of us, secure in the knowledge that because God/dess is Everything, Everywhere including within our Selves, we are safe and secure just by *being*. And that there is no greater thing in our *being* than in being ourselves, as a single cell in the much larger cellular structure of Life.

But the reality here is that for some reason we have forgotten all of the above, and as such, we seek to defend ourselves, our homes, our homelands etc 'against' all other factors, especially



INSPIRATION

There must be, not a balance of power, but a community of power; not organized rivalries, but an organized peace.

- Woodrow Wilson

At the center of non-violence stands the principle of love.

- Martin Luther King, Jr.

Peace cannot be achieved through violence, it can only be attained through understanding.

- Ralph Waldo Emerson

Much violence is based on the illusion that life is a property to be defended and not to be shared.

- Henri Nouwen

If we have no peace, it is because we have forgotten that we belong to each other.

- Mother Teresa

Have a wonderful day!

all articles

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each other, our ways of Life, choices of beliefs and each other's 'God'.

Oh well.

To extend this pondering, I've been wondering to myself why it is that those of us who might have been treated harshly, or cruelly, by others, either at individual, national or religious

levels, are ourselves culpable of visiting *exactly the same upon our fellows*, if not worse. It's very strange, isn't it?

Some weeks ago a friend sent around an email exhorting people not to forget the Holocaust, which I found interesting. Why? Because for me, the Holocaust has been ongoing forever. Without wishing to denigrate the experiences of the Jewish people during this period of our history, my reading is that mass slaughter of man by fellow man has been continuous - with huge groups of people being regularly massacred en masse around the world.

This century alone, how many of us were slaughtered during the Battles of the Somme and at Ypres during the First World War? And at Nanjing in 1937, in Russia during the Second World War and at Hiroshima and Nagasaki at the very end of the same war? What about Rwanda only several years ago, and other countries right up to present day? We are talking easily six-figure numbers here as well. I won't go into detail and I have no wish to separate out any group of people from the rest of Humanity - remember, we are all spiritual beings having a human experience together, not the other way around. But I don't think that by labeling anything putting a time limit and a name on it means that it's over. It's not and unless we do something about it, ourselves, in our hearts at individual level, it never will be over, for anyone, at international level.

We all have our own perspectives and experiences of Life, of course, and this is what makes us rich - and poor too in that very many millions of us have been taught to hate (each other). Not only this, through our own hate and emotional pain, we have taught our children too to hate, particularly groups of people they have never even met, so that when they do meet, such as during times of political agreement that ends wars, redefines or opens borders, there can arise confusion all round. So many people have said to me over recent years, "I went to

such-and-such country, and met the people. At first I was a little scared because I had been told they were devils, and terrible/horrible/rude especially to women etc. But oh my God how surprised I was when I got there to find that they were just like us!"

Teaching our children to hate, through our own unconscious prejudices and behaviour is such a terrible burden for them to carry throughout their own lives, I feel. They are likely to pass this onto the lives of their children too, through the generations. How sad for them.

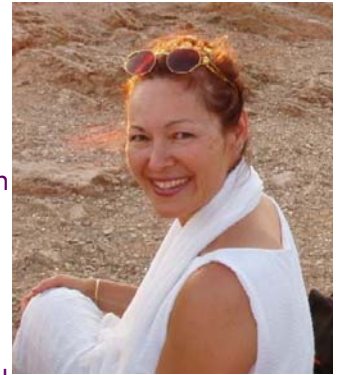
And so it goes on, with revenge overtaking the natural human state of acceptance and a desire to live in peace. It makes us ill at individual level and as societies too. For any sort of release to occur, at individual level we must first remember, and then be willing, to find some sort of resolution for ourselves, in order to forgive. Only then, when we are *being* forgiveness, rather than *doing it* at an intellectual level, or because we think we 'should', can we all move on.

Humanity is a Part(icle) of a Greater Whole

We can take take this pondering about unity consciousness a bit deeper, if you wish. For instance, not only do we think we are separated from for example the rest of Life, but we also think it's okay to transgress upon the integrity of other parts of the cellular structure of Life. We forget that nature can very well survive without human beings, but it doesn't work vice-versa for us. This includes Mother Earth, and how we relate with her nurture, soil and land in terms of how we now plant (and eat) our foods, how we build our houses and how we throw away our toxic substances into her ocean. With the ocean holding the emotional body of our Earth, when we truly understand the cellular structure of Life and that the external world mirrors our internal world, we wouldn't be surprised at all that our oceans are so dirty and toxic.

I can go into detail about how we relate with the food we put into our bodies (and *the way* we put them into our bodies too), including our methods of farming and animal and marine husbandry. Life, God/dess, Love, flows throughout, without exception. But I'll stop here, because I feel we all have enough food for thought, for now. I hope you will take these words, written with the Love that we all inherently are, into yourselves to ponder and maybe come to some new realisations for yourself of the fullness of Life and the potential of what we can offer to each other through the gift of our Selves.

I wish you all a wonderful and wonderful Easter in the Christian Orthodox fashion. Easter is the season of rebirth and renewal where-ever in the world you are. I wish for you days that are filled with joy, an inner peace that comes with acceptance of All That Is and an ownership of safety that All is One, indeed and in deed.



Lots and lots of love from me to you for now.

Anna. Of Cyprus

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