

Deepening Our Understanding of "The Gathering"

Step #4: I Willingly Forgive Others.

One of the greatest barriers to an experience of God's Presence is our resistance to forgiving others. We justify our anger with judgements made by our ego. Our lack of forgiveness makes it impossible for us to feel the love of God that is perpetually residing within us.

Step 4 challenges us to forgive anyone whom we have a grievance against. The conflict is not between two people; the conflict is in us. We are at war with our true nature. We can decide to stop seeing our self as a victim, by taking responsibility for our own thoughts and feelings.

I am the one who assigns a meaning to each event in my life. If I am upset by the meaning I assigned an event, I can withdraw that meaning and assign a new meaning; a meaning based on seeing beyond appearances, with love and deep understanding.

The way out of our resentful feelings is to understand that any communication with others can be seen as either an expression of love, or a call for love. Often, we see someone acting out anger, when underneath it is simply their unskillful call for love.

There is no resolution to the conflict until peace reigns in our hearts, and we are expressing our loving self. It is when we are giving our love to others that we experience God's love, which is always present within us. The essence of forgiveness is simple; it is a return to love, a rediscovering of our true nature.

(Adapted by Jim Toth from the book, "The Gathering" by Rev. Jim Rosemergy.)