

Sociology of Forgiveness in a Spiritual context

By now, there is no doubt forgiveness is one of the greatest gifts we can give ourselves and humanity.

Forgiveness, as we have heard today, holds infinite definitions and possibilities to it.

Forgiveness is a personal liberation.

Forgiveness is a way of smoothing social relationships.

Forgiveness is a way of lightning the energetical frequency of Planet Earth, etc.

Forgiveness equals unconditional love.

Yet, the act of forgiveness is not something we are born with. It is developed in our early stages of development, based on the experience we have, the communities we are born in, and the characteristics of our Soul.

In a spiritual context, forgiveness is something we carry within us in our Soul's DNA and through our ancestral linages. It is a tool waiting to be activated by our human actions.

From a human perspective, forgiveness comes in various layers and forms: May it be:

- ***Interpersonal forgiveness,***
- ***Intrapersonal (personal) forgiveness,***
- ***Group forgiveness,***
- ***Political forgiveness,***
- ***Public/societal forgiveness,***
- ***Ancestral forgiveness,***
- ***Divine forgiveness*** etc.

Yet, the act of forgiveness will always be driven by our resources and surplus, our personality, our human experiences and spiritual growth.

Thus, with the concept of forgiveness, and on our personal journey towards the act of forgiveness, I have ***encountered more and more people struggling with the act of forgiveness,*** emphasized by the contemporary world we live in today.

1) The self-loath and regrets

When working with spiritual growth and the embarking of our spiritual journey and growth, the situation often occurs, where **we will have to relive their lives from a more conscious perspective.**

This will bring them to old memories and situations, where we might have “failed”, and now **regret to not have done better in that moment of time.** This is often applicable with the act of forgiveness and revisiting our own personal experiences.

Thus, we can keep ourselves in a lover energy frequency, by not accepting, **that we always do our best in any given moment, with the consciousness and skills we had at that time.**

2) On the personal level:

In recent times, and due to the global understanding and exposure to the need for forgiveness. For many forgiveness has also become **a conditional act.**

E.g. *“If I (can) forgive, I get a better life”.* *“If I forgive, I will be seen as a better person”*, etc. or:

“How can I forgive faster, more thoroughly, more dependably, and more lastingly?”

This will for the majority of us, the ones that are:

- at the beginning of our conscious up-leveling,
- in the middle of our conscious up-leveling and healing

... create **an extra pressure on our nervous system**, as we might be focusing on the wrong intention. The intention of: ***I have to* forgive**, rather than how do ***I become at peace with forgiving.***

Hence, the potential of making the forgiveness process even more triggering, harder and longer.

3) On the interpersonal level:

On a human level, by forgiving or wanting to forgive as an internal wish, will still **affect externally on your surroundings.**

Upon forgiving:

- a. The old relationship between the “victim” and “offender” will change. Going from the original social bond and roles defined, to a new discourse -> **we start to act and speak differently with one another** – Are we ready for that?
- b. The change of relationship between the “offender” and “victim”, will **impact their immediate community** (either negative or positive), especially if the immediate surrounding doesn't share the same definition of (the act of) forgiveness – Are we ready for that?

- c. The act of forgiveness will automatically **evoke the possibility to redefine forgiveness**, on an interpersonal and personal level. – Are we ready for that?

All these can have a positive effect on your spiritual growth and the ability to forgive unconditionally even more.

But it can also throw us into a downward spiral of a new pressure of your personal being and nervous system. **Making yourself and your surrounding questioning who you are (becoming), and whether you have the will, time, resources and tools to go through a personal shift.**

4) In the mix of Human and Soul:

On a more spiritual note, up until now, not enough research has been made and significance given on the area **of the (act of) forgiveness we carry with us in the ancestral lineages and in our Souls DNA.**

It has come to my attention when conducting my everyday work, that even the most “dedicated” forgivers and forgiveness seekers, still can carry a **huge energetical imbalance of forgiveness in their Human DNA & Soul DNA, making forgiveness a tricky act.**

E.g. they have fully (re)learned to forgive unconditionally and found a personal peace within. Yet, the experience anger and resentment towards hurt and injustice, with no logical explanation to it.

Due to these energetic transformational times we are living in, a lot of our ancestral trauma and need for healing is brought to the surface.

Why, we can have done a lot of personal work towards forgiveness, both with our body minds and Souls.

But we will still be living out the energetical acts and beliefs of our ancestors (understood as both blood lines and our Soul's incarnations).

So, if we carry unresolved pain, remembering of injustice and lac of forgiveness within our DNA, this will also be **something to attend on your personal journey with (the act of) forgiveness.**

Thus, a greater understanding of your DNA is needed, and a personal and societal acknowledgment, that this is an additional layer to our spiritual and conscious growth.

5) How do we forgive, without conditionalizing it or add unnecessary pressure?

There are various ways to go about forgiving. Just as we heard today, where we are presented with various entrance points/perspectives to the act of forgiving.

Yet, the overall intention for forgiveness (both as a forgiver and as a forgiveness seeker) should be, **we make sure our intention of forgiving is pure and bearing no ego-driven intent**, knowing it will serve the collective in the right way.

And how you make sure your intention of forgiveness is pure? Here is one way:

“You become curious of your personal relationship to forgiveness”

After getting as much input as possible (e.g. from today), you **free yourself from others definition and concepts of forgiveness, and look inside yourself, to feel what resonates in the here and now.**

Not where you want to be, or how forgiving you should be. **Don't stress yourself to be “purer” than you are. Accept your current relationship with forgiveness.**

Then work towards finding your own “personal type” of forgiveness and how it can grow with you unconditionally over time.

As our pattern, willingness and tendency to forgive comes from **our individual unique mix of our personality traits, personal experiences, and Ancestral DNA.** You can start asking yourself questions, like:

- What is forgiveness for me?
- How is forgiveness defined in my community? Do I truly resonate with it? Or do I have another additional definition to it?
- What were my grandparents or great grandparents' lives? What is my ancestral history, my community's history, country's history, and how did my ancestors deal with injustice and hurt, etc.?
- What is it I seek to forgive **(As the “act of forgiveness” would be different for every scenario)?**
 - o Minor everyday hiccups that I have inflated on others or others on me?
 - o Personal “attack” & hurt by others? (e.g. interpersonal forgiveness)?
 - o National and global “unfairness” and injustice, incl. political and societal forgiveness?
 - o My self - self-forgiveness?
- How do I forgive – what is my personal form of forgiveness? Some examples could be:

- **A logical (mechanical) act** - often bonded on social constructions as culture, religion, interpersonal communities, etc.: *“I will now forgive you”* - like a switch on/off.
 - **An emotional act** - often requires internal work and willingness to go into shadow work and trauma. I.e. un-forgiveness gradually lessens until neutrality is reached.
 - **A spiritual act** - quantum healing - going all in on a deep quest within your Soul and Human being, investigating and healing what you carry with you energetically, that is triggered by current situations”, etc.
- How do I see forgiveness and the afterlife? What happens if I care un-forgiveness with me when I die?
 - What is my personal view on forgiveness and punishment?
 - How do I manage forgiveness, if the ones I seek forgiveness from (or I wish to forgive) is not “ready”?

All these questions (and many more) might seem as an extensive workload. **But you could just treat the questions as meditation focus point and see where you are guided.**

6) Our personal relation to the act of forgiveness changes over time, thus it is a personal journey in itself.

If you are comfortable and in tune with your own personal relationship with (the act of) forgiveness. You can further help yourself and the next generation, by always staying present in any situation of hurt, wrongdoing and injustice, and listen to where your forgiveness is at, at that given moment.

If dealing with young people, **always remain open to their age and level of consciousness.** A few examples, could be:

- a. A baby/toddler does not even think of forgiveness or forgives more intuitively - thus their heart is still pure – upon a hurt they will look at you for cues on how to act. Thus, they are conditioned your relationship to forgiveness.
- b. A teenager/young adult with some degree of baggage of trauma, will feel the hurt and the hate in some amounts, but is prone to “forget easier” and therefore forgive easier - until the repeating or the “trauma” is so extensively, and the body/mind starts to create a correlation (consciousness or un-consciousness).
- c. A teenager/young adult, with huge trauma in their baggage, not resolved/attended at any earlier stage in life, and maybe even carrying the hurt in their DNA – can be so out of touch

with concept of forgiveness, that it is not even in their consciousness. And will have to deal with a more conscious work towards forgiving.

When helping with forgiveness in an acute moment. Break down the act of forgiveness, in order to not bypass any growing and healing possibilities given by the situation. **Break “forgiveness” down into:**

1. **Understanding** what is actually happening, and what is your personal definition of forgiveness in this exact situation + how is it compatible with the community you are part of or the situation you are experiencing.
2. **Learning** (grow/heighten my consciousness) - is your personal definition of forgiveness up to being enhanced/altered/redefined by this new situation? How and why? Do you carry others definition with you?
3. **Accept & heal** - accept the way you handle forgiveness in that exact moment. Knowing it is as it is intended to be by Divine. And allow the next “wrongdoing” to be your next possibility for: understanding, learning and healing.

This way we make sure we grow while we forgive.

7) Forgiveness in the future: What is to come?

In the future, created by our present moment, it would be wished, that peace movement and forgiveness become a team. Especially in matters of conflict with grave consequences, and in the minimalization of dualities.

It would also be interesting to have a more focus (both scientifically and in everyday life) on e.g. forgiveness and...:

- **The spiritual energetical growth within us:** what we carry with us, and how we can transform that
- **The spiritual growth of children and young people,** by also being accountable for the ancestral baggage
- **The societal transformational times** - I.e. in the area of climate changes, political humility, social reconstruction based on healing from traumas and injustice, etc.

In the end, forgiveness in a social and spiritual context, is still up for huge unfolding's, as we as humans continue to raise in consciousness. And I look forward to the new generations embracing of the concept of forgiving.

..... Questions?