

April 2012

I wanted to pass on something I have been reflecting on recently. I have heard lately the word "forgiveness" used a lot. It is good to forgive, to soften one's heart where before it was hard, AND we must remember that there is a place from which we can live that is deeper. This is the place of meditation and serious spiritual training, the place of trust and stillness where we work on not being judgmental, not being full of condemnation, not being demeaning. It is the place of the Unborn, the place of peace, love and true compassion. It is the place of open-heartedness and kindness. When we try to live our lives in this place we don't have to forgive. We don't have to forgive because we see that fundamentally there never was any wrongdoing in the first place, fundamentally there never was anything to forgive. Unconditional Love is the true nature of everything, including acts that the world typically judges harshly. This cannot easily be understood by the head, but from the place of meditation it makes a great deal of sense. When we train and meditate this deeper perspective gradually arises in us, and because it is completely non-judgemental it sees deeper than perceived wrongdoing.

As human beings we are prone to stray from this deeper perspective with greed, hate/anger, delusion/pride etc., and we may find that we have judged and hardened our heart towards another or ourselves. When our humanity shows itself in this way we can forgive ourselves and others, and then go back to that deeper place. This is the spiritual life - when we live knowing that Love and the Unborn is within everything, including our humanity.

Take Care

With all my Heart

Rev Master Basil