

## Supersentience Teaching of One Essence #19p

# *Miraculous Healing*



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*When you can accept and even love  
Who you are just as you are,  
you activate a deeper part of you  
that is real and lasting.  
You will see, as a result of acceptance,  
that you are not a victim  
but a glorious spiritual essence.*

*Have you been following the spiritual path for a while without obvious results? Do you still feel emptiness despite your desire for truth? Do you wish you had such a peace that nothing could take away? Have you found the meaning of your existence in your own heart?*

What you are about to hear is not new, in fact it is the oldest teaching in the world but its meaning is so well hidden from our direct understanding that we are blind to it. Bhagavan Ramana Maharshi gave it to us and emphasized it in all his teachings. It was also the major teaching of Jesus but was misconstrued by the idea of sin and punishment. Jesus never taught sin and punishment. In fact Jesus emphasized non-resistance to evil. This teaching is the highest and purest love and cannot fail when it is understood by the heart.

*So, what is this secret word that brings miracles in daily life?* This word is so simple that we keep missing it. We have heard it many times but may not have grasped its potent healing force. The action of this force is a 'giving forth' to yourself the space needed when feeling self-conscious, small, self-defensive, fearful, contracted or small. This powerful misunderstood word is fore-giveness or giving forth to oneself.

I was first introduced to this great power after meeting Bhagavan stating we are already enlightened but still go about searching for it. He emphasized how what we needed most was hidden in our own search and needs and fears. We just didn't want or

understand how or why, that by just looking and listening to our ‘smallness’ and its futility was the cathartic way to inner greatness. This was the key to forgiveness. But even then, we thought that we had to forgive others who wronged us. The forgiveness of others, although commendable, doesn’t work fully in removing pain from our thoughts and emotions. Forgiveness is NOT forgiving others because there are no others to forgive – **there is only yourself**. Just feel out this great simple truth – there is only YOU. Wherever you go, wherever you are always contains your world. You are all you know and can ever know. When you know yourself – your deepest yearning, fears and loves, then you will know everyone else. Nothing and no one is separate.

It all came clear to me not many years ago while just married to Sivia. I was reading the *Course in Miracles* text when I realized I am a human being. I can’t describe how I felt. It was as if I was just planted on earth for the first time seeing things in a fresh new way. Here I was – a Being playing the human role of Burt. It was so clear and obvious that I wondered how I could have missed it before. I wanted to shout it from the rooftops how glorious everyone is to be born a human being.

I saw clearly the struggles for meaning created by the human role in order to gain worldly and emotional experiences to complete the circle of recognition and return to Being. The return to Being (which is love, happiness, Truth and the eternal) was ‘accomplished’ through forgiving our humanness thus gaining integration as a whole human being. The human and Being come together as One Whole when forgiveness is fully activated. In our human suffering we resist, fight, struggle against it or try to escape it (which escalates our suffering) or forgive it and move through it gaining inner strength and spiritual beauty.

A Course in Miracles states in text page 329: *“Forgiveness literally transforms vision, and lets you see the real world reaching quietly and gently across chaos, removing all illusions that had twisted your perception and fixed it on the past. The smallest leaf becomes a thing of wonder, and a blade of grass a sign of God’s perfection.”*

Recall people you have not forgiven, what happens? You fear them. You avoid them. Just the thought of them fills you with discomfort. Now, does that tell you something? This was just an example how you feel about yourself when you don’t forgive your unforgiving nature. In fact, all emotional suffering lingers and grows to insane proportions because we just don’t want to forgive ourselves.

I remember as a young man feeling so lonely on Saturday nights when I didn’t have a date and yet feared commitment or getting too involved. When I felt lonely I would escape into day-dreams of a lovely woman making passionate love to me and telling me how wonderful I am. Yet, despite this need for love and affection that I wanted so desperately (which was the reason for loneliness) I didn’t give the love I needed to myself. Isn’t that a croc?

The secret to true love is not being loved by another. It is not loving another either. It is seeing the love in you despite appearances and emotional feelings of lack and misery. It is this seeing which is self-forgiveness. Remember that guilt, shame, fear,

hate, revenge, malice, greed and selfishness are the opposite of love. Yet, love has no opposite, did you get that? Therefore, when you feel fear or negative you are transgressing the law of love – the law of oneness, of truth. Yet, when in the midst of that love there is no fear, shame or guilt because LOVE is all-inclusive. LOVE, literally, conquers all. You can feel extreme fear and guilt but the moment you allow yourself to see the love inherent in all emotional pain, this forgiveness swallows up all the painful feelings like a sponge absorbs water. Love can contain it all. It can swoosh it all into its enormous unlimited heart.

### *Seeing the search for love in Emotional pain.*

*How can you see love in emotional pain?* Did you know that all emotional pain is a cry for love? If you didn't know this then let it be your first lesson. In my youthful loneliness I dreamed of being loved by a gorgeous brunette. Loneliness is a cry for love, isn't that obvious? When you feel fear of rejection, of not feeling wanted, isn't that a need for love? When you try to gain power by possessing wealth and control over others isn't that a deep emptiness yearning for meaning? Look directly at the world's pain and you will see spiritual poverty at its clearest state. It is ALL because there is no forgiving heart in the midst of that pain.

When you start seeing your own need for love, you will start 'forgiving' yourself and that's the road to enlightened fulfilled living. Remember, true love is not an emotion but a oneness-seeing, it is wholeness, it is the integration of the human and being.

At satsang most people are wonderful in their innocence and openness and all questions, when sincere, are the reaching of the heart for itself. Questions are a quest for truth. However, there are times when I ask a question to be explored and someone gives a pact and correct answer that has been heard or read. This simple act has to be self-forgiven because it didn't emerge from the heart. It was a need to let others and oneself to know that one knows. It was a subtle form of need for love. All need for love, no matter how seemingly innocent, is a need for ego assertion but it doesn't work because it leaves the heart empty. Satsang is a heart-to-heart exploration where only a genuine love of truth is important. When genuineness is missing because there is a need to know that one knows, then innocence is replaced by ego. Warmth and love are lost when exploration reverts to intellectuality. **The ego doesn't want to expose its need for love.** However, when it does there is such great beauty and innocence in that 'person' that it contributes to group wholeness.

Forgiveness is seeing how our surface conditioned self craves to be heard, seen and acknowledged in order to continue its surface and empty existence. Yet, how grand it is to allow oneself to be 'ego-lost' in merging with the group and feeling oneness. It is this inner warmth and love that is experienced in a satsang group that is indicative of self-forgiveness. And, it is this merging through self-forgiveness that brings awakening.

## ***Forgiveness is total***

Course in Miracles states: *“Forgiveness is release from all illusion, and that is why it is impossible but partly to forgive.”*

Look at this bombastic statement and ‘feel out’ the truth of it – all emotional suffering (the only suffering there is) is being devoid of the feeling of oneness. **It is the feeling of separation, not only from others, but from oneself.**

*What is emotional suffering that can lead to suicide, nervous breakdown, insanity and extreme violence?*

Emotional suffering is creating TWO of you where only ONE exists!! For instance, we say we are two when we exclaim, *“I can’t live with myself.” “I don’t like what I see in myself.” “This world is against me.” “I have difficulty dealing with my life.” “It is not me but others that create the problems.”* This obvious sense of separation is insanity. In spiritual parlance we suffer by searching for truth as if it was something to be attained saying, *“I want so much to have peace”* as if it was something external to yourself. External search is also clearly indicative that we are not-good-enough as we are and that’s the emotional pain. The love you seek is YOU otherwise what makes you seek it? Our needs, wants, cravings, yearnings are always for who we really are but the paradox is this – that as long as we are yearning and longing for something to find, we are betraying the truth that we already are. We need to STOP and LOOK at what it is we are seeking to find. It is always YOU that you want most, but the key question is, ***“Who is this you?”*** The moment you ask that question sincerely you are dumbfounded and that, in itself, is proof that you are love. Love is so vast, so all-encompassing that it has no beginning or end point. Love can’t be defined or located in a spot. Love ‘just IS!’ It is experienced in our aware presence when our personal self is temporarily laid aside. When you love your child, wife, lover, husband or friend so much that you forget yourself in their presence, that’s oneness...true love! In the moment of oneness feeling (NOWness) there are no problems, fears or even personal self-conscious thoughts.

YOU are not an ego but a totality, a wholeness, a living aware presence. There is nothing to get or overcome. It is all here-now. This seeing of here-now even in the midst of yearning and longing for love is itself FORGIVENESS. The moment you are self-concerned or self-conscious you automatically ‘lose’ your center and feel separate and deprived. However, the moment you become aware of this fact and move through it with awareness – that’s forgiveness!

## ***The Five Steps***

The following steps towards forgiveness are not to be taken literally in the sense of following them verbatim. They are pointers of what is necessary to live the life of forgiveness and inner richness. Once you feel the steps necessary as ‘making-sense’ then they can be carried out in a few seconds at anytime.

1. The moment you are feeling defensive, hurt, uncomfortable etc (in other words, not loving) then become aware of this fact without doing anything, not even judging it as wrong.
2. Acknowledge there is suppression of love.

3. In the seeing that you are suppressing love and happiness when that's not what you wanted in the first place, you'll see the contradiction created by the conditioned past.
4. The moment you see the contradiction you also see the futility of the fear or discomfort. They really serve no purpose except make things worse.
5. Finally you take a deep breath and say, "*I give space to my fear to be what it is.*" This acceptance of the fear and understanding of its futility is self-forgiveness.

When we fear (all emotional suffering is fear-based including doubt) we naturally contract. We feel small, desolate, alone. When you allow the fear without judging it nor even try to get rid of it and give it room to move, contraction becomes expansion. This is fore-giveness – having given forth space so that we move more freely and expand awareness of presence.

Here's the secret of your true level of spiritual commitment – how willing are you to forgive yourself when feeling defensive, afraid, hurt, contracted and alone? This action of forgiveness speaks for itself.

***How can you love yourself when you are in the midst of hate, fear, shame or guilt?***

***I find acceptance the hardest thing to do when I am in the midst of not accepting myself!***

***What does it mean that our true nature is love even when we do not feel it?***