

The Teachings of Jiva Yoga ©

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Excerpt: Forgiveness is about freeing yourself

*True to the meaning and context of all the words spoken in a single class by
Jeeva Chuckravanen, founder and teacher of Jiva Yoga* ©

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Forgiveness is not so much about the other person: it is about your freedom

*When you find God – light – you will find forgiveness
When we forgive we allow our self to move on
When we go into the higher state of consciousness of forgiveness
We free our self from the memory and pain of the injury*

When we forgive it is not about the other person but about us. It is about freeing ourselves from our own memories and pain. That person or incident has gone but painful memories linger. After we deal with the incident we are often left with painful memories that continue to hurt us.

Some people hurt others in the same way as sharks bite

Yesterday I went inside to look at forgiveness and I came up with a metaphor. When you are hurt by someone it is the same as though you are in water and a shark comes to take a bite out of you. You may be still alive, but that bite hurt and now you are angry and upset. You pushed the shark away but you are still screaming about it. But now the best thing you can do is to move away from the shark.

*Move away
Then go inside to sit with God
When you sit with God you go into forgiveness
You no longer worry about the shark*

It is the nature of the shark to bite. This is what sharks do. When I move away from an experience, from the memory of a shark that bit me, I move away to a place within myself, to be with God. I sit down with God inside, with the light inside. This is the place I call *forgiveness*. This is the place I go to.

It is simply the nature of some people to come and hurt others. So move away to sit with God – the light within -- and there you can become forgiveness, and let go of what happened.

Forgiveness is not about being a martyr or victim

Forgiveness is not about going down to the water to say: *I forgive you, shark*. No. The shark might come back to bite you again. That is its nature! Many do this: *I forgive you*. And then they are upset again: *But why do you come back, to do the same thing and bite me again!?* -- Because it is the *nature* of that

shark, that person!

Forgiveness is not about the person, it is about you, so move away. If you know a dog that bites, forgiving it when it does bite will not stop it from biting again.

I heard a story on the news about something like this. A man called the news to tell the story, which happened in a small town somewhere here in British Columbia. Somebody phoned the police to complain:

My neighbour has a really wild dog and it bites everybody.

The cop said: *Go and talk to the neighbour and ask them to put the dog on a leash.*

But I can't, because if I go there, the dog will bite me.

Then the cop said: *But what makes you think the dog won't bite me?*

It is a true story! The police pretty much said: *Do you think when I come there and say, "I am a cop", the dog will say, "oh yes, a cop", and run away? What makes you think the dog won't bite me?*

This is what I am talking about. *It is the nature of the dog to bite. You learn from that bite, you walk away from the bite.* But I add you not have to hate the dog and take a gun and shoot it. If you shoot one dog do you know how many others you will have to deal with the rest of your life? You do something like this and another dog *will* turn up to bother you. Until you learn to let go that is what will happen. That is *exactly* what will happen! When you fixate on a problem it will return in the same form again and again. You harm one dog and ten more will show up to give you the chance to get it right.

In the same way neither will you be able to eradicate and get rid of all the people in the dark who come to bother you. You have to learn to deal with them.

*In any situation in which you have been hurt
Everything is about your response and how you deal with it
You have been hurt and you need healing
You need to let go of the situation
And you do that by moving away from it and towards God*

Move away and sit with God, to forgive and to heal

The best thing to do is to walk away. I move away if I myself in the water with person who is like a shark. I go uphill and sit with God. And if you see God as *Jesus*, then sit down with *Jesus*. Sit down with whoever best represents God to you.

When you sit down, up high with God, then you see the person, the shark, down below you. And once you are inside with God you can start the process of healing yourself. That person hurt something in you and the hurt is there: its memory is in your head but the emotional hurt is inside your heart.

*Move away
Go inside
Be with God and be with forgiveness
When you sit down, with God inside
Then you start the process of healing
And you will be healed*

If you stay in the water you cannot be healed because the shark is there and can come to bite you again. So it is best that you move away from the memory of the experience and sit down with God; the place of forgiveness. *That* is the place I call forgiveness, the place where I do not have to think about the person any more. And one day, when you are enlightened, you will thank the person for giving you this opportunity to go to God; for the chance to sit down with God and find forgiveness within yourself.

Without this opportunity I would never go inside

Forgiveness is a natural state of the soul

Someone asks:

How do you forgive, Jeeva? Is forgiveness an emotional feeling?

No. Forgiveness does not have any feeling. No. In forgiveness I do not feel anything.

But do you feel any hate?

No, I do not feel any hate.

You will know when you do not feel any hate that you are in the right place. Then you are seeing the person from the right place. If you do not feel hate or anger inside you are in the right place. Just keep going. An emotional feeling would let you say: *okay, now I forgive the person and I feel really good about it*. But emotion is not where you want to be. Forgiveness does not come with emotion and feeling.

*Forgiveness is not a feeling
It is a natural state of the soul
You do not feel it
You are forgiveness
You become forgiveness
Forgiveness is a state of being*

Do not let yourself be abused: mentally, physically or verbally

We are going to encounter people who hurt us. This is going to happen. Learn to mentally walk away from them. Go uphill when such a person comes, and walk away from them: *It is like I see the shark. I walk away. This is where I belong, at the top of the hill.*

Sometimes people come into your life and stay a while and you cannot always avoid it. Try to be calm. Remember that you can still *mentally* walk away from them. Do not give them control over you and, *if you are in any kind of abusive situation, do not allow people to abuse you*. No! That is *not* happening!

I do not let people to come and wreck my car and say, *Oh well. This is life. Go ahead*. No! That is not what forgiveness is about. I am going to protect my car. We are *supposed* to protect ourselves.

When people hurt us what really hurts is inside. The memory is there and the emotional hurt is the hardest thing to deal with. You need to start healing from it and to do that you want to go inside to the place of forgiveness. You *need* to go inside. The forgiveness is about *you*, about healing, protecting and freeing *you*. Forgiveness is not much about the other person.

If somebody is hurting you physically or mentally, you need to learn how to protect yourself. We are not here to teach people to become door mats! No. You do not become a door mat! This is the same as

when I say not to stay with the sharks so you give them another chance to bite you and then can say "I forgive you". No! You do *not* stay there. They will bite you again. You may need to protect yourself. Put up a fence, with the shark on the *other* side.

*You need to learn to be creative
Do not let people abuse you physically, mentally, verbally
You need to protect yourself!*

*The emotional hurt inside you is what you need to deal with
Healing starts when you can go inside, into your heart
If you hate somebody you are in the same room with them
And you need to move away from that room of hate*

*You want to go into the place inside, into the light
To sit down with God, to sit up high
Away from that person down below
~~~*

*This is your purpose  
This is what you came to do  
~~~*

*I am going to sit with God
I am going to learn to sit down with God
This is the place I want to be
-- Forgiveness --*