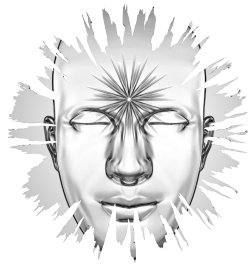


The Power of Forgiveness



~ Workshop ~



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*This document is written for both facilitators and participants
Its purpose is to make plain and obvious
The method and purpose of this workshop*

*Thank you to everyone who accepts its message
As belonging to them and to everyone alike*

God Bless

Introduction for Participants

This workshop is an invitation to undertake a journey
Deep into your mind
To train your mind and use it on behalf of a universal purpose
And to realize its limitless power, when in service to this purpose

This workshop is not a toy, nor a spiritual gimmick
To gain its benefits, one must make the decision to learn what it aims to help you to learn
Through this workshop, and in many other ways, you are being called to take your place
In the universal plan for the restoration of peace and love in the minds of all humanity

There is only one plan to accomplish this
This plan is not of you
Yet, without your part in it, the plan is incomplete

The process of forgiveness is not always easy
This is not due to any actual difficulty, but due to resistance to its utter simplicity.
You will require courage, determination, and willingness
To transfer your faith away from what is false and towards what is true

Through this, you can remember that you *are* spirit
Now your peace, your love, your power will begin to extend outwards
To remind all minds about the truth of what they are
This is not a small commitment
It is your agreement
To be who you are

Remember, nothing that is true can possibly be lost
Only what is false can be forgiven and can fall away
Bless you in every effort you make on behalf of the great awakening
God, and all the universe give thanks to you

Introduction for Facilitators

This outline is written in the form of an instructional manual. The principles outlined apply to all those who will one day present this workshop. However, those for whom this is intended will experience them only as loving reminders, and not 'instructions' at all.

The purpose of this introduction is not to divide facilitators and participants. Rather, it is a simple call for self honesty and self inquiry on the part of those wishing to facilitate this workshop. Only to ensure that you have agreed to share this truly.

So you want to run a workshop on Forgiveness? Thank you. Your qualifications are obvious and simple. Do you have conviction in the ideas you are sharing? Do you know the benefits of true forgiveness? If the answer is yes, surely you also recognize the simplicity of your task.

As you go on reading, you will notice a lack of specific instructions as to what to say during the actual workshop. This is its beauty; It can be taught in many different ways, using many different symbols. If you are qualified to teach it, you will also receive a form in which to teach it.

Its principles and purpose, however, can never change. It cannot be dulled down or be reconciled with some limited idea. The workshop presents an idea that is whole, and its wholeness is what makes it powerful and true. Its purpose is to help in the restoration of true freedom.

It is not the words you speak that share the message truly; Your ability to share it truly comes only from your own acceptance of the message and your conviction that it is true. It is you who is to be a witness to the truth forgiveness offers. May you use this workshop as just another way to share your witnessing of it.

Perfection is *not* the requirement for facilitating this workshop. You must remember that as you teach you learn. If you are willing to learn from those you teach, and refuse to see yourself as separate from them, then surely you will gain as much as you give. May your heart and mind be open to sharing the power of true forgiveness truly. Without this, your words have very little power or meaning.

The purpose, content, and message are not *of* you, nor are they *for* you alone.

No mind that thinks it is an individual can take credit for truth. Truth belongs to the one mind, one will, and one self that encompasses everything and everyone.

Purpose

The purpose of this workshop is to help the mind to gain a new perspective on the idea of forgiveness. What the world calls forgiveness is not what forgiveness is. Forgiveness cannot even be defined because it is an experience, a revelation, and something that is literally not of this world. To forgive means to see the world through the eyes of spirit, and to live as spirit, even as you appear to be within a body.

In presenting the workshop, it is important to state its purpose in terms that are simple. It is almost useless for the participants to go home with elaborate concepts of the way things are. Contemplation is important, but application even more so. Therefore, above all things, this workshop must be practical. It must give tools which the audience can take home and apply in their every day lives.

Forgiveness is a form of psychotherapy that is performed by the same part of the mind that knows what forgiveness is. Only the internal teacher, the higher self, contained within each mind can actually achieve the step of forgiveness as it really is. It is not a concept or a gimmick, it is a tool available to every mind. Forgiveness has the power to give the experience of oneself as the eternal soul, child of God or spirit.

Hence, the purpose of the workshop is not to *achieve forgiveness*, but to help *pave the way* for it. It is nearly impossible to experience the benefits of the workshop at the workshop itself. Perhaps, on the rare occasion, a mind completely willing to take that step in the present moment, will find themselves at this workshop. The workshop may trigger a quick progression to the actual step of forgiveness. If this ever happens then so be it, if it does not, it does not mean that the workshop has not met its purpose.

All external help is to point inward towards a relationship and unity with one's true divine teacher and self. And through it, to be made ready to experience one's eternal unity with what is true. Again, the name by which truth is referenced has no relevance of any kind.

Outcome

No one forgives, no one heals, no one experiences happiness by external forces. This is wholly impossible. All joy, all happiness, all power are found within. The awareness of it is a step taken by the mind; It is a decision of the mind. This step is taken at the time the mind is willing and chooses to take it.

It is not a small step, nor is it the final one, yet it is a giant leap towards reality. It has the power to make you aware of reality, at first as glimpses, to be more and more integrated into your sense of being, It has the power to awaken your spiritual sight. Again, this goal is not one that is likely to be accomplished during the actual workshop.

In the mean time

The audience may indeed experience a sense of lifting up. A sense of wonder, or a very intense and happy reaction to the messages that are being given. Some may be moved to tears of happiness.

It is equally possible that certain audience members will experience very strong resistance to what is being given to them. Some may feel intense fear, and some may even leave.

It is also possible, and most common, for the same mind to experience both these reactions at different points during the workshop.

Both reactions are just reactions, they are not the outcome; In fact, they do not really matter. One who experiences resistance is just as capable of learning and benefiting as one who seemingly experiences none.

Whatever effect this workshop may have on the minds of its participants is entirely up to each one. Some may go on to experience miraculous changes and events. Some may choose not to use what they have learned. And some may actually experience a great deal of fear during and following the workshop.

But each is capable of learning of its limitless and happy results, one of which is to learn that fear is not the truth. This is the gift. A simple practise that can help to lead one's awareness to something within that is not of this world. When this occurs depends

entirely on the mind of the receiver. It is a gift truly given, and one that can truly be received.

Ultimately, the awareness of reality is given by reality itself. Nothing of this world, including this workshop can take credit for such a gift. All it can ever do is save time on the way to the awareness of truth. It can also be said that the collapsing of time is both the purpose and the outcome of this workshop.

Fees & Pricing

There is no price that can be put on healing and on truth. Who can put a monetary value on something that belongs to everyone? Who without insane arrogance can put a price on the gifts of God?

Whatever fees are charged to attend this workshop are simply part of using this temporary human system to enable the workshop to be held in public venues, and to pay for the practical costs associated with that.

The gathering of money is not a proper motivation for sharing this workshop. The proper motivation is a sincere answer to the call to unite humanity one by one, two by two. If it is given by another motivation, it is impossible to truly recognize its priceless value.

Therefore, the money paid to attend this workshop, is not and never will be for the *content*, but only for its *form*. Form is always motivated by purpose. This workshop, can and also must be given for free, whenever it is feasible to do so.

Presentation Guidelines

First, the workshop must always be presented by two. This has a practical as well as a symbolic significance. The practical aspect is that it is much more helpful to gain from the insights and experiences of two minds who have practised the same lessons. The joining of minds has a very direct relationship to what forgiveness is.

The presentation of the workshop must be interactive. The audience must be able to relate what is being presented to their own lives. Meaning, the facilitators must

speak in such a way as to induce the audience to ask themselves questions, and to see the real relationship between their own mind and the ideas being presented to them.

By asking questions to the audience, the audience members can experience answering those questions themselves, instead of being told what the answers are. This is far more effective than a mere discussion of ideas. This is what makes this a 'workshop' and not merely a speech on the subject of forgiveness.

Further, the facilitators must be able to communicate the divine innocence inherent within everyone. One who still desires to condemn cannot teach of innocence with any degree of conviction. One who has experienced true forgiveness, even once, must see in it their whole way out of suffering.

To give this workshop successfully, the facilitators must demonstrate their own forgiveness, in whatever way that may be done. This is in both their interaction with the audience, and in their telling of their own experiences of forgiveness. If this is done sincerely, each open mind can leave the workshop having experienced, even for a moment, that they have been truly forgiven. Even if they may not have yet forgiven themselves or forgiven another.

Beyond all that may be discussed during the workshop, its final and most important message is simple and it is this: "Your mistakes have been forgiven, and not a single one is being held against you, except perhaps, in your own imagination."

The Workshop

Forgiveness, as taught through this workshop, is a serious threat to the thought system of separation in the minds of its participants. This is its power, it re-establishes and/or expands reason within the mind. This paves the way for learning the correct use of the tool and power that is one's mind.

The ideas presented are being given to the subconscious mind, because these ideas already exist there. Therefore the ideas are merely being re-awakened and brought closer to the conscious decision making mechanism of the mind. No one who comes and is willing to receive the gift that is being offered, will ever forget what they heard, learned and experienced.

There are several crucial messages to be given in this workshop. They must be given in a precise order for the mind to follow a line of reasoning which the ego cannot easily dismiss.

Clarification of Symbols

For practical purposes, the workshop should begin with a short and concise talk on the words and symbols that will be used throughout the workshop. This is to avoid any distraction in this regard. Forgiveness can be taught in a universal way; It is not a religious practice nor is it a spiritual ritual; It is a universal idea to be integrated into one's thought process. Thus, the words and symbols must be defined in the context of their use and not any prior 'understanding' of what they mean.

The Function of Perception

The first message to be given is on the subject of perception. To help the audience to acknowledge the process by which they interpret themselves and their world. This is not done by any complicated means, or by fancy explanations. It is done by giving simple examples which the audience can easily see reflected in their own life.

The desired outcome of this message is the mind glimpsing that perception is literally built through its thought process. It is constructed based on its beliefs, goals, fears, ideals, and past experiences.

Here you must emphasize the two selves, the two thought systems from which each mind is free to choose. Words cannot truly create a picture of the contrast between the two. This contrast must ultimately be recognized within each mind. Nevertheless, For the time being, you must still attempt to paint a picture of contrasts.

The Absence of Differences

The second message to be given is on the subject of inclusiveness. There are no exceptions in the rules that make perception. In other words, there is never a time where

perception is built in a different way. There is never a time when the mind does not choose what it wants to see. There is never a time when the mind loses its function of interpreting.

Perhaps the audience thinks that some interpretations are instinctual and not chosen by the mind. These but represent habits built upon beliefs; Thus, they seem to be automatic, but in reality they are made with choice like all the rest. A mind that denies its function of interpretation has become a prisoner to the world in its own perception of it. It is this imprisonment that forgiveness has the power to undo.

This leads directly to the acceptance of responsibility for sight. Every mind is fully responsible for what it sees. For the goals it chooses as its own, for the beliefs by which it is governed, and for the ideas which it chooses to share.

Here it must also be emphasized that there are no degrees in these two thought systems. One is always wrong. The other, always right. That is the same as saying illusions are never true, and truth is always true. This is truth's simplicity.

Forgiveness as a Re-interpretation

The third message to be given is that the mind is capable of being trained to interpret the world in a joyful and harmless way. To see it without pain and fear; To see it through light, and to experience its own limitless power to influence the world.

This is what forgiveness is; It is a re-interpretation of the world and of who the perceiver of the world really is. This re-interpretation is not based on the past, or on individual and separate goals, but it is based on what is true now and forever. Every mind has at least one experience of making a decision to see things differently, and having that decision literally change what they see.

It is here that the relationship with one's own internal teacher (in perception) must be emphasized. Now the audience can be given tools, by which to build a relationship with his or her internal teacher, who is the only source of corrected perception. This new perception is based on knowledge and not on beliefs of any kind; In this fact alone, lies its limitless healing power.

The process of forgiveness always starts with developing a habit and a

willingness to submit one's views and judgements for re-interpretation. It is only by doing this, and seeing its results, that the mind's trust and willingness increases.

In the beginning the mind is usually willing to offer some beliefs for re-interpretation, but clings to others, because it has placed greater value on them. This is not actually a problem. As the mind practises this, it will inevitably become more open to submit more and more of its beliefs to this process. Ultimately all beliefs must be questioned and given to correction. Some will be completely abandoned, while others will simply be purified.

The Nature of Mistakes

The fourth message is on the subject of mistakes. Inevitably, this is the message which is most likely to trigger fear and resistance in the minds of the participants. The reason for this is simple. The ego cannot survive without judgement, which always entails the sight of differences and degrees. It is this idea of lack of differences that threatens the ego's thought system to its core. It is by this that the ego feels most threatened and attacked. Have no concern for this, remember who you are communicating with and why.

Here the audience must be shown that all mistakes, no matter what their form, all boil down to the same, first, and only mistake. The thought of separation from others and the divine source of which all are part. This is easily demonstrated using examples found within the world.

The audience must now be reminded that true forgiveness does not forgive an action, or a word, or an event within the world. True forgiveness applies solely to the thought of separation which gives birth to all the forms mistakes can take. This applies to the mistakes of the perceiver, and the mistakes seen as belonging to others. Both are really one and the same. Forgiveness is received and given in the same instant. A mistake unforgiven in yourself cannot be forgiven in another.

This idea is what actually makes true forgiveness possible and easy. Without eliminating the degrees and differences seen among mistakes, true forgiveness does indeed seem impossible. Without this, forgiveness becomes yet another form of

judgement. Who deserves forgiveness? Who does not? Who is better and who is worse? Who without insane arrogance can possibly decide on this?

Practical Application

Here again, tools must be given which will take the idea of forgiveness from the realm of conceptual thinking and define it as a valuable tool in the enlightenment of the mind.

Question & Answer Session

It is always helpful to leave time to enable the audience to ask questions in regards to what has been presented. If this is not possible, the audience must at least be given resources to enable the momentum gained to carry on beyond the time spent at the workshop. Whatever form these resources take, let them be in exact alignment with the purpose and practice of true forgiveness.

Interactive Exercises

All of the following exercises are optional, they need not be performed for the workshop to be successful. They are mere supplements to the ideas that have been given. Their only purpose is to attempt to induce an in-depth experience of those ideas within the minds of the participants.

The reason they are optional is because while they may be helpful, they are not what accomplishes the purpose of the workshop. The purpose is accomplished through a willingness and open mindedness to accept the reasoning on which the whole idea of true forgiveness rests. These exercises then, can add to the awareness of this reasoning, but on their own, cannot establish it.

Due to their personal and confronting nature, the participants must be asked whether they wish to perform them or not. Also, the facilitators must use their inner guidance as to whether the group as a whole has the necessary courage and willingness

to perform them and benefit from them. It could be that at times, these will not be helpful. Perhaps doing them will not always be possible due to group size and/or dynamics.

Let this not be a decision made in judgement, but a decision made with the one who knows the hearts, minds and paths of all those who are present.

If it is agreed upon that one or both these exercises be performed, ensure that there is plenty of time to do them without a sense of hurry. Also, ensure there is time afterwards for participants to absorb and share what they had learned and experienced.

Exercise #1

The purpose of this exercise is to enable the mind to have a direct experience of the two thought systems within their mind. The contrast between them does not need to be experienced as complete in order for the exercise to succeed. In fact, at this point, it most likely cannot be. To accept the full contrast between truth and illusion is what both precedes and follows the step of forgiveness. At this point, a choice still seems to be needed, but a mind healed through forgiveness must choose right.

For this exercise to work, the only thing that must happen is the mind being allowed to flow to where a distinct difference' can be experienced. This is most effective if experienced through feeling rather than thought alone.

It is crucial that the facilitators *not* lead the direction in this. Each mind will go only where it is willing to go. Remember, this workshop does not aim to accomplish the end result, but to save time in its accomplishment.

Part 1 Instructions:

1. Allow for your mind to go to a thought of pain, the thought of being victimized in some way. Whether this is an event from your past, or an imagined scenario. Ensure however that it contains a figure seen as guilty.
2. Allow yourself to feel the urge to avenge, to hurt back, and to be justified in your response.

3. Allow your mind to imagine your acting out of revenge. Perhaps you are willing to see the way in which you have already done so. Go as far as you want, let your mind go.
4. Now see that your response is, and must be, the same mistake as the one that is being condemned. Remember the principle of forgiveness that returns all forms of mistakes to the one underlying mistake that is their cause.

This exercise is enough to demonstrate that the mind that makes mistakes, is the same mind that condemns them. This is known as projection. Both parts cancel themselves out by simple reasoning that both must be insane. Neither can be trusted, neither can bring joy, neither tells the truth.

Yet both can be given power by belief, and in fact have been given power. Belief does not make truth; Truth is in the realm of knowledge. However, due to the immense power of your mind, what you believe in will indeed seem true for you.

Now all faith must be removed from the source which speaks untruth.

Your faith belongs to truth and truth alone.

Part 2:

In contrast:

1. Once again, close your eyes.
2. Imagine a person whom you have previously thought of as evil or guilty in some way, shape or form. Preferably, but not necessarily, this should be the same person as in the first part of the exercise.
3. Now attempt to let go of the story that you attribute to them. To let go means only to have a desire to see something beyond it. The openness that perhaps guilt is not all there is to see. *Be willing* to experience the possibility of forgiveness.
4. Remember now, that the story you see causes you pain and fear. If you

could, would you not prefer to be without it?

5. If you are willing now, perhaps you will catch a glimpse of the innocent spirit behind the picture. Perhaps, your mind will touch a barely recognizable memory, that this world and everything in it is temporary. Perhaps you will simply experience a feeling of relief. Perhaps you will allow your mind to go straight through forgiveness and onto the source of truth itself.
6. You decide. The outcome of this exercise for you will be in exact proportion to your willingness for forgiveness to occur.

Now it can be helpful for some of the participants to share their experience of this exercise. Others can learn from their experience, as well as their own.

Exercise #2

This exercise, has as its purpose to help the mind to perceive a sense of equality with other group members. To see that guilt, though entirely unreal, seems universal in the experience called the human condition. This can awaken a sincere desire for oneself and others to experience their innocence and to be freed from all thoughts of guilt.

1. You are asked to write down on a piece of paper the mistake for which you feel most guilty for. If you feel more comfortable, you may print your words.
2. The papers are now to be collected into a basket, mixed up, and the basket once again be distributed among the audience, each taking someone else' paper.
3. Now, unfold the paper and discover the mistake you have been asked to contemplate.
4. Remember again, that this mistake is really no different than the one you have submitted. Contemplate this and be open to seeing no difference between them. Is this not just a different form of the same old mistake of separation, of selfishness, and thinking of one's own interest as being different than that of another? Is this truly unforgivable? Is it not possible that this be just a mistake

made within a dream?

5. Now remember how painful guilt has been for you, and remember also that it is not necessary.
6. You can be freed from condemnation. You will be freed, you can be freed, only as you free another.
7. Ask yourself truly: Am I really willing to pay the price for the right to judge others? Am I really willing to suffer the effects of guilt?
8. It is possible now, to let your mind fly past all of your previous thoughts; To recognize within you the desire for yourself and all others to be freed from guilt of any kind. All this requires is a willingness to see the cause of pain where and as it really is.
9. At this point, a *symbolic* act of forgiveness may occur by tearing up the paper on which the mistake was written.

Now, it can again be helpful for some of the participants to share their experience of this exercise.