

Self-Forgiveness

Human beings display a vast variety of faces and when they display one of their faces, it is coming from a very tiny point of their multidimensional points. So if we were to judge them from that narrow band width, we hugely fail to grasp the larger concept of Truth and Unity. You have heard the expression - first impression is the best impression. So if the display of the first impression is not to your liking or preference, you immediately give a label to that and in all future meetings with that particular soul, you will judge him from the first impression you had of him or her. Is it the truth?

During that moment of his or her expression, when you met this person, you did not know what transpired in him to display that part of him or her. In your own life, when you are happy, you display one part of you, when you are agitated, you display another, when you are tired, you display another part. In the similar way, can you fathom, why this person displayed or showed one part of them? When you do this, you will stop judging and you will open up the energy of compassion and letting go. Life gives you millions of moments to display the highest truth in you and it is the expression of Love.

Can you come to a place of acceptance and non judge mental? This does not mean that we do not condone their actions.

We still need to stand up to the bully.

But it is coming from a place of non aggression in your part. It is coming from a higher part of you / your Soul part, your loving part. Aggression can come in many forms. Complete denial of another Silence - deliberate silence to hurt them

Harsh words Judgmental Criticism

Superiority Ego and false grandiosity

Claiming privilege And many other forms If you observe carefully, you will see that, all the above traits is coming from a wounded part of yourself. A part you have denied

in yourself - this shadow self you have created of yourself to protect yourself.

Look at it deeply, acknowledge it and let

it go.

Forgive yourself for holding these thoughts with in yourself. You are then on the road

to liberation

Master Buddha ... Channeled by Irhaan Rae

Chandran