

# Secrets of Forgiveness: Common Myths & Misconceptions

**Michael Jones**

Author

Modern Day Messenger,

Spiritual Teacher,

Healer

**Website:**

[www.MichaelKJones.net](http://www.MichaelKJones.net)

**Facebook:**

[www.facebook.com/michaeljones.spiritsource](http://www.facebook.com/michaeljones.spiritsource)

**Twitter:**

[http://twitter.com/rev\\_michael](http://twitter.com/rev_michael)

# Secrets of Forgiveness: Common Myths & Misconceptions

---



## **Introduction**

The teachings provided in this short informational piece are taken, in part, from the book "[The Seven Victories of the Divine Child: Claiming Your Divine Inheritance](#)" (ISBN: 978-0983778011), as well as our Inner Light Group Membership Program, Webinars and Workshops. This informational piece is not intended to be a complete discourse on the subject.

Each one of us is on a unique path towards our realization of a higher power, here and now. We call this higher power God. You may use the name or term which has the most meaning to you. All paths lead to One God. All paths invite us to bring our true spiritual natures to the forefront of our daily lives...in thought, in word and in deed.

The teachings you will find here flow forth from the belief and perspective that each one of us, are, at our core...**spiritual beings, having a human experience.** As opposed to the belief that we are merely human beings, seeking an occasional spiritual experience.

Each person, regardless of race, religion, color, gender or beliefs, has, at the core of our being, an indwelling soul. When we quiet the racing, reactive mind, we can become

## Secrets of Forgiveness: Common Myths & Misconceptions

---

more aware of the indwelling divinity housed within the soul. If you allow it, the soul will act as a compass of sorts, leading you to the truths you seek to understand at each stage in your life.

It is not my role to try to convince you of anything. Instead, I am here as a messenger to provide a perspective for you to consider. I trust that when you approach this information with an open heart and open mind, you too, will find at some level, value in these words.

Everything happens for a reason, weather we fully understand the reason or not. It is not *by chance* that you are reading this. How did you come to this point? Was it by asking questions? Are you seeking something?

Your journey has brought you to this information for a reason! God works wonders in and through our lives in many, many ways. Be open to this wonder!

# Secrets of Forgiveness: Common Myths & Misconceptions

---

## **Secrets of Forgiveness:**

### **Common Myths & Misconceptions**

When we were young, most of us were taught that we *should* forgive others. We were taught that forgiveness was the right thing to do. However, only a few of us were actually ever taught *how to forgive*. Were you?

Forgiveness of self and others is far easier when we view all people, including ourselves, as spiritual beings living out their experiences for their own reasons. Guilt and resentment are tools the Lower Self uses to make us prisoners to the past. Forgiveness, which flows from the Higher Self, allows the shackles binding us to the past to be released, allowing us the freedom once again to live in the present moment. Are you allowing these shackles to bind you to the past?

# Secrets of Forgiveness: Common Myths & Misconceptions

---

## Secret #1

### **Perception is Everything**

Forgiveness can be (but does not have to be), a mental, emotional and physically challenging topic. In exploring the topic of forgiveness, we find it beneficial in being self-aware of our underlying assumptions. Our assumptions, often unquestioned, are powerful because they influence our perception.

Here are a few assumptions to help guide you:

- Life continues after the change called "death." We have bodies that die, but we have immortal souls that continue to live on. Death, as we most commonly think about it, is an illusion.
- Our bodies and our five senses tell us that we are all separate individuals. We are all a part of and vibrate as a part of one big whole. We call this whole God.
- We are spiritual beings having a human experience. We are not human beings trying to have an occasional spiritual experience.
- We live in two worlds. The World of Divine Spirit and the World of Humanity.
- The world is a spiritual classroom and living life is the curriculum.
- We choose the lessons in the play of life that we are now living.

## Secrets of Forgiveness: Common Myths & Misconceptions

---

- We decided to learn and grow by incarnating into the World of Humanity. God gave us free will to live in any way we chose and to find ourselves, that is, to discover who we really are.
- Life is not random. It is governed by Law. Life provides us with the purposeful unfoldment of the Divine Plan with opportunities to make choices in every moment.
- We create our reality through the Law of Cause and Effect. Thoughts are causes which show up in our world as physical effects.
- We, at the soul level, get precisely what we need in our lives for our spiritual growth. How we judge what we actually get, determines whether we experience life as painful or as joyful.

Energy follows thought. When our perception shifts, our energy shifts.

Do your current assumptions need to be revisited? Are they unknowingly holding you hostage to the past?

# Secrets of Forgiveness: Common Myths & Misconceptions

---

## Secret #2

### **Understanding the Nature of the Lower Self and the Higher Self**

It is helpful to have a general understanding of the Lower Self and the Higher Self before going further into forgiveness.

*"There are two selves, the separate ego and the indivisible Atman [the Higher Self]. When one rises above I am me and mine, The Atman is revealed as one's real Self."* Katha Upanishad 2.3:13

The Lower Self (or ego self): The ego self is the separate identity that identifies itself with the words such as "I," "me," and "mine," and as an individual body and mind of a person. The Lower Self identifies itself with the physical body and that individual personality which inhabits the body, and is not aware of sacred unity or its true nature. The Lower Self has forgotten, thus is unaware of, its oneness with God as it is manifested through the Divine Child. Because the ego self has forgotten its true nature, it therefore creates a separate identity of its own.

The ego self, on its own accord, does not automatically seek to know or remember the experience of sacred unity. This is largely because moving toward God is outside of the boundaries of that the five senses report back to the ego self as *reality*.

Additionally, the separate identity of the ego-self occupies the mind with thoughts of the past—past hurts and pains—and provides a steady stream of hypothetical thoughts of

## Secrets of Forgiveness: Common Myths & Misconceptions

---

the future. The ego self finds it difficult to spend any more than a fraction of its effort in the present moment.

The Higher Self: The Higher Self is the archetype (original pattern or model) on which humanity was created. The Higher Self (the Universal Divine Child) is the eternally begotten, primordial child created by its divine parents, our Father/Mother God.

One of the most wondrous mysteries of creation is how the abiding Universal Divine Child of God, a divine reflection of the Father/Mother, *is one with all life and dwells within all people.*

For most people, the Higher Self remains in the background—not separate, but just observing what’s going on. The Higher Self is quiet and still. It waits patiently for us to acknowledge its presence. When we consciously experience victories over the Lower Self, as well as when we learn to quiet our minds, the Higher Self moves forward out of the background and begins to come into our awareness.

Attributes of the Higher Self, working through us, allow us to move forward in awareness and understanding of our oneness with God. The influence and perspective of the Higher Self allow us to *move away* from the “I, me and mine” of life and *move toward* a larger, more expanded perspective of our daily interactions and relationships—one involving all of our thoughts, words, and actions.

Forgiveness flows from the Higher Self.

## Secrets of Forgiveness: Common Myths & Misconceptions

---

Would gaining a greater understanding of the Lower and Higher Self be helpful for you?

# Secrets of Forgiveness: Common Myths & Misconceptions

---

## Secret #3

### **Fear and Guilt are Illusions**

The ego has two main weapons in its arsenal, they are **Fear** and **Guilt**, both of which can (and do) cause havoc in people's lives. Not to mention, both fear and guilt are totally made up and exist only in our minds. At the core, fear and guilt, and the manifestations that consequently flow from them, are choices—albeit choices that are usually made unconsciously. Just as fear and guilt are choices, so is self-mastery a choice. We can work from the perspective of self-mastery and consciously make different choices.

Fear and guilt have no lives of their own, aside from the energy that we ourselves give to them in our own thoughts.

Fear (which is an acronym for False Experiences Appearing Real) causes emotions and behaviors that are rarely traced back to their true source. Fear causes people to curse the past by replaying it over and over in their minds. Fear also causes people to dread the future by rehearsing made-up scenarios in their minds. Most of these made-up scenarios, if not all of them, have less than pleasant outcomes, of which 99 percent will never come to pass. However, all the while people worry, the ego is behind the scenes running the show.

You may find it helpful to think about fear from the standpoint that it exists as a tool to provide you with the opportunity to choose to move towards its opposite, which, of course, is love.

## Secrets of Forgiveness: Common Myths & Misconceptions

---

Guilt comes from the ego-self into our minds; it does not come from God. Occupying the mind with guilt, and all the thoughts and emotions that flow out of the guilt, is yet another distraction the ego uses to stay in control of the mind to ensure its survival. It is very difficult to overcome, eliminate, or release guilt by attacking the guilt feeling itself. This would be equivalent to trying to cut down a tree by pulling off its leaves. Instead, we must first go to the root cause of the guilt, and then we can see guilt for what it is: an illusion.

No one else can *make us* feel guilty, until and unless *we allow* their potential efforts to succeed. You may say, "Well I don't allow So-and-so to make me feel guilty, he/she just does!" Not so. While it may be the case that So-and-so is *trying* to make you feel guilty (consciously or unconsciously), his/her efforts at *trying* to make you feel guilty are totally different than you allowing his/her efforts to have an effect on you.

In other words, you have a choice! It is as simple as that (but perhaps not easy). You have a choice!

*Guilt stays alive only by us living in the past.* Guilt has no life of its own when we live in the present moment. The good news is, remembering that the guilt originally started as a made-up illusion, it's never too late to make the choice of cutting down the guilt tree.

We can cut down the guilt tree, essentially dissolving guilt into its opposite by applying the Principle of Polarity.

## Secrets of Forgiveness: Common Myths & Misconceptions

---

Do fear and guilt still occupy too much space in your day-to-day thoughts? What can you do to rise above these illusions of the mind?

For more in-depth information on any of the spiritual teachings covered in this paper:

### [Inner Light Group](#)

(On-going Spiritual Guidance and Life Coaching Membership Program, at a schedule and pace that's convenient for you. Click to view program description and details)

### **The Seven Victories of the Divine Child**

(ISBN: 978-0983778011)

[Find on Amazon.com](#)

[Find on B&N.com](#)

# Secrets of Forgiveness: Common Myths & Misconceptions

---

## **Myths and Misconceptions**

Why can forgiving others be so difficult?

Forgiveness is paradoxical concept. To forgive someone else of a wrong—whether real or imagined—involves many assumptions. One assumption is the thought that the event around which forgiveness is being given was not meant to occur. At a higher level, another assumption is that the event was *not* brought about, or created, by the person who feels harmed. In my opinion, both assumptions are false. If an event were not meant to occur, it simply wouldn't have occurred. But if it did, there has to be a root cause or a meaning to the event.

One of the most common misunderstandings I'd like to correct is that if we forgive another person for something the person has done, within the act of forgiving we are somehow letting the other person "off the hook." In other words, because we forgive someone, that person no longer has to face any spiritual consequences connected with the perceived wrong. Deep down inside (often unspoken), many people believe this is so, and it bothers them so much that they struggle to forgive, or even refuse to try. The trouble with the view of forgiveness is that it stems from a fundamental failure to understand the law of cause and effect.

I would encourage us to separate the two very distinct issues of forgiveness and spiritual law.

1. Forgiveness of the perceived wrong,
2. The application of the Law of Cause and Effect.

## Secrets of Forgiveness: Common Myths & Misconceptions

---

The first part has to do with forgiving another of a perceived wrong. Even if the forgiving is in regards to another person, it is a very personal event. Forgiveness helps us and allows us to facilitate the freeing up of thoughts and emotions that have held us in a state of mental and emotional bondage. The very act of harboring and carrying around (in some cases for many years) stored up resentment, hurt, anger, frustration, guilt or even hatred affects us far more than it does the other individual.

The blockages that have been created by stored up thoughts and emotions of resentment begin to fall away. Built-up blocks, narrowing or restricting the down-pouring of light, begin to shed with each heartfelt act of forgiveness. We will experience an immediate lightness, like a burden or weight being lifted off of our shoulders.

*"Forgive us our offences as we have forgiven our offenders"* Matthew 6:12

Forgiving others opens up the door for others to forgive us as well.

The second part we need to look at has to do with the Law of Cause and Effect. Where forgiving of others and asking for forgiveness is within our power to choose, administering justice is *not* our role. The Law of Cause and Effect balances consequences, including consequences to others for their actions. Based on our limited, finite perspective, we are not in the position to judge people or hand out consequences. There is a perfect law set in

## Secrets of Forgiveness: Common Myths & Misconceptions

---

place by God that takes care of things automatically. All we need to do is simply turn the issue over to God.

Please understand: Forgiveness is *not* saying that what someone did that caused the hurt, the pain, is no longer important. Forgiveness is *not* forgetting or denying a wrong and acting like something never happened. Forgiveness is *not* saying that now you agree.

Forgiveness, my friend, *is* saying: "I know that some of the things that you did in the past *are not a true reflection of who you really are*. I release this circumstance and event and no longer give it any power in my life. I no longer define myself by these events. At the same time, I release all the thoughts and emotions that have built-up and surround this person and event."

Forgiveness, my friend, *is* saying: "*Forgive them Father for they know not what they do*"; Luke 23:34

When we forgive, we are saying: "God, I trust that you know best. I know that I do not see with the same clarity and perspective that you do. Although I may not completely understand it, I realize that this event is perfect in your divine plan and exactly what my soul needs at this time. I don't know what else to do with it God. I am turning this over to you in your infinite wisdom. Here it is. It is now yours."

### ***Forgiveness Opens the Door to Healing***

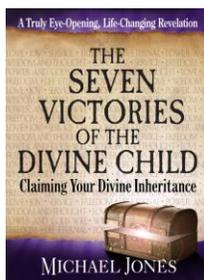
## Secrets of Forgiveness: Common Myths & Misconceptions

---

### **Conclusion**

It is not just in reading about these teachings, but in the practical application of them into your everyday life, that provides the fertile soil for Forgiveness enter your mind, body and soul.

I pray that this information has been helpful to you in your life at this time and invite you to take a more in-depth spiritual journey through the teachings in the book below.



In Love and In Light,

A handwritten signature in black ink that reads 'Michael'.

Rev. Michael Jones

Website: [www.michaelkjones.net](http://www.michaelkjones.net)

Email: [michael@michaelkjones.net](mailto:michael@michaelkjones.net)

## Secrets of Forgiveness: Common Myths & Misconceptions

---

*P.S. You can find other topics and information on Spiritual Guidance and Healing at the website listed above*