
Love, Forgiveness, Pain, and Compassion

spoken by Kalindi on February 25, 2009

I want to talk to everyone who wants to listen. Today I want to talk about the subject of love and forgiveness.

In order to have love and forgiveness, you have to be willing to bear the pain. And in order to bear the pain, you have to drop the ego. Just drop it. Of course everyone knows that the ego is not real. The ego is the shadow. It is part of the false self. It is what we use to protect our self, our real self.

In order for us to move along on this planet, in order for consciousness to move into love, in order for growth to happen, in order for harmony to happen, in order to save ourselves as a human race, there simply needs to be love and forgiveness, forgiveness and love.

In order for there to be love and forgiveness, there simply needs to be the acceptance of pain in the heart: "Well, that just hurt me, what that person said or did. But I put my two hands together, palms together, near my chest, bow my head, and remember that person has a living, loving soul that has come here from God. To that soul I bow my head. I know that that soul, that spirit soul, is all love and only loves me. And I, as a spirit soul, only love them." Bow your head and remember that love and forgiveness is the only reality: Love and forgiveness.

Accept the pain. The pain is like arrows to someone with an open heart – even to someone with a closed heart. The arrows keep coming. Everyone keeps stabbing arrows into each other because of their ego, and their judgments, and the holier-than-thou attitude that goes on all around the world. Everybody thinks they are better than

everybody else. And everybody thinks they have the right to judge everyone else. Where did that ever come from?

“Judge not or you will be judged.”¹ And even if you judge not, you will be judged.

You have to change your consciousness. And you need to know that the very inner core of each of us is love. It is all the darkness, lack of consciousness, and lack of healing that is causing the arrows to fly.

“Father, forgive them, they know not what they do.”² It is very basic. That is what the cross can stand for, for you: “Father, forgive them, for they know not what they do.”

People are judging and hurting each other constantly all over the place. It has to stop. It doesn't matter what the other person did or if they ever say that they are sorry or not. It doesn't matter. What matters is love and forgiveness in each and every moment – that you are love and forgiveness. Hands and palms together, bow your head. In the moment that someone is doing it to you – right in that moment – put your hands together, and bow your head and walk away. Feel the pain. Cry a few tears just to release the pain in the moment that it feels too heavy; just release it. Just cry. Maybe scream. But don't judge. Just let the pain be there. What can you do?

Don't *you* get into the mix of the illusion and start behaving like and mirroring the person who is shooting arrows at you! Don't you start to throw an arrow at that person. Don't think that just because they did it to you, that you're going to do it to them. No! You be love. You be love and forgiveness, right in the moment, all of the time. Not in a fake way, but in a real way. And the only way that it can be real is if you *feel* the pain, the deep pain of it all. Be willing to feel that pain.

Now when you feel that pain, you don't walk around in pain. You just let it be. It's very deep. It's very, very deep, deep, deep pain. It is the pain of separation over and over and over again. It is very deep pain – agony.

The flip side of that agony is the ecstasy, the love. So this pain – you just let it be. And the deeper you go, if you allow the pain, when it can't hurt any more it starts to join with and become the love. Because it just can't hurt any more and at that point the love, in a sense, starts to heal that pain.

¹ New Testament, Matthew 7:1

² New Testament, Luke 23:34

That pain doesn't go away, but the love increases. Forgiveness replaces the pain. Forgiveness takes you through the pain into love. Forgiveness. Forgiveness. Love and forgiveness.

Don't buy into all the stuff that is going on around you. Don't hold separation in place because somebody said bad things. Just take the pain. Just take it. Just take it and don't harbor too bad of a feeling. There will be some feelings because the pain is going to hurt. But, still, the love is there. And the pain is there.

Now, you might not want to talk to this person that did this to you, for a while, but your love is still there; it's just that right now you have to feel the pain for a while and let the forgiveness come about. That is the only way that this planet of humankind can come together. And we are in dire need of healing. We are in dire need of healing. Love and forgiveness.

Sometimes you can sit down and talk something through with somebody, but there comes a point where you have to just understand the illusion for what it is. It is a darkness. It is not what the true being feels toward you.

Please, everyone, start to practice love and forgiveness.

Accept the pain. Accept the broken heart. You are always going to have a broken heart. So let it break. And let it stay broken. And let there be love flowing from your broken heart. Let there be love flowing from your broken heart.

Look at Jesus on the cross – he had a broken heart. And love was just exuding from his broken heart – love and compassion.

That is another thing that needs to be there – compassion. Everyone is so covered over by layers of darkness, they can't even get out of it themselves. So you become a vessel of love and compassion and forgiveness. And help, help, help.

Lose your judgments; lose them. Just lose them. Judgments cause the separation amongst people. Judgment is of the devil. Now calling a kettle black is another thing, but just harmful judgments cause separation, and we want to end the separation. Having judgments keeps you from feeling the love of God within yourself and with each other.

To be with God means that you are going to have very deep pain, as deep as it goes, and you are going to accept that that is part of the deal. To have the love of God is to have the pain of God – and the forgiveness and the compassion.

If you happen to have an incident with someone and it feels like someone's heart is stabbed with an arrow, if you bow your head like I told you: bow your head, put your hands and palms together in front of your chest and say, "I know that this is a spirit soul from God and I love this being and I know that this being loves me." If you do that right away, that should defuse the situation. And if it doesn't, you then need to just say, "Excuse me, I need to go now" and just go.

Then the next thing you should do when you go home is cry, if you need to cry. It doesn't have to take long, but if there is a lot of pain, then you need to just release it because it is going to be really deep inside of you. So release it. Don't harbor feelings toward that person. Don't build a case of judgments and don't say every thing that your ego wants to say about that person. No. You just drop it all, and you just take the pain.

Cry a little bit, and then write a card or an email to the person. Write "Dear," and then the person's name. Draw a picture of a cross and in all four parts of the cross you can write love, forgiveness, pain, compassion. Then you write, "Love," and then put your name. And then send it. You don't want to start getting in any big fights or arguments or "You did this, and you did that, and you did this, that, that, that." Instead, "Let's just drop it, okay?"

It may take you a while to be able to send the letter. But it will be sometime soon after you feel the pain – deep, deep, deep. And you have cried a few times and then you are ready to just have the pain, and have forgiveness, and have love and compassion. That is all that can be done. That's all that can be done.

Maybe it even comes to the point where you say, "I'm sorry." But you don't have to wait for that; you can't wait to say you're sorry. It might take two years. That is why I'm saying, "Take the pain. 'Father, forgive them, for they know not what they do.' "

The person might not have done anything to you. It might all be on your side that you're feeling all of it. You might be in total illusion and think that somebody has been mean to you, but they were just trying to help you get out of your illusion, but you were so hurt. Now, that is your illusion, but you don't know it. So we can't all be hanging around waiting for everybody to love everybody in the way that the being of illusion wants to be loved. We have to all get into the love faster than all of the nonsense that comes from the ego – that has be dropped in the trash as soon as possible.

This is the symbol that I want everyone to use – the cross – because of bearing the pain,

bearing the pain, and the compassion and then the love that comes from that broken heart . . . the love and the compassion and the pain.

Get off it. Don't hang around thinking about whatever happened. Just let the pain be there. And pain is pain. If the pain is too much, then cry for five minutes, but don't blame. Don't blame. Just deal with it; sit with it. Let it be there. And the love will conquer over everything. It always does.

Be patient. Don't form judgments. Judgments are something of the illusion that is very, very dark, sinister, and causes separation.

There is no way out of this place and out of the predicament; it is a big mess in the illusory world. It is a place of suffering. There is no place out of it except to end the cycle of birth and death – to get out of the plane of illusion – to break the cycle of birth and death.

I am trying to talk to you about being in this material realm and carrying God's love. You have to walk a fine line to do what I'm trying to explain to you: to carry God's pure unconditional pure love in this hell. It is not an easy thing to do. You have to be willing to accept pain.

God

Love

forgiveness

Pain

Compassion

