

THE PROGRAM OF FORGIVENESS

„Dear Lord, I truly regret the mistakes I have made and, please, help me to appraise all the bad things I have done or thought about in the current and my previous incarnations“.

By going through the program, you strengthen the belief in Higher Justice inside yourself. Humility and gratitude is born in your heart for the mercy and love given by the Father, which helped you to forgive and overcome yourself, and to realise that the road you have passed is perfection.

Only when you will stop blaming yourself and forgive others, you will understand the meaning of the words: “Who can be against you if God is with you?”

1. PART ONE

1.1. Disbelieve in Higher Justice

It is very hard to understand and to believe in Higher Justice within the limits of one incarnation. There are no coincidences; all that happens in the Universe have a causal relationship. We doubt about the existence of God, about His justice, mercy and love when we:

- grieve and feel disappointment;
- grumble and are not satisfied with our lives and destiny;
- have an excessive pity on ourselves and others, by having a wrong sense of God’s punishment;
- criticise, blame and do not trust the people and situations, through which God reveals himself;
- reject the Father by cursing someone He has created.

1.2. Remembering the offence, revenge

These qualities are inherent to all – people, animals, insects and plants, and even minerals. We all have different debts that define various relationships – some individuals experience that others turn back on them while others are avoided by animals, e.g. cats or dogs; others are frequently bitten by insects that for some reason do not bite a person next to them, while somebody suffers from the allergic diseases. For example, a lady suffered from citrus allergy. This reaction appeared even when she looked at the picture with citrus fruits. The reasons for this phenomenon were hidden in the previous incarnations, when the woman combated the flora. As soon as the lady understood and regretted this, the allergy ceased completely. These plants are not revenging any more.

By being aware of surrounding environment and asking forgiveness for our disharmonic deeds regards it, it is possible to return the harmony.

1.3. Worshiping idols

Idol worship – it is when a part of an entirety is placed above the entirety. “Do not create an idol.” We are making mistakes when we:

- worship somebody (a famous singer, scientist, spiritual teacher, any authoritative person, beloved one);
- overestimate the meaning of kin relationships;
- give special meaning to our intellect, powers, carrier, the blessing of our destiny.

We feel the pain and desperation because, when we worship a particular person, we actually humiliate others. The regret, forgiveness to ourselves and others will bring us peace.

1.4. Hurting a soul

It is a heavy sin that involves belittling of high ideals and values of a soul. In such cases we say: "The person has a broken soul". We should trice and notice our cynical behaviour that has injured other people and ask for forgiveness. Let us forgive to those who have hurt our hearts. Let stop to blame ourselves for the past.

1.5. Exaggerated selfishness of one's thoughts

- Satisfaction of egoistic wishes;
- enjoying enemy's suffering and pain;
- satisfaction of sensual desires (bewitchment, attracting through magic).

It is important to have a moderation and harmony everywhere. We should truly plan our everyday life with an inner feeling: "Let my thoughts, words and activities bring all the good and harmony to every person and surrounding environment!"

1.6. Non-fulfilment of our mission

Every one of us has our own tasks to do in our lives.

The tasks of some people are associated with a refund of their energetic debts, recognition of their mistakes. When we look from a distance, it frequently seems that their life is full of pain and selflessness. We acknowledge such people as altruists, sensitive or simply good persons.

The mission of other people, on contrary, is to gather the debts from us we made in the current and previous incarnations. By upsetting and hurting, they help to develop valuable qualities in other people, such as patience and tolerance, compassion and mercy, besides they also help to grow out of undesired qualities such as greediness, love of power, arrogance and pride. Person that realizes and tries to accomplish his/her mission, earns the feeling of deep moral satisfaction, while that who does not accomplish his/her tasks live with feeling of despair and meaningless life.

We make a mistake in both cases – when we do not accomplish our mission as well as when we try to do it much more than it is necessary.

Let us pray to God for help to appraise our tasks, and when they have been understood, let put an effort to accomplish them.

1.7. Promises and obligations

They may considerably complicate our lives when we undertake obligations in order to look more pleasant in someone's eyes, and later on forget them.

Every promise ties us up. If you have decided to help someone, then do it without loud words. Otherwise, if you promise and keep your promise for 90%, the person might remember the rest 10%, which eventually can disperse your efforts and seed despair. When we swear and make promises, especially when nobody is asking for it, our life may become considerably more complicated. However, when they are required, we can diminish their impact at least by saying "If I will have that chance". Let us repent and ask forgiveness for the unfulfilled promises and negative thoughts, emotions and activities in this regard.

1.8. Pride and arrogance

These qualities manifest as:

- refusing to ask for help, thus taking charge of somebody's tasks or doing unnecessary and unfamiliar functions;
- refusing to admit our own mistakes;
- the love of power, the wish to maltreat other people;
- ambition – a wish to feel appreciation and receive awards for our activities;
- self-assumption and despise of others;

- inability to accept the criticism towards ourselves;
- refusing to listen and hear somebody, verbosity.

2. PART TWO

2.1. Impatience

All events in our life follow the law of harmony, the principle of rhythm works everywhere. For example, someone who is impatient to receive a job offer and takes the first one often is disappointed since it does not correspond to his/her wishes, neither to the tasks of life. The trust in God and patience brings us joy and peace because God is never late and never early either.

2.2. Dissatisfaction with the past and excessive dreams

We often regret our mistakes, suffering and despair we have experienced in the past. Let us bring out thoughts into the past and ask forgiveness to the people for the disharmonic consequences of our mistakes. We have to stop blaming ourselves. Let us pray God for harmonisation of our relationships with these people, and ask forgiveness to the souls that have passed over.

Excessive dreams... Of course, we have to plan our future, reach our goals, which are respectable qualities. It is true to say: "The one that aims to reach the sky gets higher than the one that aims to hit the bushes". However, it happens that we set our goals too high, which leads to suffering and disappointment. By understanding this, it is better to set the goals that we are really able to reach.

2.3. Malicious use of magic

Magic – it is the efforts of a human being to manipulate the Laws of Universe for his own interests. We have to beg forgiveness to everyone to whom we have made harm by:

- dealing with magic, witchcraft and fortunetelling;
- involving other people into the field of magic;
- turning to the magus, wizards and fortune tellers for help.

2.4. Vampirism

It is an egoistic need of a person to provoke others to drain their energy. Roughly, there are two forms of vampirism:

- active – negative emotions are provoked on purpose;
- passive – when an other person impose his problems, complain about his destiny.

Let us show more respect to ourselves and people around us in the future.

2.5. Malicious use of authority

This manifests as arbitrariness in governing, passing criminal laws, ignoring laws, conducting of conquering wars, murdering, conducting of other persons' fate, impeding of progress.

By truly regretting this, we can diminish the consequences.

2.6. Envy and boastfulness

Our aura serves as a shield against aggressive thoughts of others. However, it is more complicated with thoughts that are hidden under a white cover – for example, a man says to his friend: "I got a promotion and increased salary!", and the friend says in reply: "I am happy for you", but in his heart he feels envious: "Why don't I have his position..."

Persons that envious in one incarnation often do not have this trait in another; however, they may be boastful instead. If we wish to share our success and joy with

others, we have to be sure that the news will bring only positive emotions to these people.

Let us ask for forgiveness to God and people for these traits in us.

2.7. Censoriousness

It can be characterised as unreasonable demands against other people around us. Exactingness is a positive trait if it first of all expresses towards ourselves. If it is substantiated and useful, people will try to follow our example. So if we do not want others to see us as censorious, let us ask from ourselves more than from others, even when our demands are reasonable.

2.8. Greediness

Greediness is inherent to people that very much appreciate material welfare.

Greediness – it is a life that follows the principle: “Give me, and then I’ll give you”, or “You wouldn’t survive for a thank you”. Greediness manifests as miserliness, stealing, robbery, bribery and bribetaking.

We have to understand that if we wouldn’t by stolen goods, stealing would decrease or disappear completely; if we would make presents or donate money by feeling gratitude inside our hearts, and not seeking for an advantage, bribery would disappear.

Let us ask God and people forgiveness for the bad habits in us and further try to avoid such actions.

2.9. Abortions

To go for an abortion, to perform it or to urge somebody else to do it – these are equally great sins. When souls are incarnating, they choose a particular family to come to. They wait impatiently for the new incarnation in order to return to the people they love. The souls know the living conditions of their parents and, if they have decided to come back in difficult times, so they love those they are returning to.

Abortions take away the possibility for souls to materialise where they wish to. Thus we bring them suffering, pain and embitterment and mess up the Creator’s plans. Let us repent and ask forgiveness to these souls that we didn’t let to be born and ask God to harmonise our relationships in the Universe.

2.10. Indifference

Indifference is when a person remains insensible to the sufferings of others. This brings misfortune to both – who doesn’t get the compassion and who is indifferent and heartless. There will be times when we will need compassion, in order to relief the situations when we will have to pay back our energetic debts, so let us learn how to express compassion and mercy.

2.11. Avoidance from the school of life

There are situations in our lives that we wish to avoid because we are afraid to truly uncover the truth, unfairly judge situations, we try to avoid the responsibility. For example, we try to avoid from our parents’, bosses or spouse’s anger and reproach about certain our action. Therefore we tell lies, simulate and pretend, adulate and deliberately mislead.

2.12. Baseness

Baseness is linked to deceit, by wanting for any price reach our goals – power, beloved one, material goods etc. It has been said: “To reach the goal, all means are good”. Baseness is endless, it is characterised by betrayal, slyness, calculations regarding other people, calumny.

Of course, we can overcome the baseness in ourselves. We have to know that everything we do will definitely return to us. Therefore, let us put an effort so that only positive emotions come back to us.

Let us ask forgiveness to everyone that have been injured by our baseness in the past.

2.13. Rejected love

We can reject love of the Creator, nature, fatherland and people. This brings different situations – misunderstanding and disharmony between family members, discomfort in our soul, endless pain.

The experience of one woman shows the example of rejected love of God. She had a severe form of asthma, medicine didn't help much. Once during the therapy she said: "Let the day I was born be cursed!", and said a lot of bad things about herself and her appearance although it wasn't worse than any other happy women's appearance. It was explained to her that we have no rights to disrespect and undervalue ourselves, because we are created by God. By belittling, humiliating and hating ourselves, we are cursing the God in us. The woman understood her mistakes and her health improved.

If you have such a sin, ask God, people and yourself for forgiveness.

2.14. Disharmony in family relationships

Family is the main social unit on the Earth, therefore harmonic relationships between family members are very important. In the family we create favourable conditions to get to know love against ourselves, to learn how to love our partners, children and parents.

Let us ask forgiveness to God and our family members, if we have disrupted the harmony in the family by:

- betrayal, adultery (associated with cheating);
- jealousy (excessive self-loving, private-ownership);
- seduction;
- braking apart family (our own or other ones) without any need, for our ambitions;
- procurement;
- disrespect to parents;
- bad nurturing of children, children abandonment;
- alcoholism and narcomania.

2.15. Inability to accept negative situations

Every of us strive only for positive situations. However, we have to accept negative situations as an attribute of our life on Earth. If a person does not understand this, it leads to:

- blaming of others;
- aggression and cruelty;
- gossiping, calumny;
- virulent tongues.

Let us to repent and forgive others for these qualities.

2.16. Disharmony in creative processes and energetic debts to the invisible world (ethers)

Our life is a creative process in which we use different cosmic energies. When our creative life is immature, selfish and egoistic, we trigger the formation of debts to invisible world – i.e. chemical, vital, light and reflection.

So let us to ask forgiveness to God for such kind of energetic debts generated during this and our previous incarnations.

3. PART THREE

3.1. Disharmonic behaviour against ourselves

- negligence, dissoluteness;
- inattention to our physical body;
- excessive focus on the needs of our physical body (overeating, excessive sex, excessive love of gaiety, by being detrimental to others).

3.2. Actions that lead to the disruption of ecology and catastrophes

- Pollution of nature with radioactive and chemical waste;
- deforesting, by avoiding renewal;
- disruption of a chemical and biological balance of soils by excessive usage of cheap mineral fertilizers;
- conducting of wars by using chemical, biological or nuclear weapons;
- excessive procuring of mineral deposits;
- inundation of woodlands by building water reservoirs and dams;
- attitude of a consumer against the world of animals on the lands and in waters.

3.3. Energetic debts to different forms of living creatures

A human being is capable to foresee the consequences of his actions only partially. Due to a desire to take away from others fields of mineral deposits, due to unreasonable hunting and fishing, dumps of industrial waste, as well as due to deforesting, draining of swamps and transforming fertile soils into deserts a lot of soils have been damaged. How much air has been poisoned with toxic gases, water – with oil platforms and dams! How barbaric has been the usage of fire!

Whatever is the case, we are responsible in front of:

- nature – mineral, plant, insect and animal worlds;
- elements – earth, air, water and fire.

Let us turn to God with our regret, apology and love – He will use it to change the consequences of our non-harmonic actions.

3.4. Wars, murderers and cripple of human beings

The source of hate between both – humans and countries – goes into so far past that it is not possible to sort out who seeded it. Thus it is very hard to determine which war is conquering and which – liberating. Only God can do this.

We have to perceive the aggression that is directed towards us as a lesson of wisdom and patience. Such an attitude would help to extinguish negative emotions in both the attacker and the defender. Therefore let us be liberal, avoid cruelty and revenge, and humbly accept our defeat.

We can soften previous negative situations, murderers and cripple of human beings. Let us send victims our sincere love, apology and regret and ask God to renew harmony between humans and nations, killing of which has lead to wars of different scales, including star wars. Love even an enemy turns into a friend.