



A Message from Jim

Forgiveness – Thawing the Frozen Lakes Inside

Many of us are searching for inner healing and striving to get more fully in touch with ourselves on all the levels within us. We may seek out books, classes, teachers, or support groups. We may look to meditation and prayer. Any of these may be very helpful, but whatever the path we are taking, a key factor in this process will always be forgiveness. It is the key mechanism of release which allows us to let go of whatever is keeping us from the joy, the peace, and the loving we seek.

When I was younger and was beginning to work with the process of forgiveness, a teacher on the inner levels took me to a frozen lake and said, "A lot of times, people don't realize that parts of themselves have become cold or hard or rigid. They are no longer in touch with these parts of themselves and no longer aware of what they've stored away. Their emotions become like this frozen lake, and they just walk over the surface, never feeling, acknowledging, or exploring what lies beneath the ice." He went on to show me that forgiveness was a loving warmth that could thaw that frozen element of ourselves so that love, instead of judgments, could once again be expressed.

As we move with the energy of forgiveness on a daily basis, we gradually clear out the debris we've been carrying for so long, and through this clearing, we come to find the true spirit of who we are. If we really do want to get in touch with that inner light, then we need to open ourselves to the things we've become hardened about and find those blocks that hide "beneath the ice." We need to acknowledge whatever is within us and then allow forgiveness to move us through it so that we can truly, more fully live in today.

As we forgive ourselves and others, we find more energy available to us to use for our daily living and sharing with others. By moving through the pain that's been held inside us, we gain the freedom to move with enthusiasm, loving, and joy. Because God is always present within us, that loving and joy are always within us as well. They are never really lost – only hidden and obstructed by the emotional or mental blocks we have carried from our experiences in the world. Through forgiveness, we melt these obstructions away, and we become so much more able to really "let our light shine."

One technique is to move into a place of inner peace. Then, with eyes closed, we ask God's love to be present as we call forward the high self of the individual we hold a judgment against. Then we simply dialogue with the other's high self, recalling the incident that troubles us and expressing our desire to restore the spirit of loving with them – to forgive and dissolve whatever obstacles are

between us.

The next step is to call on *our own* higher self, again expressing the desire to forgive and to restore loving within ourselves. Finally, we repeat the same process of forgiveness with God. If we do this with sincerity, we'll find that it really is amazing. We may actually begin to see or feel our auras lighten up as we let go of the blockage we've been carrying inside.

There are often many pieces to our conflicts, whether with others, with self, or with God, and we may find it necessary to repeat this exercise over several days or even longer. Whether or not we speak of this in the "real world" with the other people involved, the charge that maintains the barriers will dissolve, and on some level they will probably feel that, too.

As we continue to forgive, we continue to dissolve the obstacles to living in loving, and one day our world just opens up and we truly do begin to live in that loving. Our world becomes filled with God's love and light. Then, from forgiveness, we move on to "for giving" – the giving of love, the giving of service, the giving of light. From there, we move naturally into the next stage and become an instrument "for living" – for living the spirit of God.

It's not hard, but it does take persistence. In living the laws of forgiveness, we become living instruments of love, and God's loving presence flows through us to touch and uplift all others; the lakes of our feelings become clear and pure, and flow with the joyous loving God offers to us all. ■

ON THE BULLETIN BOARD

Steven McAfee

A recently ordained ILM Minister, Steven offers a broad variety of seminars and retreats in Michigan and Indiana. He leads Thursday evening classes in **Fort Wayne** on various aspects of spiritual development (love offering basis). Steven will also lead Sunday evening worship gatherings beginning in February. For details, please call him at (219) 485-2167. *Surrender*, a new meditation and music cassette developed by Steven and composer-Music Therapist, Randy Romero, is now available (\$10 each plus \$2 for shipping). Call Randy at (219) 482-5440.

Nick Martin

Nick will offer a week of seminars and lead the Sunday service April 20-26 at the Unity Church in Metairie, LA (**New Orleans**), 118 Giuffrias Rd. Contact: Rev. Bob or Ruth Fatur at (504) 833-9486.

Angel Lights along the Nile

Lithographs by Arthur Douët

This magnificent series of full color lithographs is once again available. In cooperation with Jim Gordon on a 1984 visit to Egypt, these outstanding paintings were executed by the Jamaican artist, Arthur Douët, and later transferred to lithograph form. These signed limited editions are only \$65 each plus \$8 UPS. For a free color brochure, contact:

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Our Sincere Thanks!

to all who responded to our request in the October newsletter for information regarding our membership and mailing list. If anyone would like a copy of that newsletter, would like to be considered a member, or has a change of address, please just let us know.

From the opening greetings through the closing communion, participants from seven states moved through workshops, lectures, sing-alongs, and meditations. We enjoyed meeting old and new friends, shopping in the convenient bookstore, and sharing in the expertly catered meals. The music was truly inspired, the participants joyous, and the meditations deeply meaningful. Our heartfelt thanks to all who participated. We look forward to being with you again!

CommuniCreations – The Creative Power of the Spoken Word

our next ILM/Faithful Heart retreat

**September 18-20, 1992
Fort Wayne, Indiana**

Watch for further information or call
Marilyn Schuling: (616) 887-7841

New ILM Materials

ILM has an expanding list of materials for group or individual study, including dozens of cassettes and four new booklets by Jim Gordon:

The Many Mansions in My Father's House

Spirits, Guides, and Beings

Love and Loving

The Knowing of God

Please write or call for a free listing.

Faithful Heart Learning Center

Faithful Heart Learning Center, located just north of Grand Rapids, Michigan, sponsors monthly retreats in metaphysical and personal growth subjects, as well as special events, study groups, classes, and community service projects. In a homelike atmosphere, a growing community of people experiences the joy of fellowship and the freedom to express the loving child of God that lives within us all. Weekend activities are usually held at the Center or at beautiful Camp Mack in Milford, Indiana. Together participants discover the truth that "where two or three are gathered together in my name, there am I in the midst of them" (Mt 18:20). Faithful Heart activities include:

Love's Apostles: an ongoing group meeting twice a month in Fort Wayne and Grand Rapids. A typical gathering is filled with singing, sharing, meditating, and a strong focus on how we are being led to serve, both individually and as a group.

Temple Training: a two-year program designed for the serious student who feels a deep inner longing to know God and to more fully express the Spirit within (led by ILM Minister, Steven McAfee, and Faithful Heart Director, Marilyn Schuiling).

The 13th Step – Adult Child of God: an 8 week series aimed at bringing our lives into greater alignment with Spirit and overcoming the obstacles that have kept us from living the fullness of our true identity as children of God.

Alpha Classes: based on *An Operator's Manual for Successful Living*, by ILM Minister, Nicholas Martin, this 8 to 12 week series is offered periodically and serves to lay the mental-emotional-behavioral foundation so necessary in our spiritual growth.

For more information about Faithful Heart, call Marilyn Schuiling at (616) 887-7841.

Moving Through Past Traumas

by Nicholas Martin

"Past traumas" refers to experiences which have a great deal of emotional energy associated with them that have not yet been truly resolved. They usually continue to trouble us even after many years, although this is often without our awareness.

Typically they are reflected in avoidance or even memory blockage. Our capacity to relate with other people or to experience our own love, joy, or inner peace is often diminished. Troublesome dreams, anxiety, and depression are other indications, as are inappropriate dependencies, unwarranted fears, undue anger, and sometimes even physical disorders.

A tendency towards healing is inherent in God's design for us on every level, and there is a universal tendency for our unresolved memories and emotions to move towards awareness and resolution. This is precisely why forgiveness is so important: it accelerates the process of healing and thereby allows us to free ourselves from the pains of our personal past.

As we begin to forgive, we may first discover feelings or memories we didn't even know were

there. We should *expect* to find unpleasant emotions, and yet we should respect them as points along our path of healing, without judging them.

Some common challenges in working with forgiveness include the tendency to think about our issues without realizing how important it is to *feel* about them. Similarly, we may allow ourselves to feel our anger, resentment, or hostility, but not go beyond them to the deeper feelings underneath, such as hurt, rejection, or sadness. Blocking the emotional "flow" is another common challenge in which we keep the energy of our emotions from dissipating by holding on through physical tension.

As we practice forgiveness, it is important to stay physically relaxed and to truly open ourselves to any feelings we may have. But the most important thing is always the sincere desire – to forgive all parties involved and to restore the spirit of peace and of love. Remember that to forgive does not require us to forget, to approve, or to set ourselves up for "more of the same." Think of forgiveness as the hacksaw in the tool box of life, allowing us to cut the chains that bind us to the past, whether that past was ten minutes, ten years, or ten lifetimes ago. ■

ABOUT ILM

Inner Light Ministries (ILM) is a non-profit outreach organization founded in the fundamental principles of ancient and esoteric Christianity. It is dedicated to the development and balancing of the fourfold nature of the individual. Towards this end, it provides education and services concerned with the integration of the spiritual, mental, emotional, and physical aspects of the self, and with the development of publications and materials that aid in this process.

Among its fundamental tenets is that we really are "temples of the Holy Spirit." As we seek and express this presence within, we find the peace, love, power, and wisdom we all so earnestly desire.

The many services of ILM are geared towards this path of individual unfoldment – through meditation, study, and prayer on an individual and group basis.

Service to humanity and the planet is its second major emphasis, and ILM encourages individual service, in any of a wide variety of possible forms, as a vital aspect of our daily experience.

Please write or phone for
more information.

ILM Activities IN HONOLULU

Inner Light Ministries offers and/or sponsors a number of weekly study groups at its Honolulu location. An ILM study group meets on most Tuesday evenings from 7-9 PM, and a meditation group meets on Sunday mornings from 10-12.

Other worthwhile spiritual study groups are held on Monday, Wednesday, and Thursday evenings. Meetings are held at:

108 Kuine Place
Honolulu, HI 96816

For more information contact:

Tom Beaver
(808) 732-8934

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