

## The Light of Forgiveness — Part 2

by Geoff Brandenburg

In the previous article, I described the challenges that go into reaching true, complete forgiveness, and the technique of Reparenting—showing up for ourselves 100%—to heal any weakness or deprivation caused by being stuck in unhealthy dependency. To quickly recall the point of the last article, it was that many people learn to “mentally forgive”—holding a mental attitude of acceptance toward a person or situation that is a good first step, yet still minimizes the situation and avoids the full emotional confrontation with the complexity of the real damage and loss.

In this article, I want to talk about the greater spiritual opportunity unfolding around us each day now that makes it worth doing the deeper work to reach real forgiveness. Real forgiveness evolves naturally from the inner abundance which comes from doing complete boundary healing in our lives. Reclaiming our full uniqueness—restoring the spontaneous, healthy assertion of the whole will to live—moves the heart into a freedom that naturally feels forgiveness.

In the last five months, we have begun to experience an unprecedented shift in Light here in the Sierra Mountains. Many karmic veils and dense limitations are being dissolved, and angels of higher evolution are introducing new patterns of Light onto the earth. This is a tremendous time to be alive, and this opportunity to make great strides in our souls' evolution is like nothing that has ever happened on this planet.

These new patterns of Light want to stimulate new growth and movement, and to awaken the imagination of the Higher Heart—Higher Mind in each of us. In my experience, Spirit inspires with Vision through Light, and Emotion responds with desire and will. The ability of our emotional bodies to respond to this new Light depends on how clear we are in our emotional health—if we are in self-denial, those parts of us can't respond to Light. Those parts will instead seek out experiences that will trigger an awakening of these patterns of self-denial, and eventually move toward receiving Light.

For those who are doing their emotional/spiritual work and are growing real forgiveness through reclaimed boundaries, Light will create exquisite opportunities to practice these boundary and forgiveness skills, and as closure is achieved with other people, more Vision can be received and a stronger emotional response can be felt and put into action.

These new waves of Light that are reaching us in this last month are holding the Vision of releasing many generations of dysfunction, density and denial. The 9/11 tragedy was an unprecedented and profound triggering of grief in all of humanity to help awaken everyone's denied emotions, so that we would be more available for this new stage of Light Expansion that has recently begun.

Grief is the gift of our love's intelligence that has not been given and received, and the shock of feeling a possible bond with another broken. Forgiveness is the evolving emotional intelligence that stands on firm boundaries and knows the real experience of self-love restored. Forgiveness holds a patience that allows space for others to evolve at their own pace. Successfully holding this space of loving patience for others is a tremendous spiritual skill that allows Light to come into our lives more successfully.

As we do our work, each one of us can make a difference in what is happening in the world now. Especially those of us who are blessed to be living in and near the Sierra Mountains, for just as the mountains are an earth watershed, we are being given the opportunity to become a spiritual watershed of Emerging Light.

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